Privacy Policy

Effective Date: April 1, 2026

TGT ("TGT", "we", "us", or "our") operates the website https://www.tgt.gg/ (the "Site" or "Service"), which provides educational resources, expert trainer demonstrations, detailed guides, pro tips, and tools to help users master gym equipment.

We are committed to protecting your privacy. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our Site, create an account, use our services, or interact with us in other ways. By accessing or using the Service, you agree to the practices described in this Privacy Policy.

1. Information We Collect

We collect information in the following ways:

Information You Provide Directly:

- When you create an account, sign up for newsletters, or contact us: name, email address, username, password, and any other details you choose to provide.
- When you use personalized features (e.g., progress tracking or recommendations): fitness goals, experience level, equipment usage data, or notes you input.
- Communications you send to us (e.g., support inquiries or feedback).

Automatically Collected Information:

- Technical data: IP address, browser type and version, device type, operating system, referring/exit pages, and timestamps.
- Usage data: pages viewed, time spent on pages, search queries, equipment browsed, videos watched, and interaction with guides or demos.
- Cookies and similar technologies: We use cookies, web beacons, and similar tracking tools to remember your preferences, analyze traffic, and improve your experience.

Information from Third Parties:

- If you log in via a third-party service (e.g., Google or Apple), we may receive basic profile information from that provider.
- Analytics providers (e.g., Google Analytics) or advertising partners may share aggregated or limited data.

We do not intentionally collect sensitive personal data (such as health/medical details beyond voluntary fitness goals you share) unless you explicitly provide it.

2. How We Use Your Information

We use the collected information for the following purposes:

- To provide, operate, and maintain the Service (including personalized recommendations and progress tracking).
- To improve our content, features, and user experience.
- To communicate with you (e.g., respond to inquiries, send updates or newsletters if you opt in).
- To analyze usage trends and understand how users interact with gym equipment guides and demos.
- To detect, prevent, and address technical issues, fraud, or abuse.
- To comply with legal obligations or protect our rights and safety.

3. Sharing Your Information

We do not sell your personal information. We may share it in these limited cases:

- With service providers who assist us (e.g., hosting providers, analytics services, email delivery tools, or video hosting platforms). These parties are contractually obligated to protect your data.
- For legal reasons: if required by law, court order, or government request, or to protect our rights, property, or safety.
- In the event of a business transfer (e.g., merger, acquisition, or sale of assets), your information may be transferred as part of that transaction.
- With your consent or at your direction.

4. Cookies and Tracking Technologies

We use essential cookies to make the Site function properly. We may also use analytics and performance cookies to understand traffic and improve the Service. You can manage cookie preferences through your browser settings.

For more details, see our [Cookie Policy] (if you create one) or contact us.

We do not respond to "Do Not Track" signals at this time.

5. Data Retention

We retain your personal information for as long as necessary to fulfill the purposes outlined in this policy, comply with legal obligations, resolve disputes, and enforce our agreements. You can request deletion of your account and data (subject to legal exceptions).

6. Your Rights and Choices

Depending on your location, you may have rights regarding your personal data, including:

- Access, correction, or deletion of your information.
- Opting out of marketing communications (you can unsubscribe via the link in emails).
- Withdrawing consent where processing is based on consent.
- Objecting to certain processing activities.

To exercise these rights, contact us at the details below. We will respond within a reasonable timeframe as required by applicable law.

Residents of certain regions (e.g., EU/UK under GDPR, California under CCPA) have additional rights. Contact us for more information.

7. Children's Privacy

Our Service is not directed to children under 13 (or 16 in some jurisdictions). We do not knowingly collect personal information from children. If we become aware that we have collected data from a child without verifiable parental consent, we will take steps to delete it.

8. Data Security

We implement reasonable technical and organizational measures to protect your information. However, no method of transmission or storage is 100% secure. We cannot guarantee absolute security.

9. International Transfers

If you are located outside Hong Kong (or wherever our servers are based), your information may be transferred to and processed in other countries. We take appropriate safeguards where required by law.

10. Third-Party Links

Our Site may contain links to external websites or services. We are not responsible for their privacy practices. We encourage you to review their privacy policies.

11. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We will post the revised version on this page with an updated Effective Date. Continued use of the Service after changes constitutes your acceptance of the new policy.

12. Contact Us

If you have questions or concerns about this Privacy Policy or our data practices, please contact us at:

Email: info@tgt.gg

Website: https://www.tgt.gg/

You can also reach us via any contact form on the Site.