



FRANCHISE SETUP GUIDE

2016



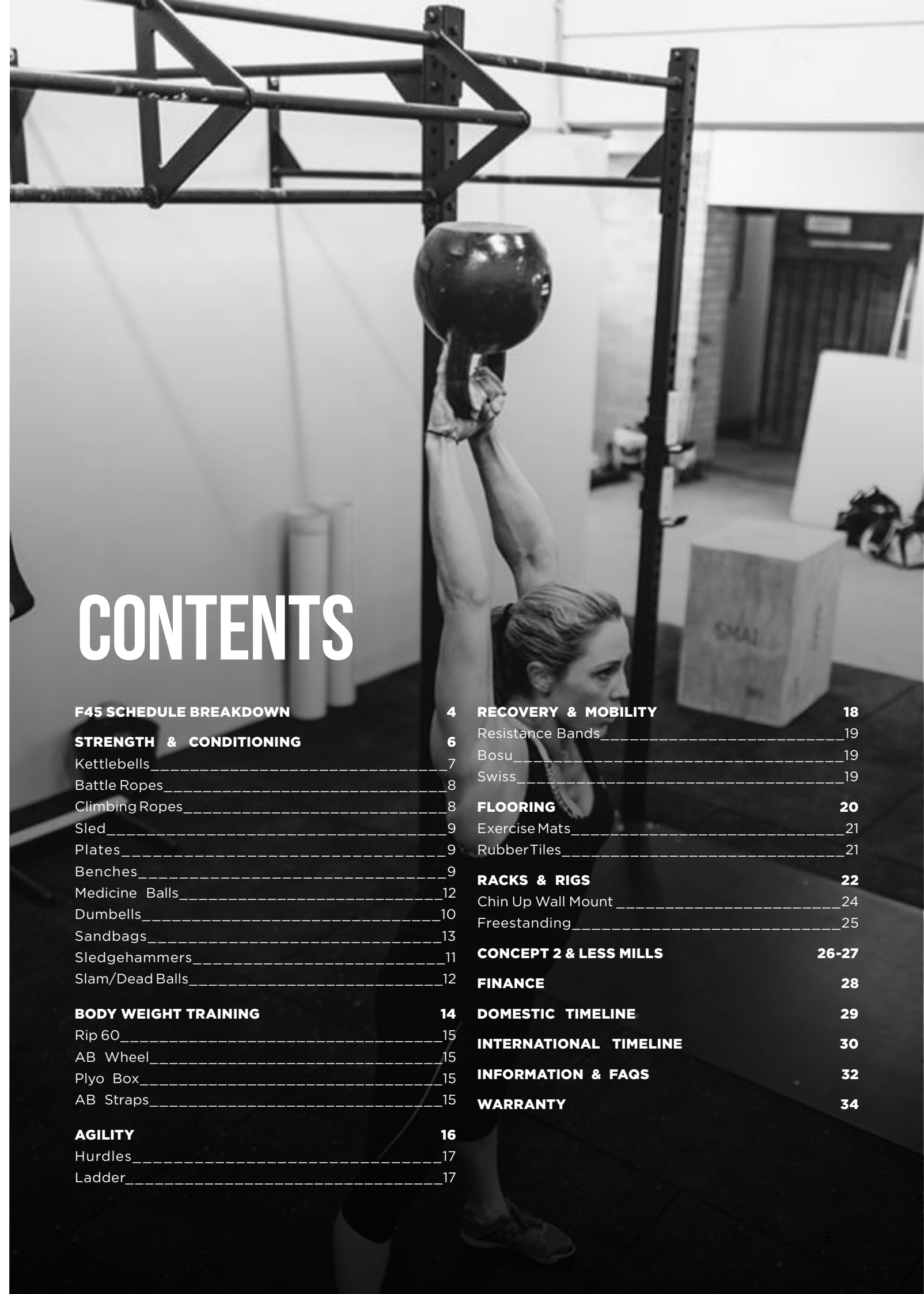
OUR EQUIPMENT TRIED & TESTED

F45 is a system based on high intensity interval training. These training methods require a high quality product that can withstand large groups of people training at this high intensity.

A strong franchise requires uniformity and standard look and design whether you are in Australia or any of the international locations. Consistency of branding and equipment allows F45 to differentiate ourself from the competition and attaches a sense of quality in the mind of the consumer.

F45 have a ready-to-go supply of branded equipment, that can ship directly at short notice.

F45 has compiled an equipment scedule based on years of experience - the equipment is tested and proven.



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SCHEDULE BREAKDOWN

Item Name	Colour	QTY	Page
RIP 60	BLUE and RED	6	15
Sandbags Small	PINK	9	13
Sandbags Large	BLACK	9	13
Dumbell (Rack - 1-20kgs)	BLACK	3	10
Dumbell rubber hex - 1	BLACK	6	10
Dumbell rubber hex - 2	BLACK	6	10
Dumbell rubber hex - 3	BLACK	6	10
Dumbell rubber hex - 4	BLACK	6	10
Dumbell rubber hex - 5	BLACK	6	10
Dumbell rubber hex - 6	BLACK	6	10
Dumbell rubber hex - 7	BLACK	6	10
Dumbell rubber hex - 8	BLACK	6	10
Dumbell rubber hex - 9	BLACK	6	10
Dumbell rubber hex - 10	BLACK	6	10
Dumbell rubber hex - 12.5	BLACK	6	10
Dumbell rubber hex - 15	BLACK	6	10
Dumbell rubber hex - 17.5	BLACK	6	10
Dumbell rubber hex - 20	BLACK	6	10
Dumbell rubber hex - 22.5	BLACK	2	10
Dumbell rubber hex - 25	BLACK	2	10
Dumbell rubber hex - 27.5	BLACK	2	10
Dumbell rubber hex - 30	BLACK	2	10
Kettle Bells 8kg	WHITE POW-DERCOAT	6	7
Kettle Bells 12kg	RED POW-DERCOAT	6	7
Kettle Bells 16kg	BLUE POW-DERCOAT	6	7
Kettle Bells 20kg	BLACK POW-DERCOAT	6	7
Plates - 20Kgs	BLACK	10	9
Sledge hammer 5kg	BLACK	3	11
Sledge hammer 10kg	BLACK	3	11
sledge hammer 15kg	BLACK	3	11
Extension Band Kit	NAVY BLUE	15	11
Medicine Balls 2kg	RED	2	12
Medicine Balls 4kg	RED	2	12
Medicine Balls 7kg	RED	2	12
Medicine Balls 9kg	RED	2	12
Medicine Ball Rack	BLACK	1	12
DEADBALL 3KG	NAVY BLUE	2	12
DEADBALL 6KG	NAVY BLUE	2	12

Item Name	Colour	QTY	Page
DEADBALL 9KG	NAVY BLUE	2	12
DEADBALL 12KG	NAVY BLUE	2	12
DEADBALL 15KG	NAVY BLUE	2	12
DEADBALL 25KG	NAVY BLUE	3	12
Adjustable Benches	BLACK	3	9
Plyometric boxes	RED SET	3	15
Soft Plyometric Boxes	BLACK	3	15
Agility Ladder	BLACK & WHITE	3	17
Agility Hurdle 15cm	RED	10	17
Agility Hurdle 30cm	NAVY BLUE	20	17
Agility Pole Set	NAVY BLUE	30	17
Battle Rope - Light 15m	BLACK	2	8
Battle Rope heavy 15m	BLACK	1	8
Anchor for the battle rope	BLACK	12	8
storage hook for the Battle rope`	BLACK	3	8
7 metre climbing rope	BLACK	2	8
SLED	BLACK	2	9
Power band 13mm	PURPLE	3	19
Power band 22mm	RED	3	19
Power band 32mm	BLUE	3	19
Power band 45mm	BLACK	3	19
Skipping Ropes	BLUE	10	15
AB Wheel	BLACK	3	15
AB Straps	BLACK	3	15
Swiss Balls	BLUE	3	19
Swiss Balls Stand	BLACK	3	19
Bosu Balls	BLUE	3	19
Exercise Mat TPE	BLACK	10	21
Chin Up Bars	BLACK	3	24
FLOORING MAT	BLACK	160	21
F BIKE		6	11
Turf Blue 18m x 2.4m with Centre lane marking	BLUE w/ white centre marking	1	21
F45 MMA Shield	BLACK w/ logo	9	11
F45 MMA Gloves	Black w/logo	18	11

F45 WORLD PACK ORDER FORM

PERSONAL INFORMATION

Full Name

Company Name

ABN

F45 Gym Setup Address

City

State

Zip Code

Country

Phone

E-mail

Estimated Studio Opening Date

Earliest to the Latest date you can receive and store stock (The standard F45 world pack consists of 9 x pallets approx. 6 tonne. If you increase your flooring or add a free standing rig this will increase the quantity of pallets.)

Can a semi-trailer access your delivery area? (For example city streets, Restricted parking times, low lying power lines etc.)

Do you require extra flooring? (does your studio need more than the scheduled 160m² flooring? Please take into consideration that the turf is 43.2m². You do not need to lay the rubber tiles under the turf. So all in all you have 160m² rubber tiles and 43.2m² of turf which totals = 203.2m²)

RIP60 mounting station:

wall

free-standing

(Prior to submitting this form please gain approval from Head Office with what chin up rack is approved for your space).

Are you interested in finance? Y/N

If you would like this - please let us know a time & day to call, and someone from Flexi will contact you.

Day:

Time:


Best Phone Number:

Best Email Address:

Contact Name:


NOT INCLUDED IN F45 WORLD PACKAGE

All items in the F45 equipment package are included EXCEPT the following items which you will need to contact Les Mills OR CONCEPT 2 for pricing & quotation.




BARBELLS

QTY 9




PLATES SET - 10KG

QTY 1



SMARTSTEP

QTY 3



ROWERS

QTY 3

PAGE
26-27

STRENGTH & CONDITIONING

EXPECT EXCELLENCE

FEATURES	F45	Generic Brand
Stainless Steel	✓	X
F45 Branded	✓	X
Slip-resistant handles	✓	?
Powder Coated	✓	X
Warranty	✓	?

UNPAINTED HANDLES
allow you to grip the handle much better with more slip resistance with or without gym chalk.

All weights are **IDENTICAL IN SIZE** giving you an easy transition when increasing weight

STAINLESS STEEL CONSTRUCTION (far superior to Steel models as it will require no maintenance and the handles will not rust or pitting after use from your body sweat)

COLOURS quickly identify each kettlebell in a F45 designated scale

POWDER COATED so it won't chip!

KETTLEBELLS

Competition kettlebells no matter what the weight variation remain the same in size and appearance only differentiated by the colour variation specified by F45 HQ. It is a specifically designed item that has been around for a long time but gained popularity over the past few years and used for agility style exercises (ground based rolling), heavy strength training (jerks, presses, squats, carries), grip training and ground work such as renegade rows and pushups. It is a very versatile tool in any dynamic strength and conditioning program.

KETTLEBELL 8KG

KETTLEBELL 12KG

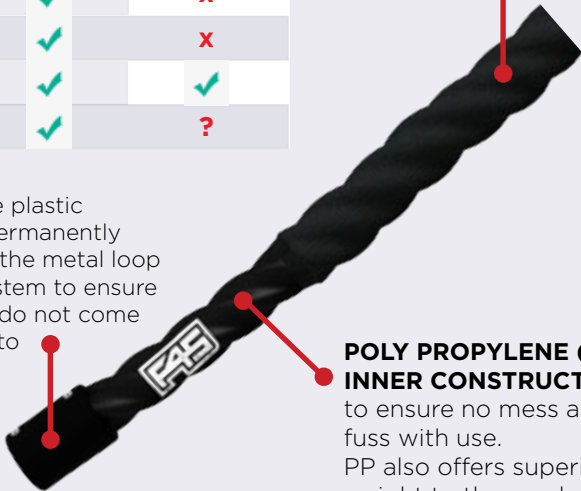
KETTLEBELL 16KG

KETTLEBELL 20KG

EXPECT EXCELLENCE			
FEATURES	F45	Generic Brand	
Permanently fixed handles	✓		X
F45 Branded	✓		X
Nylon	✓		✓
Warranty	✓		?

DURABLE NYLON COVER ensures longevity and protection for the inner rope under heavy use and friction.

HANDLES are plastic coated and permanently fixed on with the metal loop and screw system to ensure your handles do not come off and need to be replaced.



POLY PROPYLENE (PP) INNER CONSTRUCTION to ensure no mess and fuss with use. PP also offers superior weight to the product.

BATTLE ROPES

A very versatile, dynamic and intense workout provided with the simplicity of rope waving. The ropes are heavy and require an anchor point for mounting. Along with improving your cardio abilities, they will also provide you with a killer workout strengthening your abs, legs, arms, shoulders with little impact and strain on your body. A key piece of equipment for high intensity



STORAGE HOOK FOR BATTLE ROPE



BATTLE ROPE - LIGHT
10m x 1.5" battle rope covered in Nylon with moulded plastic handles.



BATTLE ROPE - HEAVY
15m x 2" battle rope covered in Nylon with moulded plastic handles.



ANCHOR
Steel anchor for battle rope.



CLIMBING ROPE 7m
7m x 1.25" climbing rope with attachments for ceiling mounting.



EXPECT EXCELLENCE			
FEATURES	F45	Generic Brand	
Weighted base for stability	✓		X
Warranty	✓		?
Indoor & Outdoor	✓		✓

CENTRE PLATE STACK keeps weight balanced.

HANDLES are tall enough to give you flexibility in position and hand options at shoulder width depending on the user heights.



PULL BAR AT THE FRONT also allows a full range of backward dragging options.



SLED

Sleds are a very effective tool in your conditioning and power development, very safe with little body impact. Add weights to your desired strength level and burn calories!



TRI GRIP POLY PLATES PACK

- 10 Pack - 200kg
- Stainless steel rim bushing
- Professional Grade
- Eco Friendly and super durable non-marking Polyurethane
- Tri grip handle allowing use for group and circuit training



BENCH

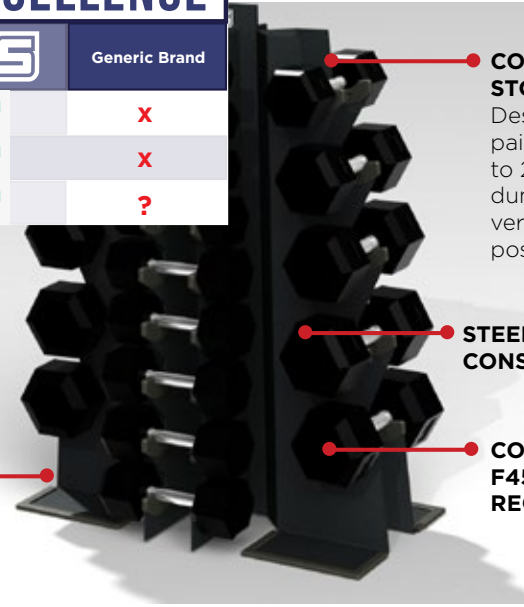
- Fully commercial quality
- Large foot print gives added stability under use
- Fully adjustable to give you a range of incline options to target a larger muscle group area
- Commercial upholstery



EXPECT EXCELLENCE

FEATURES	F45	Generic Brand
Custom made for F45 equipment	✓	✗
F45 Branded	✓	✗
Warranty	✓	?

EASY ASSEMBLY instructions provided.



COMPACT STORAGE
Designed to store a pair of 1kg through to 20kg set of dumbbells in a vertical compact position.

STEEL FRAME CONSTRUCTION

COMPLIES WITH F45 STORAGE REQUIREMENTS



DUMBBELL RACK

REQUIRED F45 QUANTITY 3

DUMBBELL RACK

Compact in design is the key - holds a massive 14 pairs of dumbbells from 1kg through to 20kg and in the restrictive space of an F45 Gym this is what sets our dumbbell rack apart!

DUMBBELLS

The cast metal heads are encased in a thick and durable rubber coating to prevent chipping, protect your floors, and reduce noise within your commercial gym

- Handle is solid steel with an ergonomic design
- Handle is zinc coated for durability and rust prevention
- Heads are welded onto the handle and fixed with an additional locking pin for your safety. Cheaper alternatives will not have this locking pin feature.



DUMBBELL 1-10kgs (pairs)
110kg per set (small sizes)

REQUIRED F45 QUANTITY 3

DUMBBELL 12.5-20kgs (pairs)
130kg per set

REQUIRED F45 QUANTITY 3

DUMBBELL HEAVY 22.5-30kgs (pairs)
130kg per set

REQUIRED F45 QUANTITY 1



MMA GLOVES (PAIR)
Synthetic MMA gloves - F45 branded.

REQUIRED F45 QUANTITY 18



MMA SHIELD
Vinyl shield - F45 branded

REQUIRED F45 QUANTITY 9

F45 BIKE

Size 1050 x 600 x 1150 (mm)

REQUIRED F45 QUANTITY 6

Features

- Load capacity: 180kg
- Machine weight: 70kg
- Flywheel weight: 24kg
- Stuffing: PU foam with synthetic leather



SLEDGEHAMMERS

Steel welded sledgehammer. Handle is completely welded to the top section - will never come off.

- Solid one-piece design
- Suited for commercial usage
- Kurling on the base gives grip to the user to ensure it does not slip out during use.



SLEDGEHAMMER 5kg

REQUIRED F45 QUANTITY 3

SLEDGEHAMMER 10kg

REQUIRED F45 QUANTITY 3

SLEDGEHAMMER 15kg

REQUIRED F45 QUANTITY 3

EXTENSION BAND KIT

REQUIRED F45 QUANTITY 15





MEDICINE BALLS 2KG



MEDICINE BALLS 4KG



MEDICINE BALLS 7KG



MEDICINE BALLS 9KG



MEDICINE BALL STORAGE RACK



MEDICINE BALLS

Versatile applications, the medicine ball can be used in a wide variety of core strength training. The textured shell provides you with slip resistance. The shell is durable, giving a strong level of bounce.



SLAM BALL 9KG



SLAM BALL 15KG



SLAM BALLS

Durable, sand-filled, non-bounce slam balls are ideal for all tossing and slamming style dynamic activities.

- Heavy duty rubber shell
- Pliable tacky surface for grip

SLAM BALL 3KG



SLAM BALL 6KG



SLAM BALL 12KG



SLAM BALL 25KG



SANDBAG SMALL
Maximum loading of 18kg



SANDBAG LARGE
Maximum loading of 45kg



SANDBAGS

Manufactured with military spec 1000D Cordura - as tough as nails!

- Inside material has a DWR coating making the bags water resistant for easy cleaning
- Handles are provided for easy and multiple grip positions
- Adjust the weight with the bags provided

HOW TO PREPARE YOUR SANDBAG

Materials



sandbag



innercase



washed pebbles



gaffer tape



polypropylene bag

included

not included

Despite the name, the best contents for your sandbag are small washed pebbles. This will minimise mess in your gym, as well as prolonging the lifespan of the sandbag.

1. Fill innercase with washed pebbles.
2. Wrap filled innercase with polypropylene bag (see image to right)
3. Seal pp bag around innercase with gaffer tape
4. Repeat steps with all innercases



BODY WEIGHT TRAINING

EXPECT EXCELLENCE

FEATURES	F45	Generic Brand
Warranty	✓	?
F45 Branded	✓	X

LOCKABLE FEATURE to fix the strap in a central position for traditional weight training.

COMMERCIAL WEBBING STRAPS that are fully adjustable.

Option to remove the fixing pin to allow the user a full range of ISO lateral body training.

PVC HANDLES

RIP 60

REQUIRED F45 QUANTITY

6

Simple design that allows you to improve your endurance while significantly improving your core strength, simple body weight training that allows you to effectively train every muscle in your entire body for a complete body workout. Please refer to warranty (p36) for correct mounting instructions and maintenance.

The unit comes standard with a door jam closure but this feature is obsolete within your F45 gym so please consider that these units need to either be mounted to a ceiling, wall or freestanding load bearing structure, anchor or pull up bar for use.

PLYOMETRIC BOXES (SET OF THREE)
Set of three boxes red frame with black top

REQUIRED F45 QUANTITY

3

SOFT PLYOMETRIC BOXES

REQUIRED F45 QUANTITY

3

AB STRAPS
Can be mounted onto any standard Chin up Bar/Rack.

REQUIRED F45 QUANTITY

3

AB WHEEL
Standard AB Wheel
Note: No branding available for this item.

REQUIRED F45 QUANTITY

3

SKIPPING ROPE
DLX Speed Rope with ball bearing

REQUIRED F45 QUANTITY

10

BODY WEIGHT FITNESS

15

AGILITY

AGILITY LADDER

Agility ladders are a key tool in maintaining your bodies balance, speed, hip mobility and improveing coordination through repetitive drill training.

The Agility Ladder is produced from a continuous rubber roll which contains recycled rubber materials and a grey colour EPDM fleck throughout the ladder. The agility ladder is printed in a highly visible white permanent line marking paint so that it does not deteriorate under heavy use and another key design feature to our ladder is the fact that there are no metal or PVC rungs in place so it provides no risk of a tripping hazard, makes it very easy for the trainer to setup (simply roll it out) and it never requires any adjustment. The design also provides absolutely no risk of injury under barefoot use as it has no protruding or hard surface to stamp your foot on.



AGILITY HURDLE 15CM
PVC moulded agility hurdles



AGILITY HURDLE 30CM
PVC moulded agility hurdles



AGILITY POLE SET



RECOVERY & MOBILITY

EXPECT EXCELLENCE			
FEATURES	F45		Generic Brand
Virgin Latex Rubber	✓		X
F45 Branded	✓		X
Layered for extra resistance	✓		X
Warranty	✓		?



WARNING!
Bands should be inspected regularly for any visible wear and tear. When used on an abrasive surface bands can deteriorate quickly and snap. It is essential that the bands be checked prior to every use to ensure that they have not been cut or marked and are safe for use.

RESISTANCE BANDS



Resistance bands are a very compact and versatile tool that can be a great addition to any workout to take you to the next level! With any of your standard workout routines you can add resistance to increase strength and flexibility on a standard workout, to add challenge or assist you in the case where you are pushing your physical limits. Please read the warranty (p36) for correct maintenance and mounting.

All bands are 4mm in thickness and 42" in size to give an even uniformity among the bands, however as the width increases, the level of resistance also is increased.

This product offers endless uses including stretching, resistance training, sprint training, assistance in chin-ups and general resistance.



BOSU BALLS
Commercial quality



SWISS BALLS
Anti-Burst Swiss/Gym Ball



SWISS BALL STAND



FLOORING

EXPECT EXCELLENCE			
FEATURES	F45	Generic Brand	
Made from recycled rubber	✓	X	
Odourless	✓	X	
Warranty	✓	?	



RUBBER GYM TILE

Our Rubber Gym Tile is one of the most popular mats being used in gym and fitness facilities all across the country. With a bevelled edge, non-slip surface, 800kg/cbm density and constructed from recycled rubber tyres/blue EPDM fleck it's not hard to see why.

Generally rubber gym tiles that compare in price to this product have a very strong smell which usually requires airing out before use and they are often made from cheap, inferior and often toxic materials. Our tiles however have been constructed from quality materials and are bonded with a non-toxic adhesive therefore lack that signature smell that is noticeable after installation, therefore allowing immediate use.

This impact absorbing mat is a quality product that will withstand heavy traffic areas, exposure to sweat and the dropping of heavy items without damaging the surface.



ASTRO TURF TRACK (BLUE)

2.4m x 18m - 2.1 kgs/m

Our Astro Turf is built tough and made to last. With 15mm high 100% U.V. Resistance Polyethylene Fibrillated Yarn, constructed to withstand sled work, heavy traffic flow and stop start running; blue in appearance with centre lane marking. Includes water drainage and a unique low maintenance multi directional weave that unlike other turfs does not require brushing or the need to infill with rubber and sand.



EXERCISE MATS (BLUE)

183 x 61 x 0.4cm / rubber + latex + PU

Highest quality of yoga mat available on the market with a thin polyurethane top layer for grip and a thicker rubber/latex layer cushion for your hands and feet. Has an anti-fungal additive in the mats to prevent mould from developing on your mat.

Each mat has a dead weight of 2kg, this is beneficial for stability and ensures that your matt unrolls time and time again without curling or creasing and can also be used outdoors in the wind and elements without blowing away.

The polyurethane coating also has the unique anti slip feature like no other mat in the market, no matter how wet or sweaty the mat gets, the anti slip feature still performs.

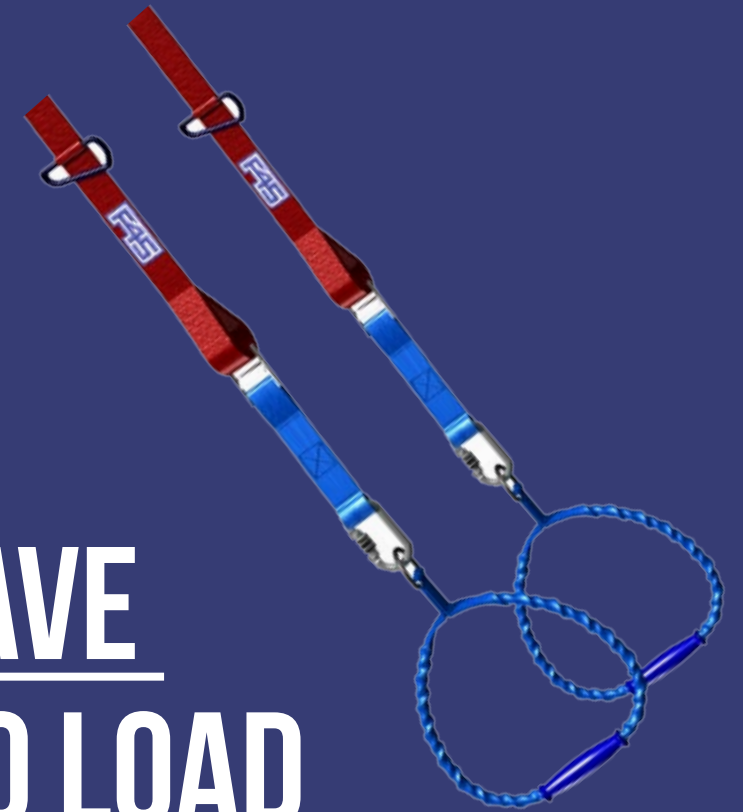


RACKS & RIGS

DO YOU HAVE ACCESS TO LOAD BEARING WALLS?

HOW DO YOU PLAN TO MOUNT YOUR RIP 60 UNIT?

This is a common variation between each unique F45 setup depending on your premises and if you can support wall or roof based anchors. We have the following options which is something essential to consider when confirming your order.

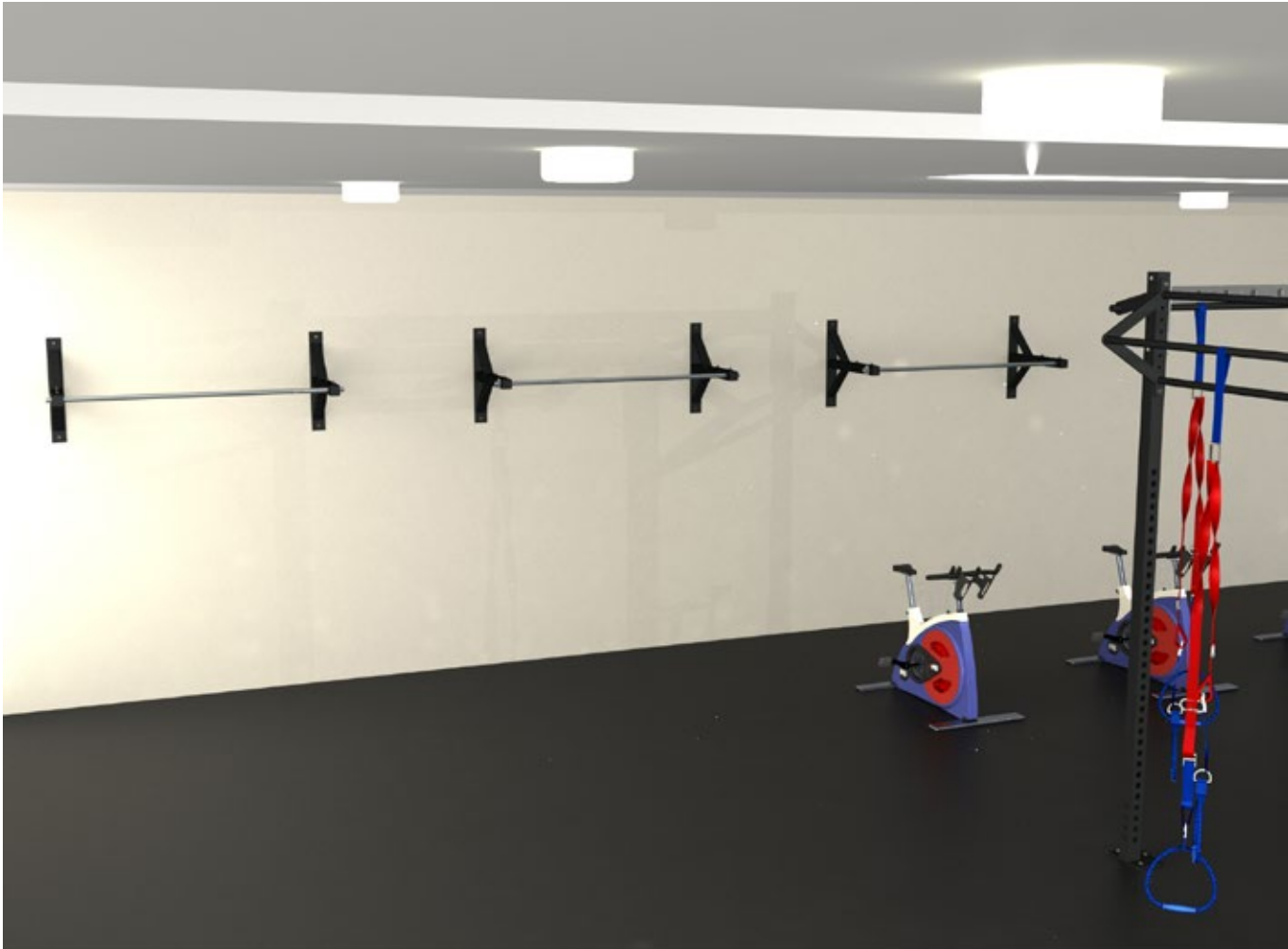


WALL MOUNTED ANCHOR AND CHIN UP BARS

(DEFAULT)

Our Modular Bag Brackets/Chin Up bar system is a commercial solution for any full time martial arts and fitness studio and fully capable of supporting massive 100kg plus bags on each bracket! Each bracket is constructed from industrial grade 5mm thick steel and finished in a matt black commercial powder coated finish. 1200mm sections between stations are an ideal wall mounted option for chin up/pull up and anchoring your bodyweight devices from.

- Simple and easy assembly
- Laser cutting
- 4mm commercial grade steel structure
- Full welds
- High tensile nuts and bolts provided
- All hardware included for installation



FREESTANDING/FLOOR MOUNTED

OPTIONAL UPGRADE

For those that do not have the luxury of load bearing walls or are in commercial premises where there are Body Corporate requirements against fixing items to your ceiling and walls, the only alternative is a floor mounted/freestanding option for chin ups and mounting your items such as RIP 60 and Ab Slings onto. The X-frame system is a completely modular pull up rack system that has endless uses and possibilities far beyond what is required for the F45 programming as it is used in strength and conditioning facilities, Crossfit Gyms, callisthenics just to name a few. The main parts are the frame are manufactured from 65mm x 65mm x 4mm commercial grade steel tubing that is finished with precise lazer cutting to ensure assembly is trouble free and the entire surface is finished with a ultra durable textured powder coating. Uprights are 2.6m tall and cross beams are 1.092m in width

NOT INCLUDED

The following items are not arranged by F45 - Franchisees should contact the suppliers directly for pricing & quotation.



CONCEPT 2 MODEL D ROWER

Size	244 x 61 (cm)	Colours	 
Seat Height	36 (cm)		
Weight	26kg		

Features

- Performance monitor
- Easily separated into two parts for easy storage
- Adjustable footrests and ergonomic handle
- Nickel plated chain
- Easy assembly



CONTACT

Scott Mullen
National Sales Manager
Concept2 Australia
1800 730 051
0419 758 115
scott@concept2.com.au

LES MILLS

CONTACT

Jasmine
LesMills
(02) 6215 8120
(02) 6282 8192
equipment@lesmills.com.au

LES MILLS SMART BAR



Features

- 1 X SMARTBAR™ Bar (7.5LBS)
- 2 X 2.2LB (1KG) Weight Plates
- 2 X 5.5LB (2.5KG) Weight Plates
- 2 X 11LB (5KG) Weight Plates



LES MILLS PLATES PACK



Features

- 1 X SMARTBAR™ Storage rack (Capacity 10 SMARTBARS™ and 80 weights)
- 10 X SMARTBAR™ Bars
- 20 X 2.2LB (1KG) Weight Plates
- 20 X 5.5LB (2.5KG) Weight Plates
- 20 X 11LB (5KG) Weight Plates
- 20 X 16.5LB (7.5KG) Weight Plates
- 10 X SMARTSTEP™ Systems



LES MILLS SMARTSTEP



Features

- 1 X SMARTSTEP™ DECK



FINANCE WITH FLEXI



1 CHECK ONLINE to see if you are eligible:

Eligibility Criteria	Personal Use	Business Use
18 years of age or more	✓	✓
Apply in your own name	✓	✓ For Sole Trader or Partnership
Have a registered ABN		✓
Australian/New Zealand citizen or permanent resident	✓	✓
Earn \$30,000 or more per year	✓	
\$20,000 or more Net Profit per year before tax		✓
Work Full or Part Time or be Self Employed	✓	✓
Current Driver Licence, Australian passport or Medicare Card	✓	✓
Clear credit file	✓	✓
Director's guarantee for company applications		✓

2 If you are eligible, obtain a quote from sales@smmai.com.au (that includes total cost delivered or picked up) this will allow the finance company to see how much you are looking to borrow.

3 If the quote is over \$15,000 or you are applying as part of a corporation, sporting club or government body, please contact us on 1300 328 569.

4 If approved by Flexi and you are happy with their terms and conditions, they will email you all required documents to fill out and return.

5 If all documents are recieved correctly - the finance company will pay the supplier.

6 F45 will contact you and confirm that the payment has been received and will start to pack your order (for dispatch or storage). F45 will ask what day you would like to recieve your order and will process accordingly. On dispatch you will be emailed connote number, Approx. ETA and information of how many items/pallets you will need to sign/accept.
**For storage F45 can hold your packed and paid order for up to 5 weeks. No amendments to your order can take place after the order is paid and packed.*

DOMESTIC ORDER PROCESS AND TIMELINE

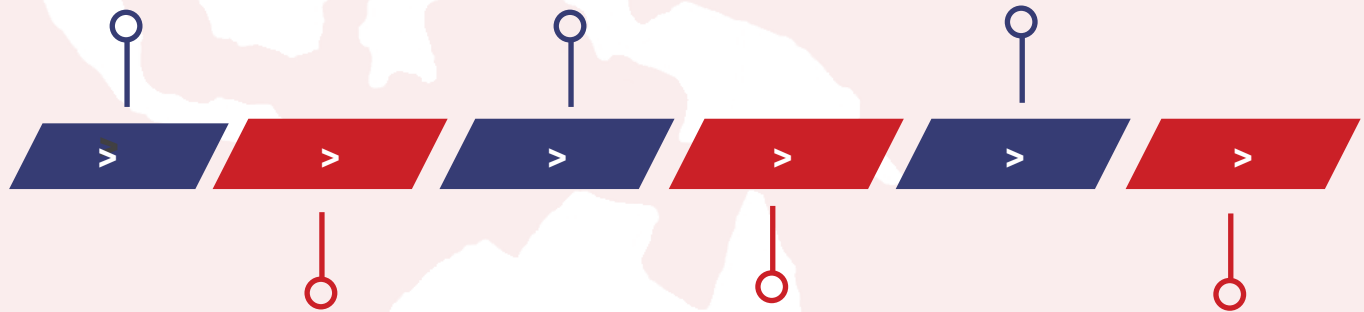
PURCHASE
Purchase franchise/license from F45

ENTER
Email us at: sales@smmai.com.au (see page 27)

PAYMENT

02 4283 4363 and organise payment of quote (we accept Visa or Mastercard). Direct deposit is possible - however can delay the packing process. Bank details available upon request.

If you are going through finance - your draft quotes would have already been emailed to the finace company. Payment is required in full prior to packing the order. Please make sure all finance documents are signed. Once payment is recieved the order will be packed and dispatched or stored (at your request). Up to 8 weeks free storage offered.



READ
Read F45 equipment catalogue (familiarise yourself with what you need)

CONTACT
We will be in contact (phone or email) with a draft quote (up to 72 hours) weekdays only.

DISPATCH
Please request the date you would like your goods recieved. On dispatch you will be emailed a con-note and approximate ETA for your delivery. Please always be on site to sign for your delivery so insurance is covered for any damages that may have occurred in transit.
Please make sure you sign for your delivery in full and in good condition!



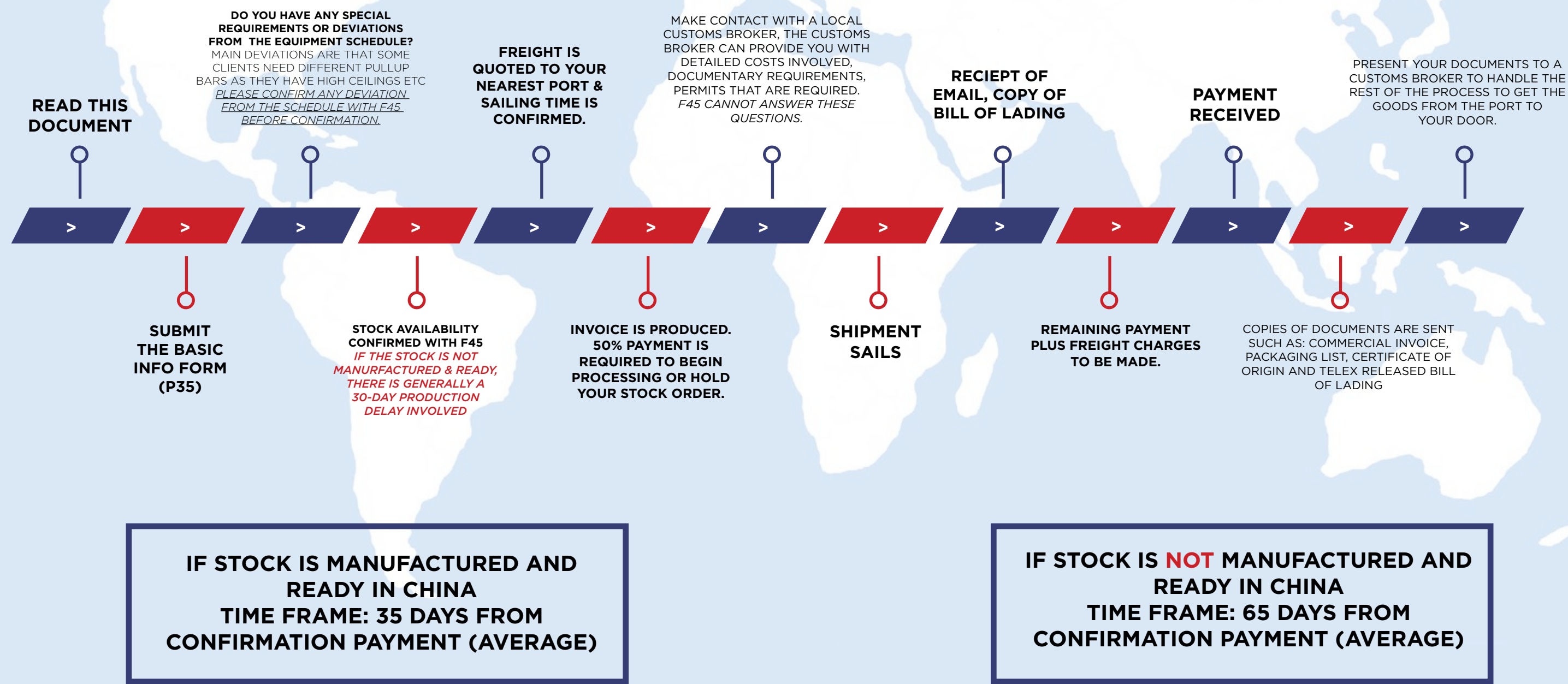
TOP UP PACKS

For existing frانشices from time to time some items that undergo more usage in your gym may need to be replaced to maintain the look of a premium studio. F45 offers additional stock of items like Slam Balls, Sand Bags, Skipping Ropes which may have to be replaced after a period of time.



EMAIL US FOR MORE INFORMATION

INTERNATIONAL ORDER PROCESS AND TIMELINE



DOMESTIC

When should I place my order?

As soon as you purchase an F45 license you can place an order. Once you have a building/space confirmed please confirm franchise fit out order and pay for your equipment. We can store your order up to 8 weeks, Storage is free of charge – however for your stock to be guaranteed the order must be paid in full.

IMPORTANT *from time to time stock can run out. To eliminate any headache - please confirm and pay for your equipment 6-8 weeks prior to opening.

How do I pay for my order?

We accept Visa or MasterCard. Amex has a 5% surcharge. Alternatively you can direct deposit on Franchise Fit Outs (only). Bank details available upon request.

Requesting a freight quote.

Setting up an F45 studio involves shipping a large quantity of heavy and oversized pallets. We take the utmost care in packaging your stock so it is suitable for transit.

To request a freight quote – we will need you to confirm your entire equipment wish list. This includes the m² of flooring, RIP60 mounting option and any other extras you may require to open up (e.g. storage, heavier kettle bells).

Once the equipment has been confirmed, we will calculate the freight - if there is not a forklift onsite there will be extra charges for a tailgate delivery. To allow the delivery to run as smooth as possible, please ensure a semi-trailer can access the offloading area.

Please advise if there are low lying power lines or no loading zones in your area.

Alternatively you are welcome to pick up your order from our warehouse;

93 Jardine Street

Fairy Meadow

NSW 2519

PICKING UP

If you are picking up from the warehouse please arrange a suitable vehicle to pick up the heavy / oversized order. A standard fit out is approx. 4.5tonne and 8m². If you have tweaked the original equipment schedule, the size and deadweight of the order will be different. If you are arranging another freight company to pick up the order – please notify us of the following;

- Company Name:
- Connote:
- Date of pickup up:
- Packing instructions: (for example if there restrictions on pallets size and weight)

*this service is an extra charge, as we have to professionally pack, wrap and strap goods to pallets. The charge is \$35+GST per pallet.

WARRANTY

What warranty do weoffer?

All our products are warranted against manufacturing faults and for our international clients we offer a money back warranty if the products are faulty (As it is not feasible to send a replacement item with DHL internationally as the cost of shipping would be far greater than the actual cost of the item. We encourage franchisees

INFORMATION AND FAQs

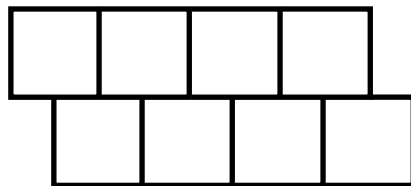
franchisees to order some spare units of items such as Skipping ropes and Slam balls as these items may be affected over a period of time so best to have a few spares on hand. For complete warranty information please go to page 36

Do you offer Installation?

We do not offer installation, we find that the only assistance you may require is the assembly of racks, storage and flooring. However if you are a bit handy it is a very simple DIY project (and you will save \$\$!)

How to lay flooring?

There are loads of handy videos on youtube about laying rubber tiles. We recomend laying the tiles with a brick pattern:



Fill the gaps up by carefully measuring and then cutting to fit. MEASURE TWICE - CUT ONCE!

Where can I purchase Barbells, Smartsteps & Plate-sets from?

F45 does not supply these items. Please contact Les Mills to purchase these items

Variations

We keep F45 branded equipment for 10 franchises on hand - however in circumstances where more than 10 franchises may order in close sequence we may be required to use generic branded equipment.

Further to the above the following equipment will be generic branded for all fitouts:

- Flooring
- Mounting systems
- Anchors & rack
- Battle ropes
- Climbing ropes
- Skip ropes
- Dumbbells
- Super bench
- Hurdles
- Rubber ladder
- Swiss ball
- Bosu Ball
- Timer
- AB Wheel

INTERNATIONAL

STOCK AVAILABILITY

- Normal transit time to Europe or major ports internationally from China is around an average of 20 days. This does not mean that you will have your goods on the 20th day. The goods are shipped via sea freight and require customs clearance and cartage to your final destination all which must be arranged on your side.
- Circumstances Such as weather, customs and natural disasters will also have an impact on this Time frame so as a very conservative estimate we ask that you work on 35 days average to get the goods from China to the final location. If you are in a remote area away from access to sea ports or in a country without sea ports please allow a longer period of time as in some cases the goods are imported into another country and brought to your location via rail or Truck which will have a longer turnaround period.
- In order to immediately meet your demand for equipment we endeavours to have a minimum of 10 full sets of the equipment schedule on hand in our Factory in Nantong, China. With new franchisees coming on board daily the demand is literally infinite so if you fall outside of this stock that is available there will be production delays involved.
- Production delay once the stock on hand has been depleted is 35 days (this delay will be greater around February each year because of Chinese New year vacation period)
During Chinese New year vacation period no equipment can be exported: this should be taken into consideration if you are looking at a march opening date as the entire nation stops for this vacation including Shipping lines. Chinese New year will add minimum 30 days of delay to your order and should be taken into consideration for those looking at march and early April Setup

PRICING

Pricing is in USD on an FOB basis ex Nantong. Prices may change due to international currency fluctuation at anytime.

PAYMENT

Your order will begin processing from the day we receive the 50% deposit. Up until we receive bank confirmation of the deposit payment orders will not be processed. Once the deposit has been received the goods will be booked on the next available sailing. Once the goods have sailed you will be emailed a copy of the Bill of lading. Upon email receipt of this document we require the remaining 50% payment to be made immediately this will allow us adequate time to surrender the original Bill of lading to the shipping line so that we can provide you with the copy of the Telex release and allow your customs broker to clear the goods from Port and arrange the cartage to the final location.

SHIPPING

Shipping costs are quoted in USD and will cover only the freight CIF to the port of your choice (Nearest port) you will still have additional local costs in order to release your goods from Customs in your country such as: Customs Clearance, Duties payable, Taxes Payable, cartage via truck to your final destination on a

conservative estimate on average these total costs would amount to around 12-to-20% on top of your invoice amount depending on your location.

Volume of a full equipment schedule without any deviation or adding and including 150m2 of the Rubber tiles is approximately 8cbm and 4500kg

CUSTOMS CLEARANCE

You can do this by contacting a licenced customs broker in your area and they can offer you a complete service and costing on getting the goods from the port to your door. Alternatively we can refer you to our local shipping agent that can make the arrangements for you. Customs clearance charges are payable directly to the custom broker prior to release of the goods. If you would like to check the charges we can put you in touch with the broker and all you will be required to provide them with is the final delivery location and a copy of the equipment schedule to calculate an accurate costing to your final destination

PERMITS

Any local permits required for the importation of these items into your country (For example ISF forms in USA) are the sole responsibility of the buyer. These forms are best to be discussed with a local expert such as a customs broker.

WARRANTY

What warranty do you offer?

For our international clients we offer a money back warranty if the products are faulty (As it is not feasible to send a replacement item with DHL internationally as the cost of shipping would be far greater than the actual cost of the item. We encourage franchisees to order some spare units of items such as skipping ropes and slam balls as these items may be affected over a period of time so best to have a few spares on hand. For complete warranty information please go to page 36.

WARRANTY

RIP60 / SES

The Strength endurance system is a training unit that helps with balance, agility and coordination. Similar to the GTS - this unit can be anchored to a safety point at the gym or used at home with the door anchor.

The S.E.S has easy to adjust straps with 'one way' safety buckles. Handle grip can be adjusted to accommodate for hand or feet exercises. Please read the correct installation instructions before starting.

Before Each use always:

Inspect the unit. Do not use the unit if any of the components look damaged or worn out. Remove the unit and replace any parts that show signs of wear and tear immediately to avoid serious injury. Inspection should be carried out prior to every use and all components should be thoroughly inspected for signs of wear.

Clips: please ensure that the clips are correctly locked in position prior to each and every use.

Anchor point: Ensure that you are anchoring your unit to a load bearing solid structure to make sure that your body weight will be sufficiently supported. Anchor points should also be free of any sharp edges or abrasive surfaces as this will affect the integrity of the anchoring strap and may cause injury.

Storage: when your unit is not in use please store it in a dry place away from direct sunlight as leaving the unit exposed to the weather will decrease it longevity and may have a deteriorating effect on the Nylon straps, thread and metal components within the product.

Under foot surface: please ensure that your training area is free from slip hazards such as water, slippery surfaces, obstacles as these may cause the user to slip and result in injury.

Failure to follow the usage guidelines may result in serious injury it is the users responsibility to correctly follow these guide lines and user assumes all risk and liability from the use of the product.

Sand Bag (Small and Large)

The sandbag is covered by our manufacturer's warranty - however warranty on the sandbag will be void for the following uses:

- Filling the internal bags with wet sand
- Dragging the bag over abrasive or sharp surfaces
- Overfilling the bag beyond it's maximum weight limit
- Slamming the bag
- Filling the bag with rocks or filling the unit directly without the inner bags
- Not correctly closing the zipper and locking feature
- Sand spillage from incorrec filling or use
- Manufacturing warranty on the external shell is for 3 months from the date of purchase

Dumbbell Rack (Large Vertical)

Warranty on the dumbell rack covers the structural components of the rack such as the integrity of the unit against any manufacturing faults for a period of 12 months. Damage caused by dropping weights, impact, chipping or misuse are not covered under this warranty.

Dumbbells

Rubber hexagonal dumbbells are a great alternative to commercial dumbbells. This product is suitable for full time usage in a commercial environment. The rubber heads ensure low noise and protection for your floor, walls and equipment however it must be kept in mind that these are an economy solution and there is a weight tolerance of up to +/- 5%. This variance is quite common across all manufacturers and suppliers in the marketplace regardless of pricing or cosmetic variation and is not exclusive to dumbbells.

Dumbbells ends are welded onto the handles and also pinned for maximum life and safety however if used incorrectly (e.g. dropped from overhead repeatedly or used on a rigid surface) may cause the weighted heads to come loose and movement/play in the ends will become evident over long periods of use and in this case it is the responsibility of the user to discontinue use of the affected dumbbell and replace them when needed.

We warrants the dumbbells against any manufacturing fault (moulding, handle etc.) for a period of 3 months from date of invoice. Variance in weight is not considered a manufacturing fault as it is disclosed fully at the point of sale and in the product warranty.

Kettlebells

The Competition style kettlebell is constructed from Stainless steel, powder coated with a polished exterior and painted to identify the weight range. Unlike the normal cast iron kettlebells there is no need to adjust your technique to accommodate for the change in size as you become stronger and can handle more weight because no matter how heavy the kettlebell is neither the grip diameter or bell size will change. Competition kettle bells are warranted against manufacturing faults for

Competition kettle bells are warranted against manufacturing faults for a period of 6 months from date of invoice. In regards to the manufacturing warranty this covers the structural integrity of the unit this does not cover the powder coated surface which will deteriorate if misused and dropped or hit against an abrasive or solid surface.

Tri Grip Plate

Tri Grip plates are manufactured with Poly Urethane which is a very durable and high quality material warranty of the product is for 6 months from date of invoice and covers the product against manufacturing faults in the poly urethane structure of the plate. This plate is not designed to be used as a bumper plate and doing so or any other striking or dropping of the plate is considered misuse and will cause damage to the plate structure

Super Bench

Commercial quality super bench: 5 year warranty on the structural integrity of the frame and welds excluding misuse, rust or damage from wear and tear. 12 month warranty on upholstery (puncture, tears and cuts from sharp or blunt force objects would be considered misuse)

Power Bands

Warning: Bands should be inspected regularly for any visible wear and tear. When used on an abrasive surface bands can deteriorate quickly and snap. It is essential that the bands be checked prior to every use to ensure that they have not been cut or marked and are safe for use. When anchoring the band it is also recommended that you do not anchor the product on an abrasive or sharp surface as doing so may affect the integrity of the band and result in serious injury. When attaching the bands to a structure for resistance it is essential to check is the structure is solid and can support the pressure from the band.

Failure to comply with these checks and requirements may result in serious injury and the user assumes all risk of injury

Battle Rope (Light and Heavy) + Climbing Rope

Battle Ropes are manufactured with Poly propylene (PP) that is upholstered in a durable nylon cover.

PP Rope is a synthetic fibre and in the climbing rope it may fray over time (no structural fault just cosmetic fluff) this is why we have protected it with a durable nylon cover in order to stop any fluff or fraying from occurring over prolonged use on concrete. The cover may deteriorate if used on an abrasive surface over time in which it is considered wear and tear and not covered by the manufacturer's warranty.

In the event that the rope has a manufacturing fault, it is covered by our manufacturer's warranty for a period of 3 months from date of invoice, misuse will not be warranted. The handles have been fixed in place with a metal ring to ensure the handles do not come off during repetitive use while still giving you the comfort of the handle. If you visually notice the metal fixing coming loose, please readjust the screws into place as a preventative practice to avoid damage to the product. As long as the clamp is affixed in place and maintained you will have years of use from your battle rope.

Medicine Balls

rigid and abrasive surfaces as this will cause the outer cover to degrade and significantly shorten the life of the product. Slam Balls are covered by a 6 month "Commercial use" manufacturing warranty for the structural integrity of the ball against a manufacturing fault. The warranty does not cover the valve or surrounding ring as this area is susceptible to cracking when repeatedly slammed upon. The manufacturing warranty will be voided due to the following:

- Normal wear and tear
- Use on abrasive or uneven surfaces
- Slamming directly on the valve side

Any use outside of what the slam ball has originally been created for.

Sledge Hammers

12 month commercial warranty on structural integrity of the product. Product should be used on a tire or some sort of suitable padded impact absorbing surface such as commercial rubber. Product is designed for fitness applications and misuse and use as a tool will shorten the life of the product and damage the powder coated surface leading to rust and damage to the product.

Skip Ropes

Skipping ropes are designed to be used in doors on a protective flooring surface. Use of the skipping rope on concrete or abrasive surfaces will dramatically shorten the life of the product through wear and tear.

Sled

12 month structural warranty on all frame and weld integrity. Damage or misuse of the product such as pushing on an abrasive surface will reduce the life of your product and cause damage to the powder coated protective finish of the sled causing damage to your turf/sled track.

Plyo Box (frame)

12 month warranty on all structural aspects of the product excluding misuse

Plyo Box (Safety)

The 3 in 1 foam plyo box has a manufacturing warranty from the date of purchase of 12 months on the foam and 3 months on the vinyl. The foam is made from EVA closed cell foam with a 90 degree hardness and the vinyl is made with a PU backing. Any tearing, scratching or damage to the vinyl 3 months after the date of purchase will be considered wear and tear. Proper use of the 3 in 1 foam plyo box would be considered anything involving the box as a platform to jump on and off of. The following would not be considered proper use and therefore would void your warranty by doing so:

- Dragging the box from one place to another
- Using the box on an abrasive surface (concrete, driveway asphalt)
- Wearing studded or rough shoes while jumping on and off the box
- Leaving weights on the box
- Using the box for anything other than it's intended purpose

If you receive your box with any obvious damages to it, you must contact us within 14 days of receiving it to maintain your warranty.

SWISS Ball

6 month warranty on against any manufacturing defect in the ball. Damage caused by punctures, striking, dragging etc are deemed misuse and are not covered by warranty

Bosu Ball

6 month warranty on against any manufacturing defect in the ball. Damage caused by punctures, striking, dragging etc are deemed misuse and are not covered by warranty

AB-Wheel

3 month money back warranty

Ab-Slings

6 month warranty on any manufacturing fault or defect. Misuse, puncture and cutting will not be covered by this warranty

Exercise Mat (The Mat)

Product is manufactured from Rubber and may have slight rubber odour for a period of time. Storing the product in direct sunlight and weather for prolonged periods of time will also reduce the life of the product. Product should be wiped dry and stored dry after use. Damage caused from incorrect storage will be deemed misuse

Timer

Warranty: guaranteed for a period of 1 year from the date of invoice against manufacturing fault (does not include remote control Unit). Timers subjected to accident, abuse, tampering or natural disaster will not be warranted.

Agility ladder (Rubber Roll out)

manufacturing warranty against defect or flaw. Misuse such as cutting and tearing of the rubber material or punctures from sharp/ blunt force are not covered.

Hurdles

warranty against manufacturing fault

Rubber Flooring (10mm +15mm)

RUBBER GYM TILE CARE

Our Rubber gym tiles can be easily cleaned using a vacuum cleaner and finished with a damp mop using a PH Neutral detergent solution. If the tiles move for some reason and gaps develop between the tiles it is recommended that the gap be filled with black silicone/Gap filler available from leading hardware stores. Please ensure that appropriate PPE (Personal Protective Equipment) is used in order to reduce the risk of injuries related to installation of the flooring.

RUBBER GYM TILE WARRANTY

Rubber gym tiles are an impact absorbing option, constructed of recycled rubber from car tyres and a mixture of EPDM fleck for an attractive colourful finish. The tiles are bound with a Non Toxic MDI (Polyurethane) binder for your safety and tested and approved to ASISO9239.1-2003 Part 1 to meet the BCA (Building code of Australia) requirements.

Rubber gym tiles are suitable for areas with heavy weight impact and high traffic such as Gyms, PT studios, CrossFit Boxes and any area indoor or outdoor requiring a protective, durable, non-slip commercial flooring solution for weight training.

Rubber gym tiles have a warranty for any manufacturing faults for up to 12 months from the date of purchase, anything after this time would be considered normal wear and tear issue. If for some reason during the warranted period your gym tiles deteriorate abnormally, images of

ages of the proposed damage are required to be supplied for inspection. With these images we will determine whether the damage is the cause of a manufacturing fault or misuse. In the event the product damage is deemed to be caused by a manufacturing fault, a replacement of the damaged item will be supplied (shipping expenses will be at the cost of the customer). Damage caused by misuse will not be warranted, misuse would be anything considered (and not limited to) the following:

- Burns, cuts, accident, vandalism, abuse, negligence, sweat
- Damage caused by incorrect installation
- Use of incorrect chemicals, herbicides or pesticides
- Use of incorrect cleaning methods
- Use of in-fill products of an incorrect grade or level
- Normal wear and tear
- Abrasions due to use of inappropriate footwear or sports equipment

(Note: High traffic areas are more susceptible to wear and tear and therefore need more attention when it comes to maintenance)

F45 Strike Shield

The shield is designed for group fitness programs and meets commercial grade requirements, the cover and upholstery is warranted for 6 months from date of purchase against manufacturing fault - however due to the nature of the products use and function, the foam is only covered for a 3 month period and will need to be replaced depending on volume of usage as closed cell foam will degrade over time under heavy use and ground and pound work and will need to be replaced at the owner's cost (not warranted).

F45 MMA Gloves

The MMA gloves come with 6 month manufacturing warranty covering the structural aspects and workmanship of the product. If you store them incorrectly such as in the sunor while they are wet, it will cause odour to develop and ultimately shorten the life of your product. Misuse under no circumstance such as abrasions or tears to the outer surface are not covered by this warranty.

Racks and Rigs (wall, ceiling, Freestanding)

Freestanding

Our racks have been constructed for the purpose of functional strength training and have been over engineered to ensure that the materials and structural integrity of the frame can withstand heavy static loads and dynamic use in a commercial environment. Steel thickness is generally a minimum of 5mm which exceeds industry and CrossFit standards.

We warrants all racks, rigs and XF coded accessories against any structural manufacturing faults. This includes the frame integrity for a period of 5 years from date of invoice and all welds for a period of 10 years from date of purchase (the warranty only applies so long as the rigging has been installed correctly).

The outer cosmetic finish of the frame (paint and powder coating) is not warranted against chips or scratches. We consider these to be a wear and tear issue and this will not affect the structural integrity or functionality of the product whatsoever. Due to the nature of use with this product metal on metal contact may occur repeatedly and chip or scratch the outer surface without caution. Powder coating is designed to be used indoors and if placed outdoors or in contact with moisture for prolonged periods of time the material may develop surface rust. It is the responsibility of the user to maintain through cleaning with a penetrative lubricant such as WD-40 and wiped clean with a dry cloth. Custom products that are made to order for specific permanent outdoor use are finished in a hot galvanised process and offers a 5 year warranty against rust for outdoor usage. Galvanised products are suitable for normal outdoor conditions this excludes direct coastal areas (within 10kms) in which salt and coastal weather conditions will affect the lifespan of the product deeming this warranty void.

XF related storage racks and benches are covered by a manufacturing warranty against structural or manufacturing faults and must be reported within 60 days of purchase date. Upholstery is covered for a period of 12 months from date of purchase for manufacturing faults however misuse (rips or tears from improper usage, sharp objects etc.) will not be warranted.

Due to client's special requirements and needs this will sometimes involve custom fabrication. All custom fabrications are warranted against structural faults under the normal warranty policy however custom fabrication cannot be returned or refunded as it is manufactured specifically for the custom frame setup and cannot be reused or on sold.



EMAIL
sales@smi.com.au