

4 Weeks 4 Kilos
Terms & Conditions

www.PerformancePhysique.co.uk

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1. The programme title 4 Weeks 4 Kilos, refers to the scientifically possible 4 kilos of weight loss in 4 weeks. This requires a total calorie deficit of 30,800 kcal.
2. This is not a prescription or recommendation but a support and motivational programme. Participants are not required to lose 4 kg.
3. Amounts of weight loss are entirely dependent on the participant's choice and level of commitment, adherence to the programme and ability to work towards their chosen goal.
4. This programme should be adapted for the necessary level of intensity to achieve the personalised goal of that individual's choosing.
5. This programme should only be commenced when approval of their GP, MD or health professional is granted.
6. This programme is not suitable for those with a clinical health condition. In this scenario, please inform the programme administrator. If done so within the first 7 days, you will receive a full refund, after this point your weekly subscription will be cancelled within 24 hours.
7. The programme is not a guarantee or promise, other variables exist for weight loss. Should you not achieve your desired weight loss, this is not a fault with the programme and you are not entitled to any refund.
8. Complaints are taken seriously, please contact info@PerformancePhysique.co.uk should you wish to formally log an issue, do not post this elsewhere. As a small business, we appreciate you approaching us personally rather than posting on social media.
9. Should you have a question or are unsure whether you are fit to follow the programme then please raise this question with immediate effect.

Good Luck