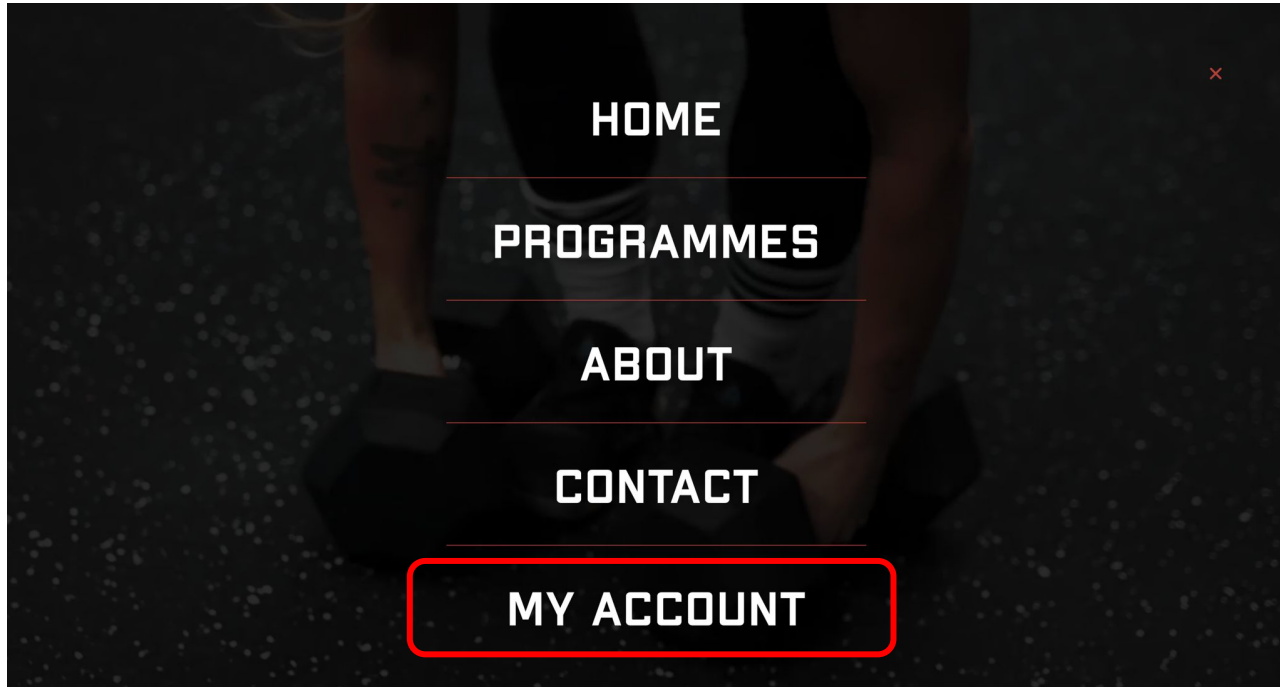


A man is shown in a gym setting, performing a pull-up on a horizontal bar. He is wearing a dark t-shirt and black wristbands. The background consists of metal gym equipment. The entire image is overlaid with a semi-transparent red filter. The text 'How to:' is positioned above the main title.

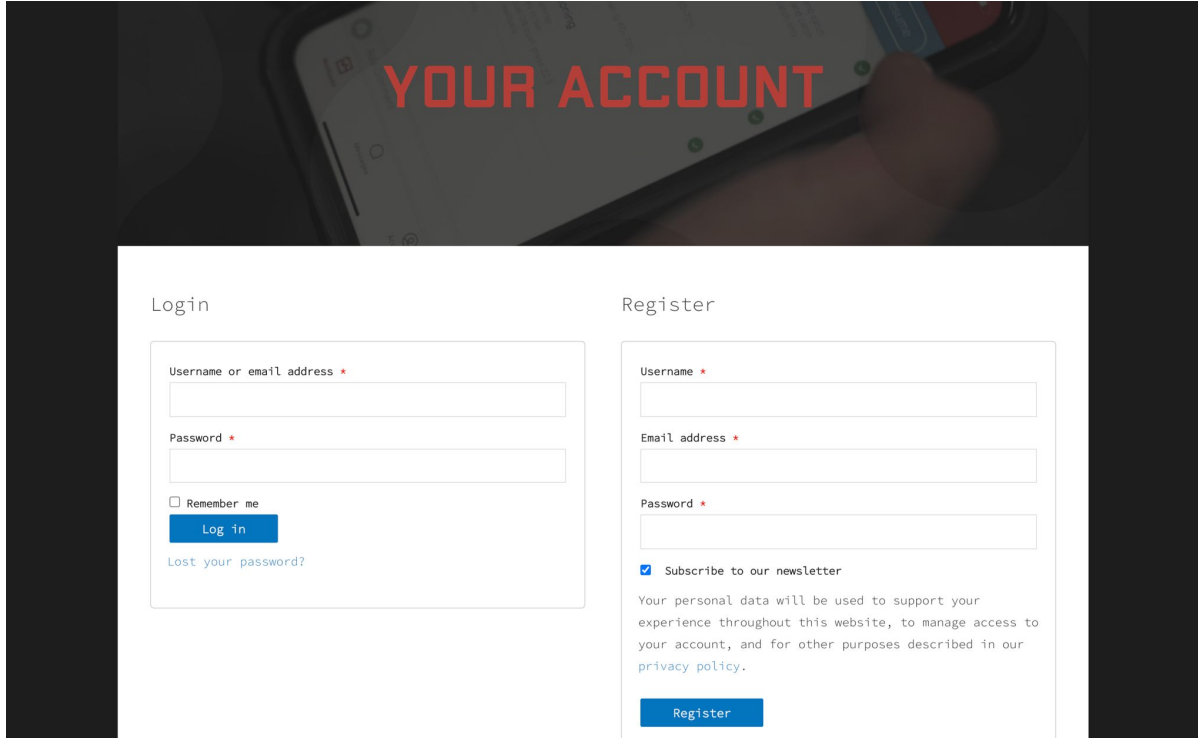
How to:

# Cancel Your Programme

Select 'My Account' in the menu



# Login to your account



**YOUR ACCOUNT**

### Login

Username or email address \*

Password \*

Remember me

[Lost your password?](#)

### Register

Username \*

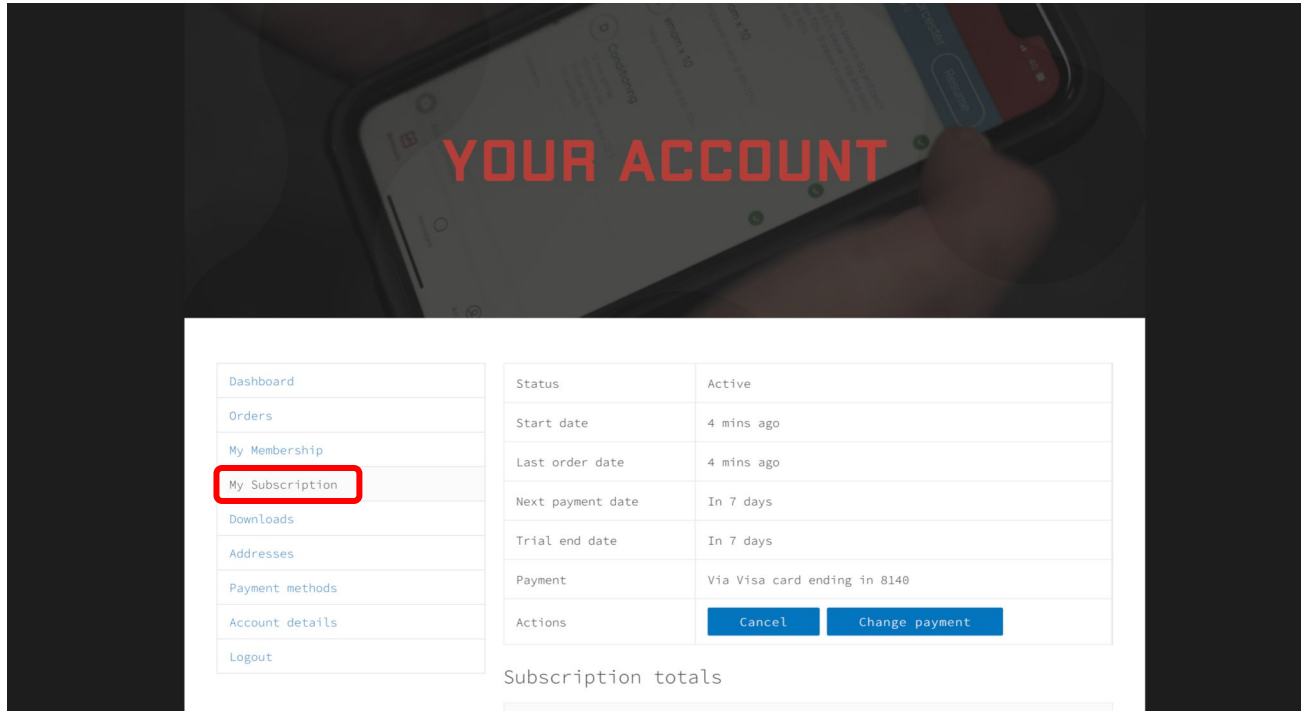
Email address \*

Password \*

Subscribe to our newsletter

Your personal data will be used to support your experience throughout this website, to manage access to your account, and for other purposes described in our [privacy policy](#).

# Select 'My Subscription'

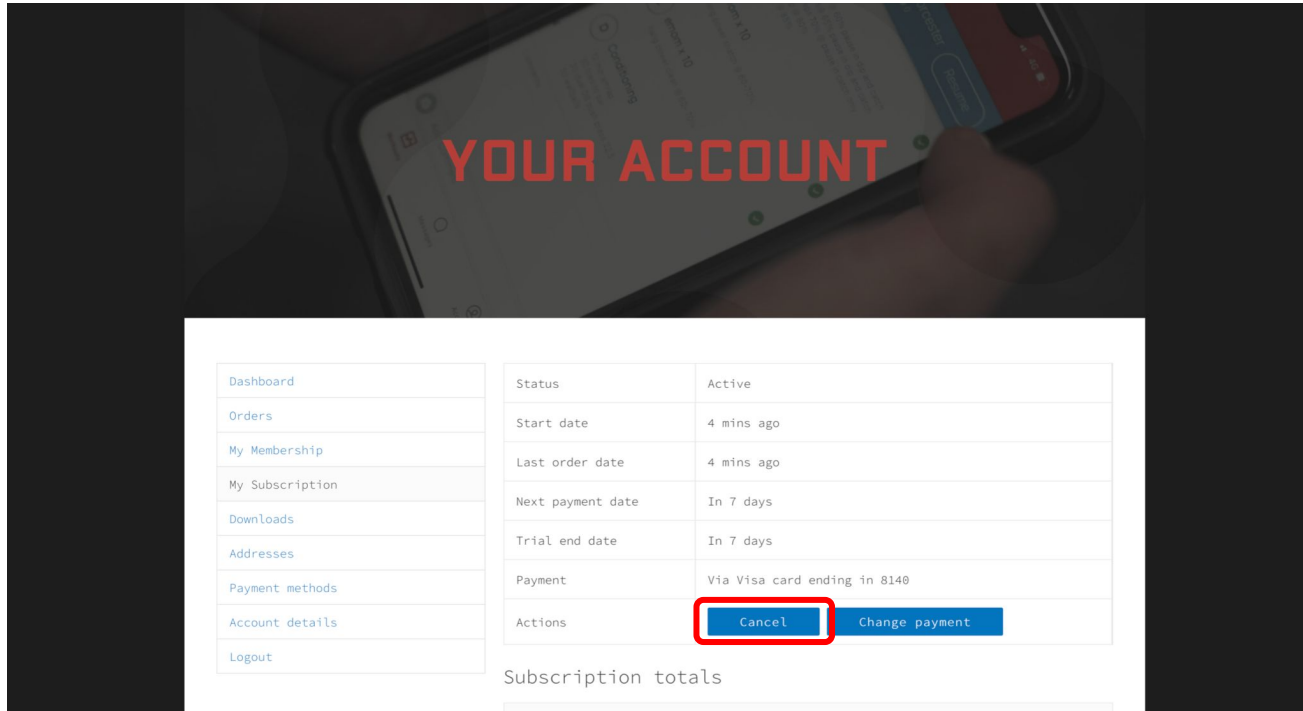


**YOUR ACCOUNT**

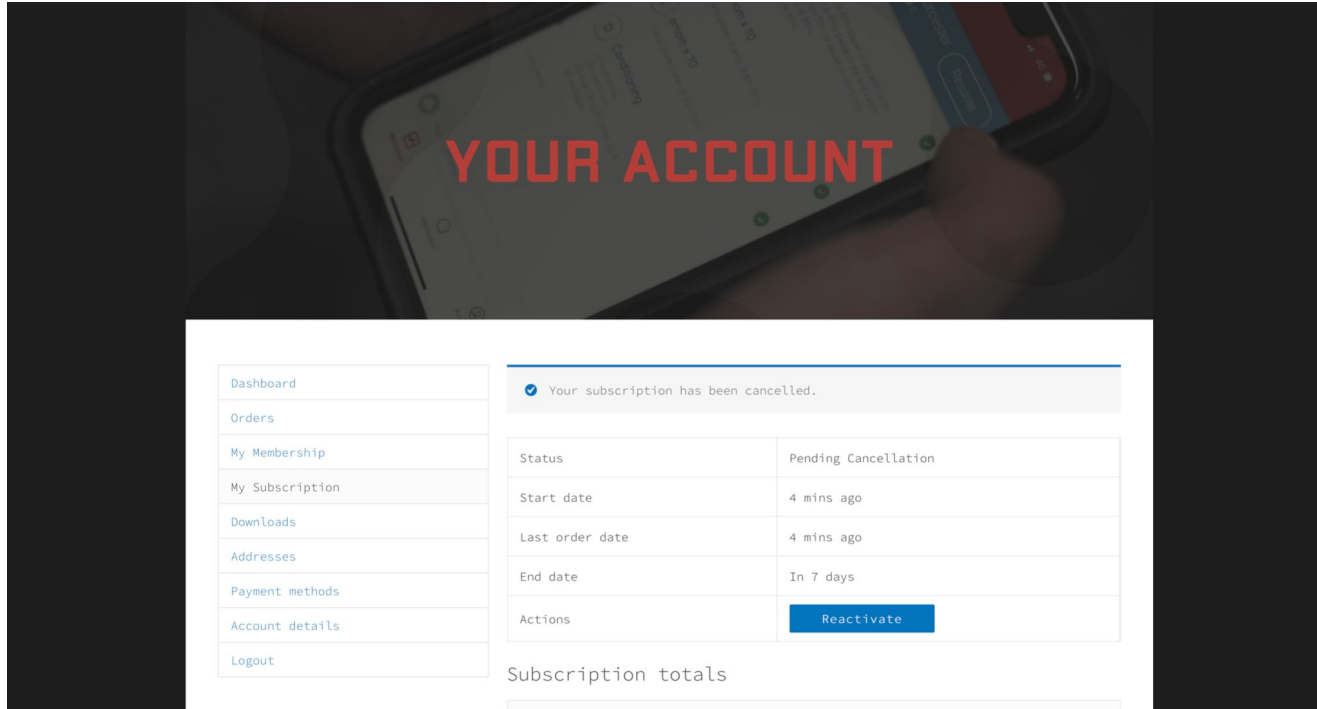
Dashboard	Status	Active
Orders	Start date	4 mins ago
My Membership	Last order date	4 mins ago
<b>My Subscription</b>	Next payment date	In 7 days
Downloads	Trial end date	In 7 days
Addresses	Payment	Via Visa card ending in 8140
Payment methods	Actions	<a href="#">Cancel</a> <a href="#">Change payment</a>
Account details		
Logout		

Subscription totals

# Select 'Cancel'



# You have successfully cancelled your programme



**YOUR ACCOUNT**

Dashboard	✔ Your subscription has been cancelled.	
Orders		
My Membership		
My Subscription		
Downloads		
Addresses		
Payment methods		
Account details		
Logout		
	Status	Pending Cancellation
	Start date	4 mins ago
	Last order date	4 mins ago
	End date	In 7 days
	Actions	<a href="#">Reactivate</a>
	Subscription totals	

A man is shown in a gym setting, performing a pull-up on a horizontal bar. He is wearing a dark t-shirt and black wristbands. The image is heavily stylized with a red color overlay. The background consists of metal gym equipment frames. The text 'teamtrainingprogramming.com' is centered over the image.

[teamtrainingprogramming.com](http://teamtrainingprogramming.com)