



"DELIVERING INNOVATIVE FITNESS TRAINING"

- Mobile Fitness Franchise/Affiliate Application -

Mobile Fitness Systems, LLC
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Mobile Fitness Systems (MFS) - Overview

- In 2011, Greg Monaco founded Mobile Fitness Systems, a unique and innovative training system, in order to make quality fitness programs and instruction more accessible and convenient.
- With the invention of the patent-pending TruckTrainer™, MFS delivers outdoor training programs, equipment, workouts, and qualified instruction directly to individuals and groups.
- Conducting our workouts in outdoor environments drives the need to develop and design equipment that adds value to our 4 cross training programs.
 - Gymnastics Cross Training (GXT) combines gymnastics strength and conditioning circuits with cross training exercises.
 - Power Cross Training (PXT) combines functional training and weight lifting to increase power, strength, speed and agility.
 - Kickbox Cross Training (KXT) uses TRX™ suspension and core training along with kickboxing striking techniques for an optimal cardio workout.
 - Mobile Cross Training (MXT) blends the GXT, PXT and KXT programs so they are delivered practically anywhere.
- MFS is currently comprised of 5 employees, utilizing 2 TruckTrainers, & 1 indoor training facility in Braintree, Massachusetts.
- MFS is rapidly growing and emerging as an innovative leader in the industry with it's unique mobile training concept, equipment, & training programs.

Mobile Fitness Systems Elevator Pitch:

Mobile Fitness Systems recognizes there is a need to provide more convenient & accessible fitness classes & instruction to accommodate the busy lifestyles of Americans. Therefore we've developed a unique & effective mobile solution called the TruckTrainer that brings the instruction & training equipment necessary to conduct cardio, metabolic, &/or strength training group classes. We literally deliver the quality & intensity of an indoor workout to your desired outdoor location.

Current Objective:

In order to deliver MFS training programs &/or equipment to a larger audience & positively effect more lives, MFS is excited to grow it's family beyond the Boston, MA area. We are seeking qualified individuals currently working or about to start their career in the fitness industry to either apply for franchise or affiliate opportunities. We're currently gathering a list of eligible applicants and evaluating potential franchisees and/or affiliates. The table below defines the differences between designations (franchisee or affiliate) so the applicant understands the differences, MFS can review accordingly.

Franchisee	Affiliate
• Implement MFS Franchise Protocol/Criteria	• Current Business Owner OR Starting Business
• Use MFS Business Plan/Operations Manual	• Independent Business Plan
• Attend MFS Training & Certification	• Execute Independent Operation Manual
• Utilize MFS Intellectual Property (IP)	• Creates & Implements Own Training
• License MFS Training Programs	• Creates & Maintains Independent IP
• Report on Progress & Development	• Interested in Utilizing Equipment
• Receive Support & Business Coaching	• Interested in Utilizing Training Program/s

BASED ON THE TABLE ABOVE, PLEASE INDICATE WHICH DESIGNATION YOU'RE APPLYING FOR



MFS FRANCHISE/AFFILIATE APPLICATION (circle one)

APPLICATION REQUIREMENTS

- 1) A resume with cover letter, 3 references, 3 recommendations, & a letter of intent*
 *An essay on what MFS means to you as a fitness professional, & what you intend to do with the training concept.
- 2) Applicant must possess OR prove to be working towards their CSCS, ACE, PES, CPT.
- 3) If existing business owner applying for affiliation, an executive summary of current existing business.
- 4) Upon acceptance, must attend a 3 day MFS Franchise/Affiliate Training Seminar held in Braintree, MA.
- 5) Annual \$2,000 payment to MFS granting access to MFS Operations Manual, licenses, copyrights, and trademarks.

Please fill out the following information:

Name: _____ Email: _____

Home Address: _____

Phone Number (C): _____ (H): _____

Email Address: _____ Birth date: ___ / ___ / ___

Location of proposed MFS: _____

Business Partner(s) Name (If applicable): _____

Role in franchise (coach, co-owner, etc): _____ Phone number: _____

Proposed Franchise name (e.g- MFS Columbus): _____

Do you currently own a business? Yes / No

Who will do the coaching at your facility? _____

What is their relationship to the franchise? (e.g, employee, co-owner, etc) _____

What certifications do they hold? _____

What type of Mobile Fitness Equipment will you utilize? (please circle)

TruckTrainer*

Mobile Fitness Unit – Trailer

Mobile Fitness Unit – Bicon

*Eligible TruckTrainers must be a 2006 model year or newer, with under 50,000 miles, in good working order, visually appealing and have black exterior paint.

Will you be providing/sourcing your own truck? If so, please indicate the following:

Year _____ Make _____ Model _____ Mileage _____

*MFS withholds the right to deny any truck from being turned into a truck trainer based upon:

- 1) Mechanically unsound, 2) Visually unappealing 3) Does not meet the criteria listed above 4) Any reason that MFS, or one of its associates, feels it would not be a good Truck Trainer

THANK YOU FOR YOUR INTEREST & APPLICATION TO MOBILE FITNESS SYSTEMS...you will hear back from us soon!