
CALI100 · Disclaimer and Terms of Participation

Last updated 21 September 2026

Please read this before taking part in CALI100.

1. Agreeing to these terms

By using this website, submitting a rank card or intake form, or taking part in CALI100, you agree to these terms. If you do not agree with them, please do not take part.

2. CALI100 is fitness information, not medical advice

CALI100 provides general fitness and calisthenics information, training plans and movement standards. It is not medical advice, physiotherapy, rehabilitation or treatment, and it is not a substitute for any of them.

Nothing on this website or in any CALI100 plan diagnoses a condition, treats a condition, or tells you what your body can safely do. Where a plan describes what a movement asks of a part of your body, that is a description to help you have a useful conversation with a qualified professional. It is not clearance to do it.

We are not your doctor, physiotherapist, dietitian or allied health provider.

3. Get medical clearance before you start

You should obtain clearance from a qualified medical practitioner before beginning CALI100 or any exercise programme, and particularly if you:

- have, or have had, any injury, surgery or ongoing medical condition
- are pregnant, may be pregnant, or have recently given birth
- have any heart, lung, metabolic or musculoskeletal condition
- take any medication that may affect exercise
- are returning to exercise after a long period away from it
- are over 40 and have not been exercising regularly
- experience pain, dizziness or breathlessness during activity

If a health professional advises you against any movement, follow their advice rather than the plan. Tell us and your plan will be adjusted or the movement removed. A movement held on medical advice does not prevent you completing the challenge.

4. Your rank card is self-assessed

CALI100 plans are built from information you give us about yourself: your self-assessed rank card, your intake answers, your equipment, the time you have available, and anything you tell us about your health.

Your rank card is assessed by you and is not verified by us until you submit video. A plan built from a card that overstates what you can do will prescribe work that is harder than it should be.

You are responsible for assessing yourself honestly, and for telling us if anything you have given us was wrong or has since changed. Correcting it costs you nothing and we will rebuild your plan.

5. Exercise carries a risk of injury

Physical training carries an inherent risk of injury, including serious injury. Calisthenics involves supporting your own bodyweight, hanging, inverting and holding positions under load. Risks include, but are not limited to, muscle and tendon strain, joint injury, falls, and the aggravation of existing conditions.

By taking part you accept those risks.

Stop straight away and seek medical attention if you experience chest pain, dizziness, faintness, numbness or pins and needles, pain travelling down an arm or a leg, a joint that gives way, or any pain that is sharp rather than muscular.

6. Equipment and where you train

You are responsible for the equipment you use and the place you train in. CALI100 does not supply, inspect or approve any equipment.

Before using any bar, pole, rings, dip station, raised surface or other apparatus, you must satisfy yourself that it is secure, stable, correctly installed and rated for your bodyweight. This applies to public equipment in parks and to equipment in your own home.

Do not train alone in a position where a fall could leave you unable to get help.

7. Food and fuelling

CALI100 does not provide nutrition advice, meal plans, calorie targets or supplement recommendations, and deliberately publishes no numbers on food.

For individual advice on eating, fuelling, hydration or body composition, consult your GP or an Accredited Practising Dietitian.

8. Participants under 18

Participants under 18 take part with the consent and ongoing involvement of a parent or guardian, who must be included in communication with CALI100.

Photographs are not required from participants under 18, and a submission is complete without them. Standards and grading are the same for everybody.

9. Photographs and video you send us

When you send photographs or video to CALI100 you confirm that you are the person shown, or that you have the permission of anybody who is shown, and that you are entitled to send it to us.

Material you submit is used to grade your movements and to give you feedback.

We will not use your photographs or video publicly, in marketing or on this website without asking you first and receiving your agreement. You can decline, or withdraw agreement you have already given, at any time by contacting us. Declining has no effect on your grading, your score or your completion of the challenge.

10. Your information

To build and adjust your plan we collect personal information including your name, age, contact details, training history, and health information such as injuries, surgeries and medical conditions.

We use that information only to build and adjust your training plan and to run the challenge. We do not sell it. We do not share it outside CALI100 except where you ask us to, or where we are required to by law.

You may ask us at any time to give you access to the information we hold about you, to correct it, or to delete it. Contact us using the details in section 16.

11. The challenge, grading and prizes

Taking part in CALI100 is free.

Grading is carried out by CALI100 against the published written standards, from video you submit. Where a movement does not meet a standard, you will be told which part of the written standard was not met.

Completing the challenge and entering the weekly draw are not conditional on posting publicly on social media. Any prize that does carry conditions will have those conditions stated plainly before entry.

Full prize terms are published separately and apply in addition to these terms.

12. No guarantee of results

Results differ between individuals and nothing here is a promise of any outcome.

Timelines in a CALI100 plan are estimates produced from the information you submitted. They are projections rather than commitments, and they assume you train as the plan describes.

CALI100 ranks and scores are internal to CALI100. They are not a qualification, a certification, or a recognised industry standard.

13. Liability

Nothing in these terms excludes, restricts or modifies any guarantee, right or remedy you have under the Australian Consumer Law or any other law that cannot lawfully be excluded.

Subject to that, and to the extent permitted by law, CALI100 and the people who run it are not liable for loss, injury or damage arising from your participation.

14. Changes to these terms and to the challenge

We may change the programme, the movement standards, the plans or these terms.

Published grading standards will not be changed part way through a challenge in a way that disadvantages participants. Material changes will be notified in the members chat and the date at the top of this page will be updated.

15. Governing law

These terms are governed by the laws of Queensland, Australia.

16. Contact us

For any question about these terms, your information, or your participation:

hello@cali100.co