Simplified license for ProTrainUp - Public Base

Our license empowers creators and protects our community. We want to keep it as simple as possible. Here's an overview of what you can and can't use content from the ProTrainUp public database for.

What is allowed?

- All content in the ProTrainUp public database may be used for free for educational purposes and non-commercial use in print (training session draft) and digital form, except as noted in "What is not allowed".
- Attribution is not required. Tagging the creator or ProTrainUp is not required, but is always appreciated by our community.

What is not allowed?
This section applies only to users of images and videos, not to the respective authors of the images and videos.

- Do not sell others' images or videos of ProTrainUp on third-party sites, or as books, e-books, or videos.
- Do not create a copy of an exercise, image, or video created by another creator based on an unaltered image or video that has already been made available to the ProTrainUp public database.
- Do not sign as the author of an exercise, image, or video created by another creator.

Failure to comply with the terms of the license may result in a temporary or permanent banning of the user's account. Any violations of the ProTrainUp license should be reported to: **support@protrainup.com**.