

Terms of Service

Terms of service for Trained by Duane

Effective Date: 17/03/2026

1. General

Welcome to Trained by Duane.

By using our website, services, and content, you agree to the following general terms and conditions. Please read these terms carefully before using our services. If you do not agree with these terms, do not use our services.

2. No Medical Advice

Our services, including online nutritional advice, training schedules, and supplement advice, are intended for general informational purposes. We are not medical professionals and do not provide individually tailored treatment plans. Always consult a qualified medical professional before starting a new diet, training schedule, or supplement regimen, especially if you have an existing medical condition.

3. Guidance to minimize injuries and risks

You understand that participating in physical activities and using nutritional supplements involves inherent risks. You are responsible for properly performing exercises and consulting a medical professional if you have health problems.

4. Results and Expectations

We aim to promote realistic and sustainable results. However, individual results may vary. We make no guarantees about specific results and recommend pursuing long-term goals instead of quick fixes.

5. Age Restrictions

Our services are intended for individuals between 18 and 55 years old. Minors and individuals outside this age group should not use our services without the consent of a legal guardian.

6. Payment Terms

By paying the attached invoice from Trained by Duane, you agree to pay the due fees according to the specified rates and agree to our general terms and conditions. Payments must be made within a period of 5 working days after receiving the invoice, unless otherwise agreed in writing. Failure to timely pay may result in Trained by Duane suspending or limiting further access to the services.

7. Testimonials and Success Stories

Testimonials and success stories from clients are not representative of guaranteed results. They are only intended to illustrate possible experiences of individual clients.

8. Intellectual Property

The content on our website and social media platforms is protected by copyright and other intellectual property rights. You may not copy, reproduce, or distribute content without prior permission.

9. Privacy Policy

By using our services, you agree to our privacy policy, which describes how personal data is collected, used, shared, and protected. Refer to our privacy policy for more information.

10. Limitation of Liability

We are not liable for any direct, indirect, incidental, or consequential damages resulting from the use of our services, unless there is intent or gross negligence on our part. By using our services, you accept this risk.

11. Links to External Websites

We may provide links to external websites, resources, or services. We have no control over the content and policies of these external sites. Users should read the terms and privacy policy of these external sites.

12. Rights of Third Parties

These terms benefit Trained by Duane and its affiliated companies, and their respective officers, directors, employees, agents, partners, licensors, representatives, and third parties.

13. Applicable Law and Disputes

Dutch law applies to these general terms and conditions. Any disputes arising from or related to these terms will be submitted to the competent court in Amsterdam.

14. Contact Information

For questions, comments, or concerns about our services and these terms, you can contact us by email at info@trainedbyduane.com.

15. Minimum Collaboration Term

By using our services, you agree to a minimum collaboration term of 3 months unless otherwise agreed in writing. During this period, you commit to using our services as agreed. After the minimum collaboration term, the agreement is automatically terminated unless the client chooses an extension, which can then be renewed monthly. After the minimum collaboration term, the agreement can be terminated at any time with a notice period of 7 days by both Trained by Duane and the client.

16. Force Majeure

Trained by Duane is not liable for the inability to fulfill obligations due to unforeseen circumstances beyond our control, such as natural disasters, strikes, etc.

17. Changes to the General Terms and Conditions

Trained by Duane reserves the right to change these general terms and conditions at any time. Users will be notified of such changes.