

RECEIVED**JUL 1 8 2013****SECURITIES****30 MINUTE
HIT****FRANCHISE DISCLOSURE DOCUMENT**

30 Minute Hit USA, LLC
A Florida Limited Liability Company
2221 North East 164th Street, Suite 252
North Miami Beach, Florida 33160
P: (604) 904-9654
Jackson@30minutehit.com
www.30minutehit.com

The franchise offered is for the operation of a 30 MINUTE HIT® Gym using our Marks, Copyrights and our System featuring a high-intensity circuit training fitness program known as "30 MINUTE HIT" as well as other products and services we designate or approve.

The total initial investment necessary to begin operation of a 30 MINUTE HIT® Gym unit franchise ranges from \$56,575 to \$125,500. This includes \$35,000 that must be paid to the franchisor and affiliates.

The total initial investment necessary to begin an Area Development Business of 3 to 10 30 MINUTE HIT® Gyms ranges from \$71,575 to \$150,500 for the Area Development Program, including the cost of one 30 MINUTE HIT® Gym. This includes \$50,000 to \$85,000 (based on 3 to 10 Unit Franchises) that must be paid to the Franchisor or affiliate (the Development Fee of \$5,000 per Gym plus the amounts you pay to the Franchisor or an affiliate for your first 30 MINUTE HIT® Gym).

This Disclosure Document summarizes certain provisions of your Franchise Agreement (and/or Area Development Agreement) and other information in plain English. Read this disclosure document and all accompanying agreements carefully. You must receive this Disclosure Document at least 14 calendar days before you sign a binding agreement with, or make any payments to the franchisor or an affiliate in connection with the proposed franchise sale. **Note, however that no government agency has verified the information contained in this document.**

You may wish to receive your Disclosure Documents in another format that is more convenient for you. To discuss the availability of disclosures in different format, contact the Franchise Administration Department at 30 Minute Hit USA, LLC, 2221 North East 164th Street, Suite 252, North Miami Beach, Florida 33160, (604) 904-9654.

The terms of your contract will govern your franchise relationship. Do not rely on the disclosure document alone to understand your contract. Read all of your contract carefully. Show your contract in this disclosure document to an advisor, like a lawyer or an accountant.

Buying a franchise is a complex investment. Information in this Disclosure Document can help you make up your mind. More information on franchising such as "A Consumer's Guide To Buying a Franchise" which can help you understand how to use this Disclosure Document is available from the Federal Trade Commission. You can contact the FTC at 1-877-FTC-HELP or by writing to the FTC at 600 Pennsylvania Avenue, N.W., Washington, D.C. 20580. You can also visit the FTC home page at www.ftc.gov. For additional information, call your state agency or visit your public library for other sources of information on franchising.

There may be other laws on franchising in your state. Ask your state agencies about them.

ISSUANCE DATE: July 29, 2012

STATE COVER PAGE

Your state may have a franchise law that requires a franchisor to register or file with a state franchise administrator before offering or selling in your state. REGISTRATION OF A FRANCHISE BY A STATE DOES NOT MEAN THAT THE STATE RECOMMENDS THE FRANCHISE OR HAS VERIFIED THE INFORMATION IN THIS DISCLOSURE DOCUMENT.

Call the state franchise administrator listed in Exhibit "N" for information about the franchisor, or about franchising in your state.

MANY FRANCHISE AGREEMENTS DO NOT ALLOW YOU TO RENEW UNCONDITIONALLY AFTER THE INITIAL TERM EXPIRES. YOU MAY HAVE TO SIGN A NEW AGREEMENT WITH DIFFERENT TERMS AND CONDITIONS IN ORDER TO CONTINUE TO OPERATE YOUR BUSINESS. BEFORE YOU BUY, CONSIDER WHAT RIGHTS YOU HAVE TO RENEW YOUR FRANCHISE, IF ANY, AND WHAT TERMS YOU MIGHT HAVE TO ACCEPT IN ORDER TO RENEW.

Please consider the following RISK FACTORS before you buy this franchise:

1. THE FRANCHISE AGREEMENT AND/OR AREA DEVELOPMENT AGREEMENT REQUIRES YOU TO RESOLVE DISPUTES WITH US BY LITIGATION ONLY IN FLORIDA. OUT-OF-STATE LITIGATION MAY FORCE YOU TO ACCEPT A LESS FAVORABLE SETTLEMENT FOR DISPUTES. IT MAY ALSO COST YOU MORE TO LITIGATE WITH US IN FLORIDA THAN IN YOUR OWN STATE.
2. THE FRANCHISE AGREEMENT AND/OR AREA DEVELOPMENT AGREEMENT STATES THAT FLORIDA LAW GOVERNS THE AGREEMENT, AND THIS LAW MAY NOT PROVIDE THE SAME PROTECTIONS AND BENEFITS AS LOCAL LAW. YOU MAY WANT TO COMPARE THESE LAWS.
3. SOME OF THE FINANCIAL STATEMENTS INCLUDED IN THIS DISCLOSURE DOCUMENT MAY NOT HAVE BEEN AUDITED BY INDEPENDENT CERTIFIED PUBLIC ACCOUNTANTS.
4. THERE MAY BE OTHER RISKS CONCERNING THIS FRANCHISE.
5. THE FRANCHISOR IS A DEVELOPMENT STAGE COMPANY WITH NO OPERATING HISTORY. THE FRANCHISOR'S FINANCIAL STATEMENTS INDICATE THAT IT HAS LIMITED FINANCIAL RESOURCES WHICH ARE NOT ADEQUATE TO FUND ITS PRE-OPENING OBLIGATIONS WITH ESTABLISHING EACH FRANCHISED BUSINESS.

We use the services of one or more FRANCHISE BROKERS or referral sources to assist us in selling our franchise(s). A franchise broker or referral source represents us, not you. We pay this person a fee for selling our franchise(s) or referring you to us. You should be sure to do your own investigation of the franchise.

Effective Date: See the next page for state effective dates.

LIST OF STATE SPECIFIC EFFECTIVE DATES

The following states require that the Franchise Disclosure Document be registered or filed with the state, or be exempt from registration: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Rhode Island, South Dakota, Virginia, Washington and Wisconsin.

This Franchise Disclosure Document is registered, on file or exempt from registration in the following states having franchise registration and disclosure laws, with the following effective dates:

State

Effective Date

Washington:

In all the other states, the effective date of this Franchise Disclosure Document is the issuance date of July 29, 2012.

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