RepsQuest

Privacy Policy

A Product of A&C Holdings LLC

Effective Date: June 28, 2026 · Version 2.0

1. Overview

A&C Holdings LLC ("Company," "we," "us," or "our") operates RepsQuest (the "Platform"). RepsQuest consists of two products:

RepsQuest Go — a free, no-account workout generator accessible via QR code or web browser. No personal information is collected.

RepsQuest Home — a structured weekly programming app that requires an account. It includes optional features such as MetaScore, RepsCoins, and team competitions. Personal information is collected as described below.

This Privacy Policy explains what information we collect across both products, how we use it, and your rights regarding that information.

2. RepsQuest Go — What We Collect

RepsQuest Go is designed for zero data collection. No account is required and no personal information is gathered.

When you generate a workout through Go (including hotel or partner-branded versions), we may record anonymous session data including: workout type, muscle groups selected, duration, intensity, exercises generated, and whether the workout was completed. This data is not linked to any individual user, device, or account. It is used solely for internal analytics and to improve workout quality.

RepsQuest Go does not collect: names, email addresses, location data, device identifiers, IP addresses, health data, payment information, or any other personally identifiable information.

3. RepsQuest Home — What We Collect

RepsQuest Home requires an account. When you create an account and use the app, we collect the following:

3.1 Account Information

Email address — used for authentication, password reset, and friend lookup. Display name — shown on your profile, receipts, and to friends.

3.2 Program Preferences

Equipment selection, training split, days per week, session duration, and experience level. Used to generate your personalized workout program.

3.3 Workout Data

Workout logs (date, split type, duration, exercise count, sets completed); exercise logs (exercise name, weight, reps, and timestamp for each set); workout receipts; and streak data (current streak, longest streak, last workout date).

3.4 Social Features

Friend connections (your email is used to allow other users to find and add you; friend relationships are stored); referral data (a unique referral code is generated for your account, and if you signed up through a referral link, we store which user referred you); and Training Lineage (your referral tree, showing names and streak data of users you referred and their referrals).

3.5 Apple Health Data and MetaScore

MetaScore is an **optional** feature. It works only if you choose to connect Apple Health (HealthKit) and grant permission through Apple's system prompt. With your permission, the app reads certain health metrics on your device, which may include heart rate variability, resting heart rate, sleep, steps, and active energy.

This raw health data is read and processed entirely on your device and is never transmitted to or stored on our servers. The only thing we store is your resulting **MetaScore** — a single aggregate integer from 0 to 100 — and the date it was calculated. We do not store, transmit, or retain any raw biometric readings. You can grant, deny, or revoke Health access at any time through the Apple Health app or your device settings, and the app's core features do not require it.

3.6 Coins and Competitions

If you use RepsCoins, teams, or challenges, we store your coin balance and in-app transaction history (coins earned and spent within the app), your team memberships, and your participation and standings in challenges and competitions. RepsCoins have no cash value. Within social and competitive features, your display name, streaks, and activity totals may be visible to users you connect or compete with.

4. What We Do Not Collect

Across both products, RepsQuest does not collect:

- **Raw health or biometric readings** — we do not store or transmit the raw health data read from Apple Health; only your aggregate MetaScore (an integer) and its date are stored (see Section 3.5).
- **Location or GPS data** — RepsQuest does not collect, use, or store your location.
- Payment or financial information.
- Device identifiers, advertising IDs, or fingerprinting data.
- Cookies or third-party tracking pixels.
- Contacts, photos, or any data from your device beyond what you explicitly enter or grant permission to access.

5. How We Use Your Data

We use the information collected through RepsQuest Home to:

- Authenticate your account and maintain your session;

- Generate and manage your personalized workout program;
- Track your workout history, streaks, and progress;
- Compute your MetaScore on your device from health data you choose to connect, and store only the resulting aggregate score;
- Manage RepsCoins, teams, challenges, and competition standings;
- Enable social features (friends, referrals, lineage);
- Generate workout receipts;
- Improve the platform and fix issues.

We do not sell, rent, or share your personal data with advertisers or third parties.

6. Data Storage and Security

Your account data is stored securely using Supabase, a cloud database platform with built-in encryption and row-level security. Data is transmitted over HTTPS. Access to your data is restricted to your authenticated session — other users cannot access your workout logs, exercise data, or account information unless explicitly shared through social features. Raw health data read from Apple Health is processed only on your device and is never stored on our servers; only your aggregate MetaScore is stored.

7. Account Deletion

You may delete your account at any time through the Settings screen in the app. When you delete your account, all associated data is permanently removed, including: your profile, workout logs, exercise logs, receipts, streak data, friend connections, referral data, MetaScore history, coin balance, and team and challenge participation. This action cannot be undone.

8. Hotel and Partner Access

If you access RepsQuest Go through a hotel or hospitality partner, please note: hotel partners may receive aggregate, non-identifiable analytics about gym usage (total workouts generated, completion rates, etc.). Partners never receive any data that could identify an individual user. If you use the app over a hotel’s Wi-Fi network, the hotel’s own network policies may apply to your internet activity.

9. Children's Privacy

RepsQuest is not intended for use by children under the age of 13. We do not knowingly collect personal information from children under 13. Users between 13 and 18 must have parental or guardian consent to create an account and use RepsQuest Home. If you believe a child under 13 has provided us with personal information, please contact us and we will take appropriate steps to remove it.

10. Third-Party Services

RepsQuest uses Supabase for authentication and data storage. Your email address and account data are processed by Supabase in accordance with their privacy policy. The MetaScore feature uses Apple Health

(HealthKit) on your device with your permission; Apple's handling of your health data is governed by Apple's privacy policy. No other third-party services receive your personal data.

11. Your Rights

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

- **All users:** You can delete your account and all data at any time through the app's Settings.
- **California residents (CCPA):** We do not sell personal information. You may request access to or deletion of your data by contacting us.
- **EU/EEA residents (GDPR):** Your data processing is based on your explicit consent provided during account creation, and, for health data, on the separate permission you grant through Apple Health. You may request access, correction, deletion, or portability of your data by contacting us.

12. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. If we make material changes, we will notify you by posting the updated policy within the app or on our website with a revised effective date, and we may require you to review and re-accept it within the app. Your continued use of the Platform after changes are posted constitutes acceptance of the updated policy.

13. Contact Us

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

A&C Holdings LLC
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reps.quest