

FRANCHISE DISCLOSURE DOCUMENT

GRIND ATHLETICS, LLC
A Delaware limited liability company
1481 S Sage Bloom Way
Saratoga Springs, Utah 84045
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www.grindathletics.com



GRIND ATHLETICS™

We are **Grind Athletics, LLC**; a Delaware limited liability company. We offer franchises to qualified individuals and entities to own and operate a Grind Athletics portable multi-sport athletic training and skill development facility franchise under our service marks, trade names, programs, and systems using the names "**Grind Athletics**", "**Grind Athletics Repetition, Relationships, Results**" and the "**Grind Athletics**" logos. Our franchisees offer virtual training to visually demonstrate key bodywork, form, execution, instruction, and skill development on habits and game situations and related products and services under the Service Marks and our programs and systems (the "Method of Operation"). The Method of Operation is focused on the youth sports market and is targeted to 8 to 15 year old athletes.

The total investment necessary to begin operation of a Grind Athletics is **\$72,626 to \$96,036**. This estimate is only approximate. This includes the **\$50,000** Initial Franchise Fee that must be paid to us. Your initial investment and initial fees are more fully described in Items 5, 6 and 7 of this Disclosure Document.

Information comparing franchisors is available. Call the state administrators, listed in Exhibit E, or your public library for sources of information.

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 Tyler J. Hollist at 1481 S Sage Bloom Way, Saratoga Springs, Utah 84045, 435-414-0494.

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 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: October 31, 2018

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 E 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:

THE FRANCHISE AGREEMENT REQUIRES YOU TO RESOLVE DISPUTES WITH US BY MEDIATION AND LITIGATION ONLY IN UTAH. OUT-OF-STATE LITIGATION AND MEDIATION MAY FORCE YOU TO ACCEPT A LESS FAVORABLE SETTLEMENT FOR DISPUTES. IT MAY ALSO COST YOU MORE TO SUE OR MEDIATE WITH US IN UTAH THAN IN YOUR OWN STATE.

THE FRANCHISE AGREEMENT STATES THAT UTAH 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.

THERE MAY BE OTHER RISKS CONCERNING THIS FRANCHISE.

Effective Date: This Franchise Disclosure Document is effective as of:

General FTC (for states not requiring registration) – **October 31, 2018**

States Requiring Registration (registration not approved if blank):

California:		New York:	
Connecticut		North Carolina:	
Florida:		North Dakota:	
Hawaii:		Rhode Island:	
Illinois:		South Carolina:	
Indiana:		South Dakota:	
Kentucky:	January 15, 2019	Texas:	December 28, 2018
Maine:		Utah:	
Maryland:		Virginia:	
Michigan:		Washington:	
Minnesota:		Wisconsin:	
Nebraska:	December 26, 2018		

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- B Standard Franchise Agreement
 - Exhibit 1 - Franchise Territory
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3 – Grind Athletics Franchise Disclosure Document

Grind Athletics fddfa 2018-10-31 (final)

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