

**FRANCHISE DISCLOSURE DOCUMENT**Received  
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APR 05 2018

Department of  
Business Oversight**Farrell's eXtreme Bodyshaping, Inc.**  
an Iowa corporation  
8510 New York Avenue  
Urbandale, Iowa 50322  
(515) 770-7295[info@extremebodys shaping.com](mailto:info@extremebodys shaping.com)[www.extremebodys shaping.com](http://www.extremebodys shaping.com)[www.facebook.com/extremebodys shaping](https://www.facebook.com/extremebodys shaping)[www.twitter.com/FarrellsXB](https://www.twitter.com/FarrellsXB)[www.youtube.com/user/extremebodys shaping](https://www.youtube.com/user/extremebodys shaping)

You will operate a health and fitness center under the trade name and service mark "Farrell's eXtreme Bodyshaping" providing instruction in bodyshaping, kickboxing, and strength training and related products and services.

The total investment necessary to begin operation of a Farrell's eXtreme Bodyshaping franchise ranges from \$110,100 to \$364,000. This includes \$31,675 to \$33,000 that must be paid to the franchisor or affiliate. If you are acquiring development rights under a development rights agreement, you must pay us a "Development Fee," which is \$10,000 multiplied by the number of franchises that you agree to develop. \$10,000 of the Development Fee will be applied towards the initial franchise fee owed under each franchise agreement that the Development Rights Agreement covers. The initial franchise fee under each of those franchise agreements is \$20,000.

This disclosure document summarizes certain provisions of your franchise 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 payment to, the franchisor or an affiliate in connection with the proposed franchise sale. **Note, however, that no governmental agency has verified the information contained in this document.**

You may wish to receive your disclosure document in another format that is more convenient for you. To discuss the availability of disclosures in different formats, contact Lance Farrell, our President, at 8510 New York Avenue, Urbandale, Iowa 50322 and (515) 770-7295.

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

Buying a franchise is a complex investment. The 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, NW, Washington, D.C. 20580. You can also visit the FTC's home page at [www.ftc.gov](http://www.ftc.gov) for additional information. Call your state agency or visit your public library for other sources of information on franchising.

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

Issuance date: March 27, 2018

Farrell's eXtreme Bodyshaping, Inc.

## 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 A 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 DEVELOPMENT RIGHTS AGREEMENT REQUIRE YOU TO RESOLVE DISPUTES WITH US BY MEDIATION AND ARBITRATION ONLY IN OUR HOME STATE (CURRENTLY IOWA). OUT-OF-STATE MEDIATION AND ARBITRATION MAY FORCE YOU TO ACCEPT A LESS FAVORABLE SETTLEMENT FOR DISPUTES. IT MAY ALSO COST YOU MORE TO MEDIATE OR ARBITRATE WITH US IN OUR HOME STATE THAN IN YOUR OWN STATE.
2. THE FRANCHISE AGREEMENT AND DEVELOPMENT RIGHTS AGREEMENT REQUIRE THAT IOWA LAW GOVERNS THE AGREEMENTS, AND THIS LAW MAY NOT PROVIDE THE SAME PROTECTIONS AND BENEFITS AS LOCAL LAW. YOU MAY WANT TO COMPARE THESE LAWS.
3. THERE MAY BE OTHER RISKS CONCERNING THIS FRANCHISE.

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

**FARRELL'S EXTREME BODYSHAPING, INC.  
STATE REGISTRATIONS**

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/or disclosure laws, with the following effective dates:

State	Effective Date
California	
Illinois	
Indiana	
Minnesota	
South Dakota	
Wisconsin	

In all other states, the effective date of this Franchise Disclosure Document is the issuance date of March 27, 2018.

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