



LANDLORD GUIDELINES

2019



WHAT IS F45?

Born in Australia, F45 Training is one of the fastest growing fitness franchise networks in the United States, based on number of franchises sold in the United States. It offers its loyal following a highly immersive, team-based fitness experience that is effective, fun and community-driven.

In a highly competitive fitness market, F45 has developed a training system that appeals to a broad and diverse customer base. Our program is not just easily adaptable to evolving fitness trends but also meets the modern consumer's needs for work outs that are time efficient, results based and community orientated.

The following is general information which is designed to assist in searching for a suitable site. It is the franchisee's responsibility to make the appropriate inquiries and ensure that the site is suitable for use as an F45 Studio and that it otherwise complies with our requirements.



[Click to watch brand video](#)



INVESTOR BACKED

In 2019, an investment group lead by Mark Wahlberg became a **strategic investor** in F45 Training.

The partnership provides **increased brand awareness** to continuously deliver benefits to franchise owners and the of F45 members across the globe.

Bloomberg

Mark Wahlberg Backs Australian Fitness Franchise F45 Training

March 18, 2019, 12:00 AM PDT

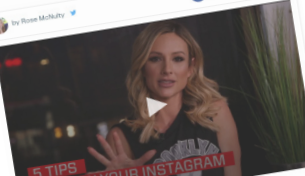
► Actor is part of an investment group buying a minority stake



F45 PRESS

top success

by Riana Mahabir



5 TIPS TO GROW YOUR INSTAGRAM

FITNESS STAR PAIGE HATHAWAY may not have taken the traditional route to fitness stardom, but she pretty much paved the way to the top when it comes to being a fitness influencer. She's amassed a 5.5 million following on Facebook, putting her in a spot where many want to be tomorrow.

It's becoming increasingly difficult to stand out among other fitness influencers, so we picked Hathaway's brain for some time-tested influencers.

5 Reasons Why You Should Join F45, Like Now

Photo 1 of 5

Forbes

World News | Sport | TV & Shows | Family | Health

MEN'S HEALTH

FAST COMPANY

GQ

Forbes


As The Healthy Living Craze Takes Off In China, This Company Wants To Ensure It Isn't Just A Fad

Forbes

Billionaires Innovation Leadership

ARE YOU FIT FOR A FRANCHISE?

SEE IF YOU MATCH THESE 4 OWNER PERSONAS



OWNING A FITNESS BUSINESS THROUGH FRANCHISING HAS BECOME AN ATTRACTIVE PROPOSITION FOR NOT ONLY TRADITIONAL INVESTORS, BUT ALSO EXERCISE ENTHUSIASTS LOOKING TO MAKE A BIG CAREER MOVE.

AUSTRALIAN Men's Health

STRENGTH ISSUE



"What I need to be the most successful version of myself"

4 MARK WAHLBERG
On Fitness, Fatherhood and F45


Plus
BEAR GRYLLS
MAT FRASER
CHRIS HEMSWORTH

ARMS ABS + LEGS

Your Full Body Overhaul

Why F45 is the fastest-growing fitness franchise - and workout craze

In just a few years, Aussie sensation F45 has amassed over 1,750 fitness studios worldwide. The secret to their success? A mixture of novelty, community, and millennial-friendly experiences.



BY RINA RAPHAEL • MINUTE READ

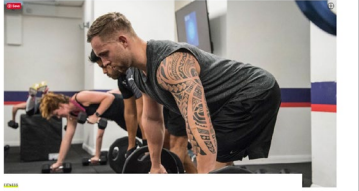
The first thing you notice is the DJ.

That's because you're not in a club or partying at your nephew's bar mitzvah; you're at the gym. And it's 7 a.m. on a Saturday.

Big-box gyms and their lobby DJs are one thing. But this guy is playing inside a boutique gym, catering to just one small class of 20 individuals.

Perched by a turntable, the buff and shaggy-haired DJ mixes a medley of hip-hop with some Daft Punk thrown in. He's bopping his head and

F45 is the most effective fitness class in London



There is something to be said for effective fitness - a wonderfully binding sense of camaraderie prevails over talking shop and chit-chat. Back in the land of F45, the fitness crew has just begun to stretch in a boutique gym in Tottenham Court Road. F45 offers a private, high-intensity workout for 20 individuals. The crew has been training for 10 weeks and with some of the best workout equipment in the business, it's no wonder F45 is the most effective fitness class in London.

F45 TRAINING LAUNCHES NEW WORKOUT

F45 Training has launched a new workout



Now available on the F45 Training app

brandsway creative

BUFFALO RISING

F45 Training chisels out space on Chandler Street




brandsway creative

CITY A.M.

F45 founder: We could team up with another fitness brand for a joint IPO

Fitness chain F45 could sell up to a private equity house or go public in the next five years, its founder has said.

Alex Key




ABOUT TIME



Are you ready to meet your fitness goals? It's time to get started.

HELLO!



This exercise could help you live longer - and there's not a treadmill in sight.

WELLT

GLOBAL WELLNESS



Wellness and fitness solutions for a healthier future.

food network

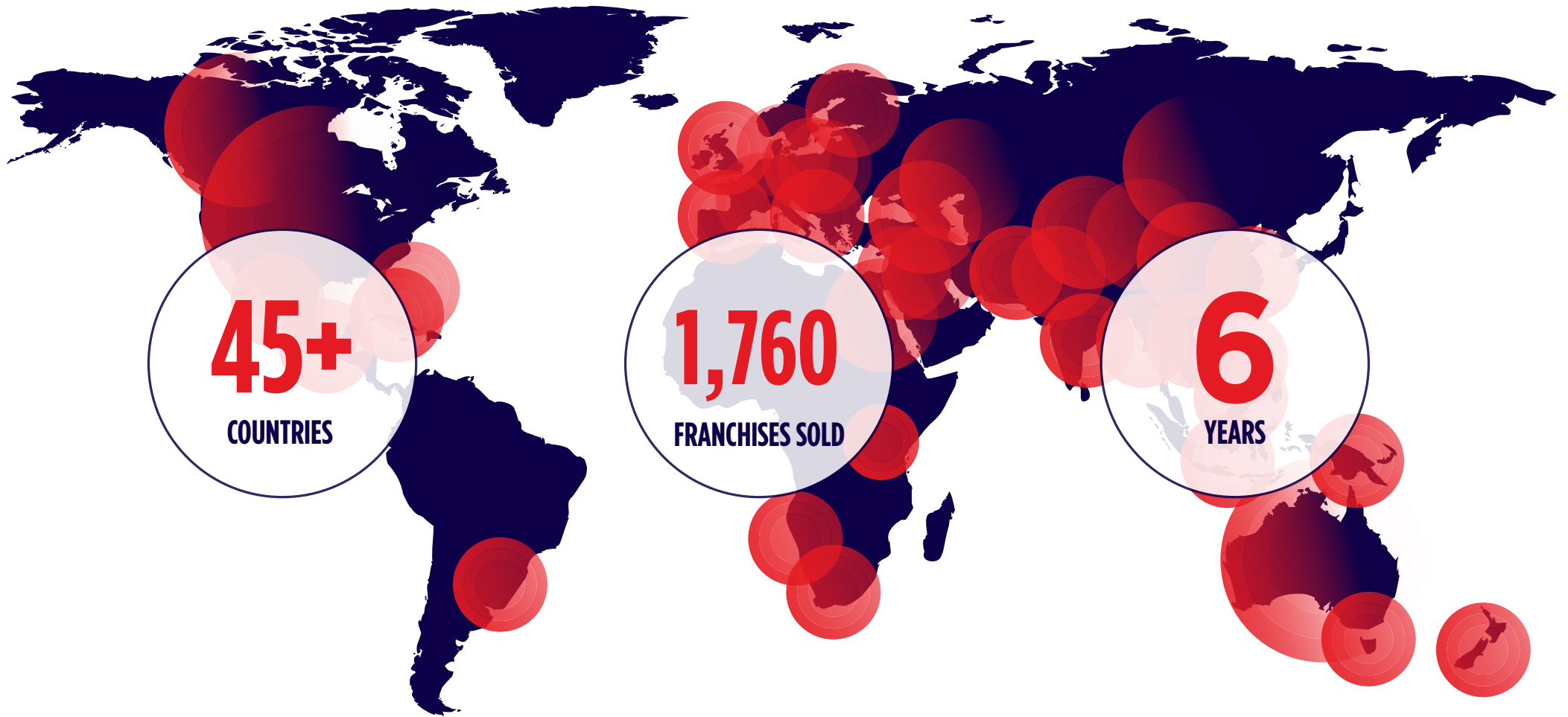
Move Over CrossFit, Here Comes

OUR COMMUNITY

In a highly competitive fitness market, F45 has developed a training system that appeals to a broad and diverse customer base. Our program is not just easily adaptable to evolving fitness trends, but also meets the modern consumer's need for a workout that is **time-efficient, results-based and community-oriented.**

- Health and wellness-minded members
- 74% are female / 26% male





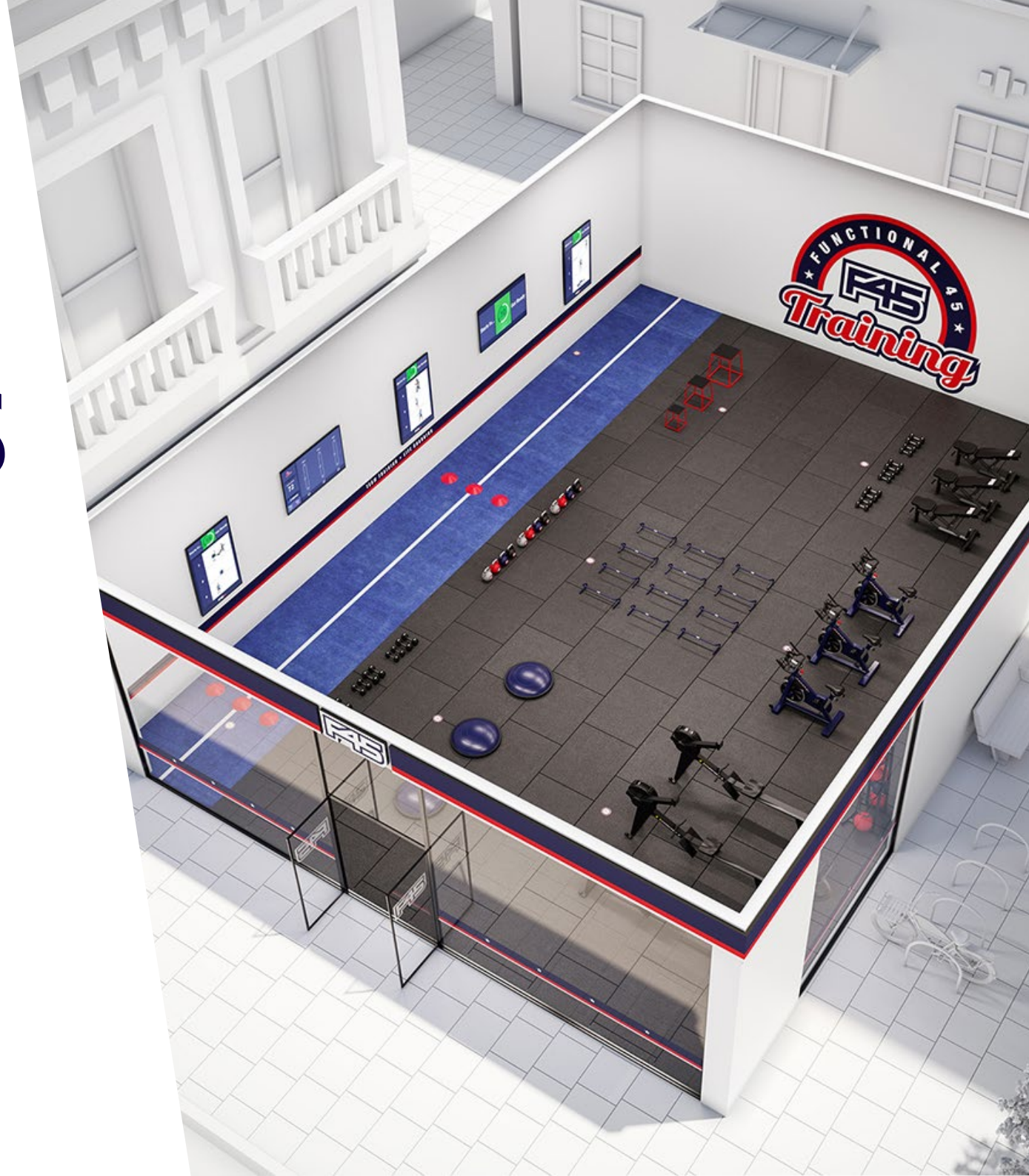
**Numbers as of September 30, 2019.*

PREMISES REQUIREMENTS

F45 studio properties are relatively small group fitness training spaces with a minimalist design, free from clutter, fixtures, furniture and equipment.



[Click to watch studio layout video](#)



IDEAL STUDIO DESCRIPTION

- Ideal size 180m² to 200m² / 1,937ft² to 2,152ft² operational space.
- The site must have a net training area of no less than 150m² / 1615ft².
- Exposed or drop ceiling height over 10ft.
- Floor weight bearing 11lbs psf.
- No heavy weights or fixed machinery. Equipment will typically be stand-alone.
- Music played at sensible volume.
- 3 x chin-up bars are placed at the rear of the center pod, and either wall or ceiling-mounted.
- 9 x F45 TVs are affixed to the front and rear walls and connected to ethernet and power.

AMENITIES REQUIRED

- 2 toilets adjoining the studio or accessible from within the building where the studio is located.
- 2 showers must be available.
- There must be adequate ventilation.

TYPICAL LEASING PERIOD & TIMING

- 5 year primary term.
- 5 year renewal options.
- Immediate availability.



F45 STUDIO FLOOR PLAN

The F45 floor plan determines how an F45 studio operates. All floor plans must adhere to the following **5 simple rules**:

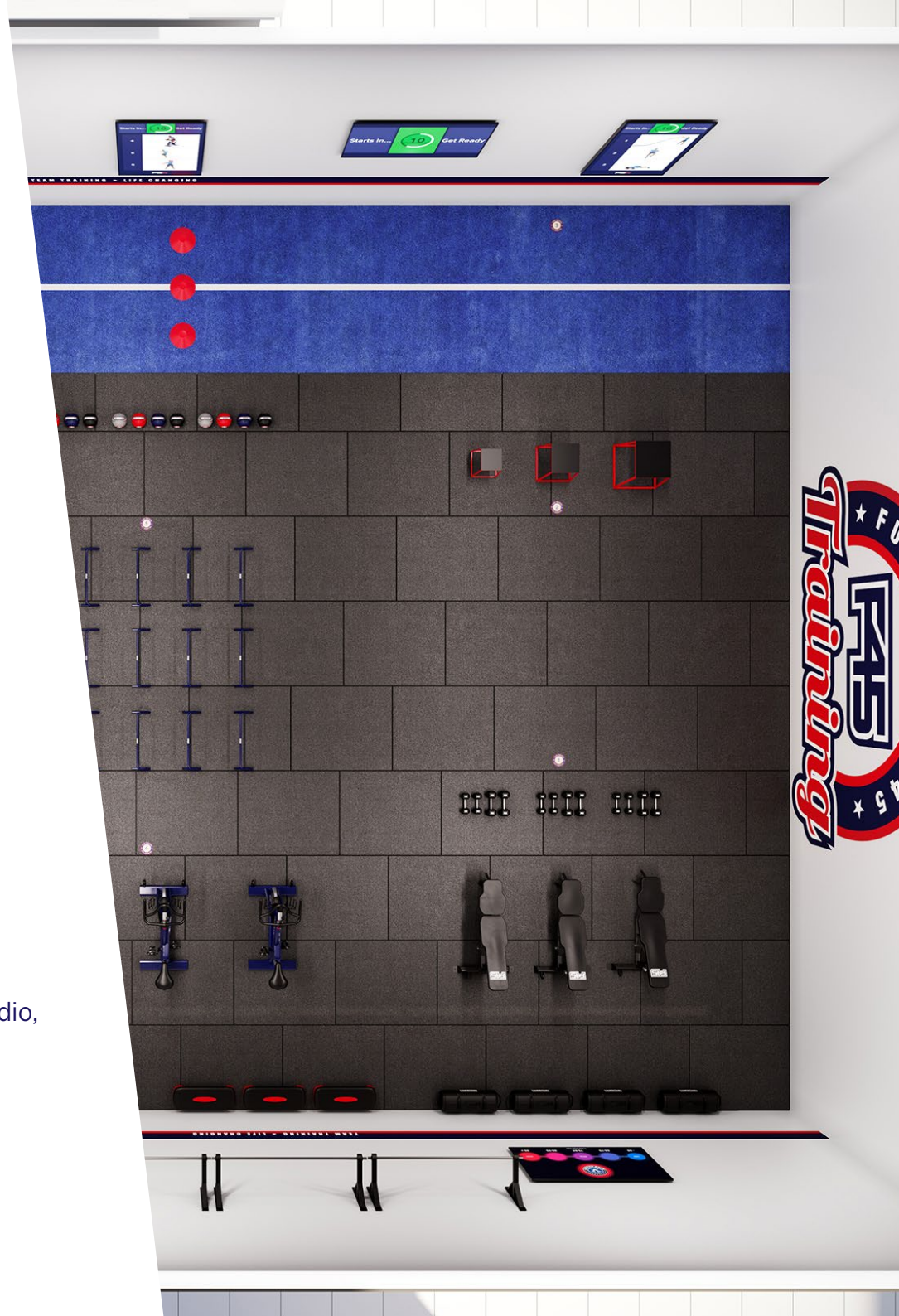
- 1. KEEP THE TRAINING FLOOR ONE LEVEL.**
- 2. DESIGN AN OPEN PLAN STUDIO.**
- 3. CREATE RECTANGULAR WORKOUT SPACE.**
- 4. PAINT ALL WALLS AND CEILINGS COMPLETELY WHITE.**
- 5. MOUNT THE CHIN-UP BARS TO THE WALL OR CEILING.**

OVERALL FLOORPLAN:

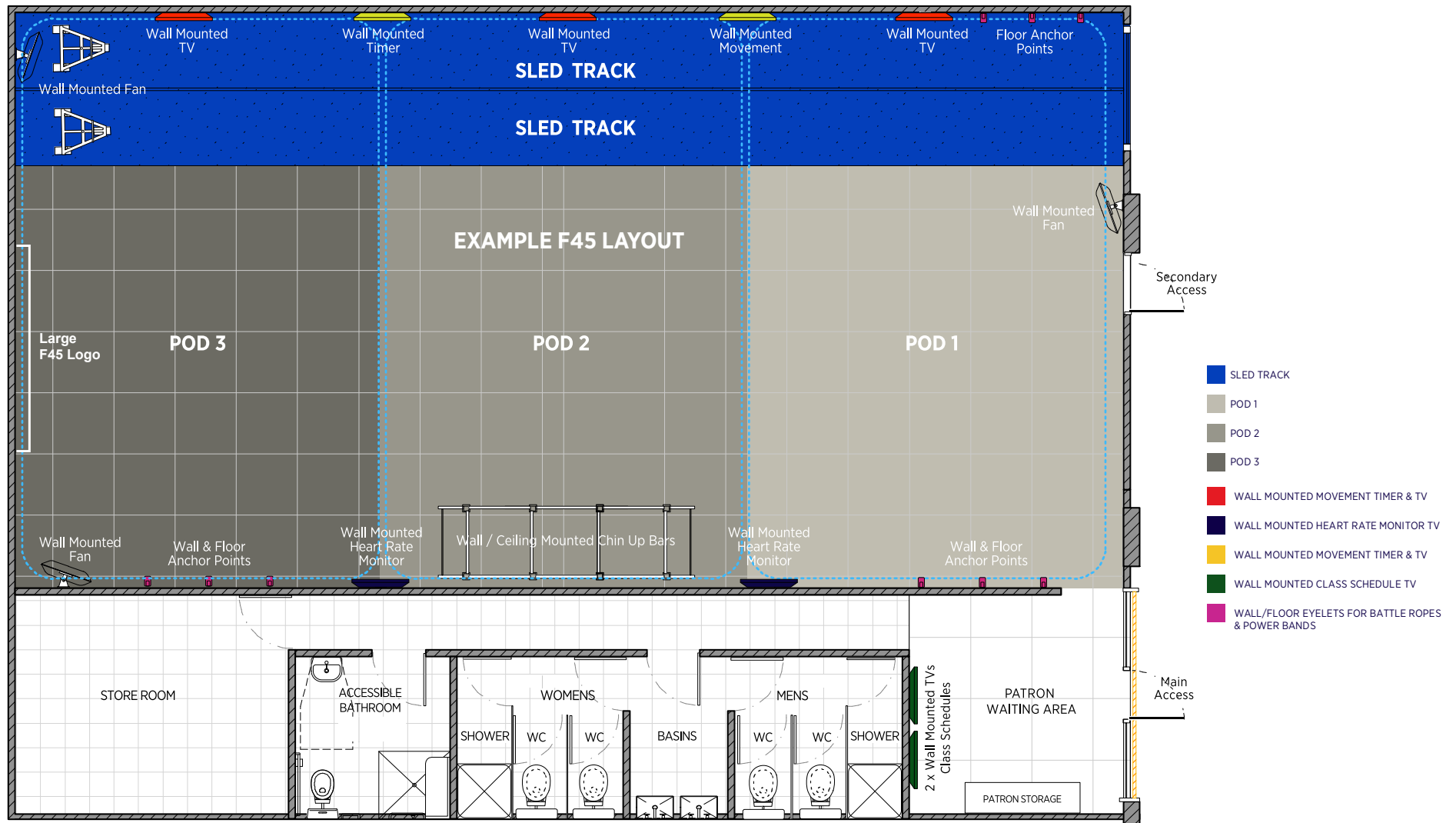
- Open plan essential, single level, clean shell and core preferred.
- The site must have a net training area (the workout area not including waiting area, bathrooms or showers) of no less than 150m² / 1615ft².
- The net training floor space must have a minimum width of 10m / 33ft.

FLOORPLAN TO ALSO ACCOMMODATE:

- A sled track running from wall to wall along the longest wall of the studio, with a minimum length of 10m / 33ft.
- 3 distinct “Pod” areas, each approximately the same size.
- A bathroom and waiting area separate from the training area.
- A floor able to be covered by F45 rubber tiles.

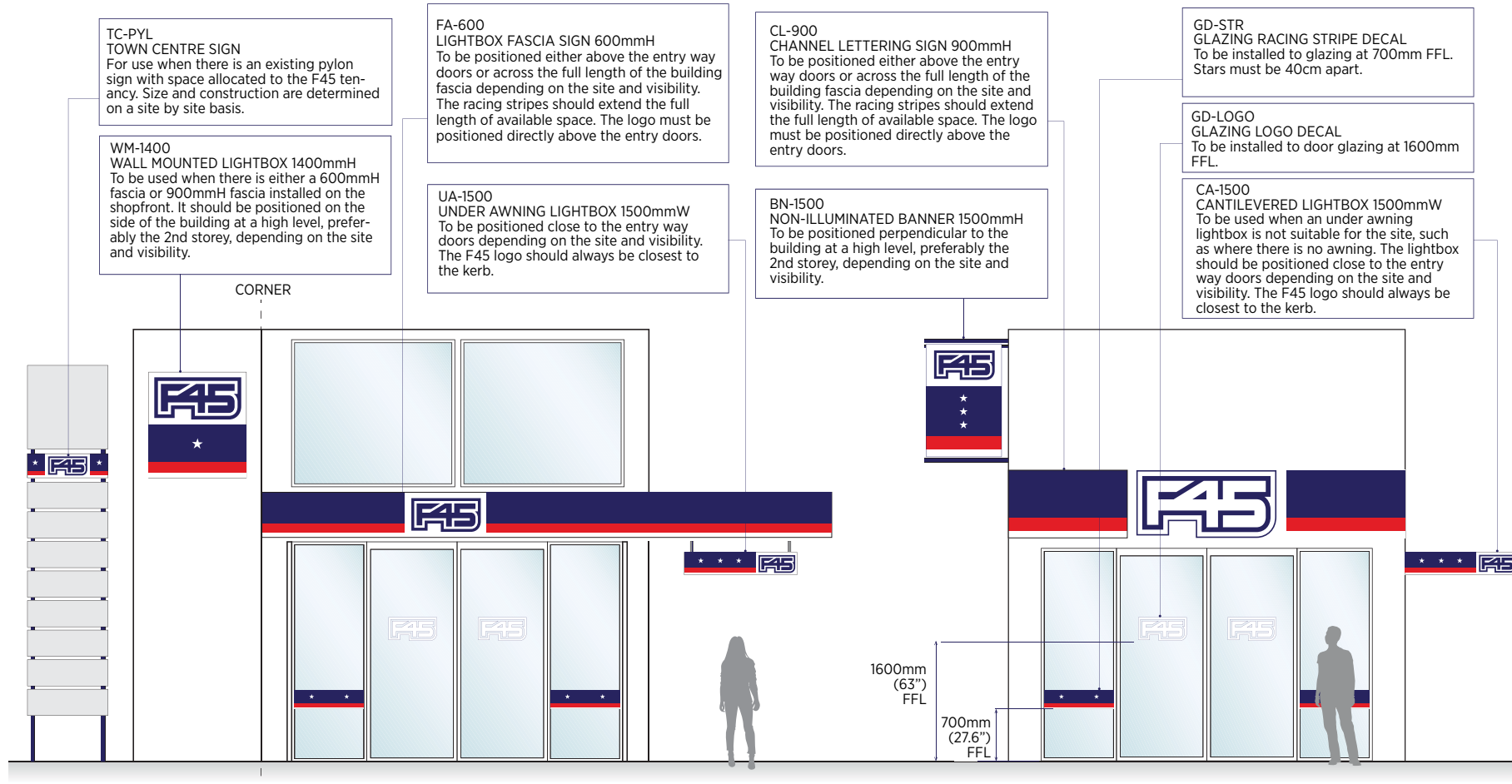


F45 FLOOR PLAN



EXTERNAL SIGNAGE

Set out here are the specifications for the external signage and how that signage should appear during the day. External signage should accord with these specifications where possible.



F45 STUDIO WORK LETTER

Wherever possible, landlords will work with tenants to provide a “Vanilla Shell”/“White Box” which includes, but is not limited to the following items:

- Ceilings
- Lighting
- Plumbing
- HVAC
- Interior walls painted / ready to be painted
- Outlets
- Restrooms
- Concrete Floor
- ADA compliant

Note: Full Work Letter available on request.



THANK
YOU

For more information please email:
info@f45training.com





INNOVATION. MOTIVATION. RESULTS.