



## INTRO ATHLETICS® – Terms & Conditions and Privacy Policy

### INTRODUCTION

Thank you for choosing INTRO ATHLETICS®. We value transparency regarding the use of your data, as well as clearly establishing the responsibilities related to your actions when interacting in this platform.

Below you will find the Terms and Conditions, as well as our Privacy Policy.

Our general goals are:

- To ensure that you understand what data is collected about you, the reasons for doing so, and with whom we share it.
- To explain how we use your data in the app in order to give you a better user experience.
- To outline your rights and choices related to this data.
- To explain which data may be used by third parties.

You can contact us at [administracion@introathletics.com](mailto:administracion@introathletics.com) for clarification on any matter. If you wish to notify the administration about content or Users, please send an email to the above address including one or more of the following:

- Description and explanation of the issue.
- Exact URL of the reported content.
- Display name of the member who authored the content.

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### TERMS AND CONDITIONS

#### 1 – Legal Notice and Acceptance

This document regulates the use of the internet app you have accessed, provided by **INTRO ATHLETICS S DE RL DE CV**, located at Lago Meru 20, 11520 Granada, Miguel Hidalgo, Mexico City, Mexico.

Using the site makes you a User and implies full and unconditional acceptance of all provisions included in this Legal Notice, as well as the General or Specific Conditions of Use applicable at the moment of access. If you disagree with any of these conditions, you must not use or access the app.

INTRO ATHLETICS S DE RL DE CV reserves the right to modify, at any time, these General Conditions of Use as well as any other General or Specific Conditions, usage regulations, instructions, or notices that may apply. INTRO ATHLETICS S DE RL DE CV also reserves the right to suspend, interrupt, or discontinue the app at any time.

Therefore, the User must carefully read this document each time they intend to use the service, as it may be subject to modifications.

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## 2 – Purpose

Through the app, INTRO ATHLETICS S DE RL DE CV provides Users access to various services, information, and data ("Content") made available by INTRO ATHLETICS S DE RL DE CV or by third-party service and content providers. The company reserves the right to modify the app's presentation, configuration, location, Content, and conditions for use at any time.

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## 3 – Conditions of Access and Use

### 3.1 Access and Use of the Portal

The User acknowledges and accepts that access to and use of the app and its Contents occur freely and consciously, under their sole responsibility. Access does not guarantee suitability for specific User needs.

INTRO ATHLETICS S DE RL DE CV may establish additional limitations or conditions for app use, which the User must observe.

All information provided by the User must be truthful. Users guarantee the authenticity of data provided in registration forms or forms granting access to services or restricted areas. It is the User's responsibility to keep information updated. Users are solely responsible for false or inaccurate statements and any damage caused to INTRO ATHLETICS S DE RL DE CV or third parties.

Minors must obtain prior permission from parents or guardians, who are responsible for all actions performed by minors under their care.

### 3.2 Authorized Use of the App and Content

Content may include text, images, or adult material. Such content is strictly for adults with legal capacity. Access by individuals not meeting these requirements is strictly prohibited.

The User agrees to use the app in a lawful and appropriate manner in accordance with the law, these Terms, moral values, generally accepted customs, and public order. The User must not:

1. Use the app for illegal or fraudulent purposes.
2. Access restricted areas without authorization.
3. Cause damage to systems of INTRO ATHLETICS S DE RL DE CV or third parties.
4. Introduce viruses or harmful systems.
5. Access, use, or manipulate data belonging to INTRO ATHLETICS S DE RL DE CV, providers, or other users.
6. Reproduce, distribute, or modify Content without proper authorization.
7. Delete or manipulate intellectual property notices.
8. Obtain Content through unauthorized means.
9. Transmit illegal, offensive, discriminatory, violent, harmful, defamatory, or otherwise prohibited materials.

### 3.3 Introduction of Links

Users wishing to link to the app must request prior authorization unless using a system provided by INTRO ATHLETICS S DE RL DE CV.

They must comply with the following:

- The link only grants access; it cannot reproduce the app.
- Only the homepage may be linked unless authorized.



- No frames or borders may be created.
- No false or misleading statements may be made about the app.
- No suggestion that INTRO ATHLETICS endorses the linking site is allowed.
- The linking site may not include trademarks or proprietary signs without authorization.
- The linking site must not contain illegal or immoral content.

INTRO ATHLETICS S DE RL DE CV assumes no responsibility for external links, their content, or consequences stemming from them.

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#### **4 – Restricted Area**

To access restricted areas, Users must register via a form. INTRO ATHLETICS S DE RL DE CV may accept or reject registrations freely.

Registered Users are responsible for safeguarding their passwords and assume responsibility for any actions performed under their credentials. Loss or unauthorized access must be reported immediately for password replacement.

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#### **5 – Intellectual and Industrial Property Rights**

All intellectual and industrial property rights over Content and app elements belong to INTRO ATHLETICS S DE RL DE CV or third parties.

Users may use, view, print, download, or store Content only for personal, private, non-commercial use, provided the source is acknowledged. Any commercial use, modification, reproduction, or distribution without prior written authorization is strictly prohibited.

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#### **6 – Data Protection Policy**

Users must provide personal data to use certain services. INTRO ATHLETICS S DE RL DE CV processes this data as stated in the Privacy Policy.

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#### **7 – Exclusion of Warranties and Liability**

##### **7.1 App Functioning**

INTRO ATHLETICS S DE RL DE CV does not guarantee availability or uninterrupted functioning. It is not responsible for:

- Website unavailability
- Interruptions due to internet or system failures
- Unsuitability for User-specific needs
- Unauthorized third-party intrusions

Although virus-scanning systems are used, virus-free operation cannot be guaranteed.

##### **7.2 User Use of the App**

INTRO ATHLETICS S DE RL DE CV is not liable for misuse by Users or third parties, or for the veracity or authenticity of User-provided data.

##### **7.3 Third-Party Content**

INTRO ATHLETICS does not edit third-party content and is not responsible for its legality, reliability, accuracy, or usefulness.

##### **7.4 Links**



INTRO ATHLETICS is not responsible for external linked site content, updates, availability, or accuracy.

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#### **8 – Actions in Case of Breach**

INTRO ATHLETICS S DE RL DE CV may take legal actions and suspend services without prior notice for Users who violate these Terms.

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#### **9 – Partial Invalidity**

Invalidity of one clause does not affect remaining clauses. Failure to enforce conditions does not imply future waivers.

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#### **10 – Applicable Law**

These Terms are governed by Mexican law, specifically the **Federal Law on Protection of Personal Data Held by Private Parties (2010)**.

Parties submit to jurisdiction in **Ciudad de México, México**, unless legally prohibited.

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### **PRIVACY POLICY**

Prepared in accordance with Mexican law, specifically the Federal Law on Protection of Personal Data Held by Private Parties (2010).

#### **1 – Identification of Data Controller**

INTRO ATHLETICS S DE RL DE CV

Address: Calle Lago Meru 20, 11520 Granada, Miguel Hidalgo, Mexico City

Email: [administracion@introathletics.com](mailto:administracion@introathletics.com)

#### **2 – Data Controller Responsibility**

Same as above.

#### **3 – Data We Collect**

We only collect personal data provided during registration and through the Initial Interview.

#### **4 – Purpose of Data Processing**

- To collect information that allows us to personalize your training programs.
- To group performance data anonymously for statistical or scientific research purposes.

#### **5 – Legal Basis**

Legitimate interest in opening your user account, providing app services, and sending app notifications.

#### **6 – Data Retention**

Data is stored while you use the app.

If you request deletion, your data will be blocked for **3 years** for potential legal obligations.

#### **7 – Data Recipients**

Your data is stored in the INTRO platform databases owned by INTRO ATHLETICS S DE RL DE CV.



## **8 – International Transfers**

Data may be shared with associated third parties in accordance with international law and our ethical code.

## **9 – User Rights**

You may exercise your rights by contacting: [administracion@introathletics.com](mailto:administracion@introathletics.com)

### **9.1 Right of Access**

You may obtain confirmation of whether your data is being processed and request a copy.

### **9.2 Right to Rectification**

You may request correction of inaccurate or incomplete data.

### **9.3 Right to Deletion ("Cancel")**

You may request deletion when:

- Data is no longer necessary
- Consent is withdrawn
- You object for justified reasons
- Data was unlawfully processed
- Deletion is required by law

Deletion may not apply when needed for legal or public interest purposes.

## **10 – Right to Restrict Processing**

Applicable when:

- You contest data accuracy
- Processing is unlawful but deletion is opposed
- Data is needed for legal claims
- You object pending legitimate interest evaluation

## **11 – Data Portability**

You may receive your data in a structured, commonly used, machine-readable format.

## **12 – Right to Object**

You may object to processing based on legal grounds specified in applicable law.

## **13 – Withdrawal of Consent**

You may withdraw consent at any time.

## **14 – Complaints to Authorities**

You may file a complaint with data protection authorities.

## **15 – Processing of Minors' Data**

Services are for Users **15 years and older**.

We may request documentation to verify age.