

PRIVACY POLICY

Musculytica Application

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1. Application Overview

Musculytica is a mobile application for strength training tracking, published by ZENIXTA (sole proprietorship). It enables users to plan, record, and analyze their workout sessions, track muscle recovery, systemic fatigue, and progression over time.

The application integrates an intelligent analysis engine that combines muscle load, cardiovascular activity, and — if the user grants permission — sleep data from Health Connect. This holistic approach aims to provide physiologically sound, personalized training advice.

This Privacy Policy exhaustively describes the personal data collected, processed, and stored by Musculytica, as well as your rights regarding that data. The application is intended for adults aged 18 and over only.

2. Data Controller

The controller responsible for processing your personal data is:

ZENIXTA — Sole Proprietorship Contact: contact@zenixta.com

3. Data Collected

3.1 Account Data

When creating an account, we collect:

- Email address (via Firebase Authentication)
- Unique anonymized identifier generated by Firebase
- Gender (male / female) — used to personalize the muscle silhouette display

3.2 Workout Data

During each session recorded in the application:

- Date, start time, end time, and total duration of the session
- Strength exercises: name, number of sets, repetitions, load (kg)
- Cardio exercises: activity type, duration (minutes), distance (km), intensity level
- Custom routines and training programs
- Muscle recovery scores per muscle — computed locally on device
- Muscle recovery scores per muscle group

- Estimated muscle progression per muscle

3.3 Body Metrics

- Body weight — entered manually and/or imported from Health Connect (90-day window)
- Body fat percentage — imported from Health Connect when available (90-day window)

3.4 Data Read from Health Connect

With your explicit permission, Musculytica reads the following data from Health Connect. All reads are read-only: Musculytica never writes any data to Health Connect.

Physical activity (48-hour window):

- Daily step count — used as a low-intensity cardio load signal
- Active calories burned — used to estimate cardio load when no structured sessions are available
- External exercise sessions (running, cycling, swimming, rowing, HIIT, walking, etc.) — activity type, duration, calories — used to compute cardiovascular load with time-based decay
- Average heart rate — cardiovascular load indicator

Body metrics (90-day window):

- Body weight — used for caloric expenditure calculations and threshold personalization
- Body fat percentage — body composition indicator

Sleep data:

- Total sleep duration per night — used to calculate the sleep deficit integrated into the global fatigue score
- Deep sleep duration — sleep quality and recovery indicator

The sleep deficit is a weighted component of the global fatigue calculation. For example, a night under 5 hours generates a high deficit that may trigger a recovery recommendation. Sleep data is never shared with any third party.

3.5 User Preferences

The following preferences are stored locally on your device (Android SharedPreferences) and are never transmitted to our servers:

- Usage mode (easy mode / precise mode)
- Onboarding completion status
- Recovery timeline display preferences

3.6 Technical Data

- Firebase authentication tokens (secure session management)
 - Local Hive cache (stored on device, contains recent recovery and workout data)
 - Health Connect memory cache (maximum 30 minutes, invalidated after each session)
 - Anonymized technical error logs
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4. How We Use Your Data

4.1 Primary Purposes

- Authentication and secure access to your account
- Recording and displaying your training history
- Computing muscle recovery scores per muscle
- Computing cardiovascular load from Musculytica and/or Health Connect sessions
- Computing the sleep deficit from sleep data (if authorized)
- Computing the global fatigue score, combining muscle load, cardiovascular load, and sleep deficit
- Generating personalized training and recovery advice
- Estimating caloric expenditure per exercise
- Personalizing the display (gender → muscle silhouette)
- Synchronizing your data across devices via Firebase

4.2 What We Do Not Do

- No advertising use — Musculytica contains no advertisements
 - No sale, rental, or transfer of your data to third parties
 - No commercial profiling
 - No writing of data to Health Connect
 - No access to Health Connect data without your prior explicit consent
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5. Legal Basis for Processing (GDPR)

- **Performance of a contract:** account data, sessions, exercises — necessary to provide the service
 - **Explicit consent:** access to Health Connect data (requested at first launch, revocable at any time from Android settings)
 - **Legitimate interest:** anonymized technical logs necessary for application stability and security
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6. Data Recipients

6.1 Technical Processors

Musculytica exclusively uses the following technical services:

- **Google Firebase (Firebase Authentication + Cloud Firestore):** authentication and storage of training data. Hosting compliant with EU Standard Contractual Clauses. Policy: firebase.google.com/support/privacy
- **Google Health Connect:** local reading of health data on the Android device. Data read from Health Connect does not transit through ZENIXTA servers — it is processed locally and, for training results, stored in Firestore under your account.
- **RevenueCat:** management of subscriptions and premium entitlements. Receives an anonymized user identifier (Firebase UID) and purchase events transmitted by Google Play. No workout data is shared. US-based company — EU → United States transfer governed by EU Standard Contractual Clauses. Policy: revenuecat.com/privacy.

6.2 No Commercial Sharing

ZENIXTA does not share, sell, or transfer any personal data to third parties for commercial purposes. Your training, health, and sleep data remains strictly private and accessible only to you.

7. Data Retention

- **Account and training data (Firestore):** retained for as long as your account is active
 - **Health Connect memory cache:** maximum 30 minutes, invalidated after each session
 - **Local Hive cache (device):** retained until the application is uninstalled
 - **Local preferences (SharedPreferences):** retained until uninstallation or device reset
 - **Account deletion:** all Firestore data is deleted within 30 days of a deletion request
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8. Data Security

- All communications encrypted in transit (HTTPS/TLS via Firebase)
- Firestore security rules: each user can only access their own data — no cross-account access
- Firebase token-based authentication — no passwords stored in plain text
- Health Connect data processed locally on device — not exposed to third-party servers
- Short-lived memory cache (30 min) for HC data — automatically invalidated

No ZENIXTA staff member has access to your personal or training data. The user-scoped Firestore architecture guarantees complete isolation between accounts.

9. Your Rights

Under the General Data Protection Regulation (GDPR — EU Regulation 2016/679), you have the following rights:

- **Right of access:** obtain a copy of your personal data
- **Right to rectification:** correct inaccurate data

- **Right to erasure:** request deletion of your account and all associated data
- **Right to data portability:** receive your data in a structured, machine-readable format
- **Right to object:** object to certain processing activities
- **Withdrawal of Health Connect consent:** revoke access to HC data at any time via Android Settings → Health Connect → Permissions → Musculytica

To exercise these rights: contact@zenixta.com

You also have the right to lodge a complaint with your local data protection authority. In France: CNIL (Commission Nationale de l'Informatique et des Libertés) — www.cnil.fr. In the EU, you may contact your national supervisory authority.

10. Google Health Connect — Detailed Usage

In accordance with Google Play requirements and Health Connect policies, the following is an exhaustive description of health data usage:

Data read: Physical activity (steps, active calories, exercise sessions, average heart rate), sleep (total duration, deep sleep duration), body metrics (weight, body fat percentage)

Data written: None — Musculytica is read-only with respect to Health Connect

Purpose of reading: Computing cardiovascular load, sleep deficit, and global fatigue score to deliver personalized training and recovery recommendations

Local processing: Health Connect data is processed on-device. Only computed training results linked to your sessions may be stored in Firestore under your account

Third-party sharing: None — Health Connect data is never transmitted to third parties or used for advertising purposes

Revocation: Android Settings → Health Connect → Permissions → Musculytica → Revoke

The application remains 100% functional without Health Connect. All core features (session tracking, muscle recovery analysis, progression) are available without access to external health data.

11. International Data Transfers

Some data may be hosted in the United States via Google Firebase. These transfers are governed by Standard Contractual Clauses (SCCs) approved by the European Commission pursuant to Article 46 of the GDPR. Google is also certified under the EU-U.S. Data Privacy Framework.

12. Minors

Musculytica is exclusively intended for adults aged 18 and over. We do not knowingly collect data from minors. If you are a parent or legal guardian and believe your minor child has created an

account, please contact us immediately at contact@zenixta.com so that all associated data can be promptly deleted.

13. Updates to This Policy

ZENIXTA reserves the right to update this Privacy Policy to comply with changes in applicable law, Google Play policies, or new application features. In the event of a material change affecting your rights or the data collected, you will be notified via an in-app notification or by email.

The version number and last update date are shown at the top of this document.

14. Contact

For any questions regarding this policy or the exercise of your rights:

ZENIXTA Email: contact@zenixta.com

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