Gross Fit

Crossfit OVNERS COACHES CONFERENCE

Hustle Up®







What Do You NOT KNOW?





Successful Exits Do Not Happen By Accident





What Your Box Is Worth (And How To Fix It)





Why Talk About Exit Strategy? 100% of SBO Will Exit





Only 1-2% of Start-Ups Ever Achieve A Successful Exit





Average Small Business Sale In The U.S.?

\$300-500k

Usually Less For Owner/Operator





Average Affiliate Sale In The U.S.? \$50-60k





Year 1 Year 5 Year 10 20.4 % Fail 49.4 % Fail 65.3 % Fail





Only 1 in 3 Businesses Make It To The 10-Year Mark





What Is Your Gym Really Worth?





How Much Did You Pay For It?





What About These?

Family Time
Weekends

Personal Fitness

Friendships

Hobbies

Sleep





You Paid A Lot More Than You Think

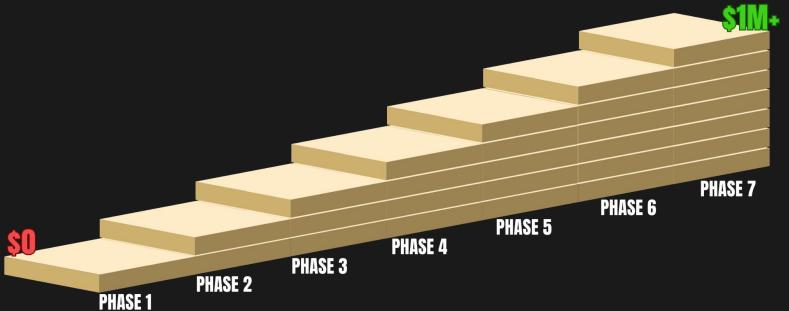




That's Why This Is Worth Thinking About

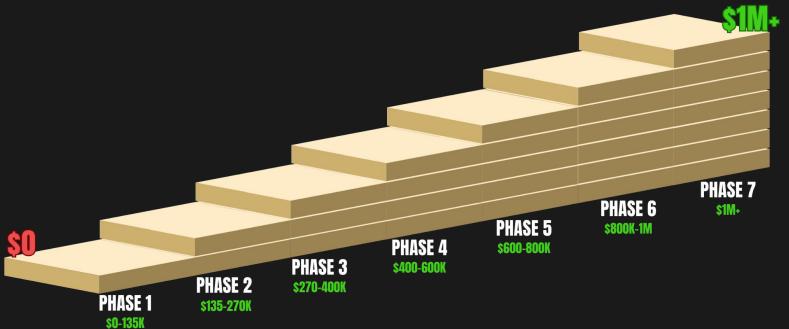






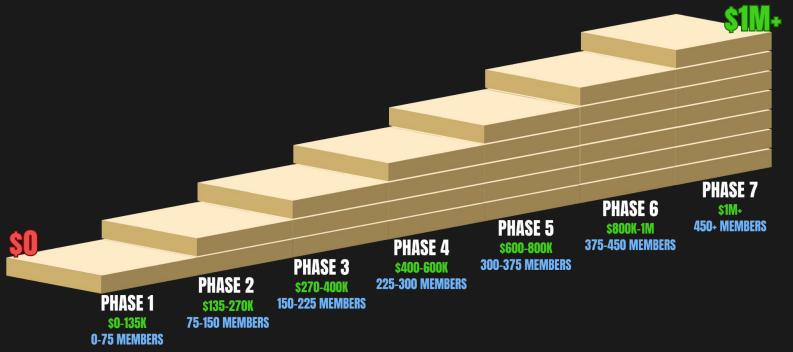






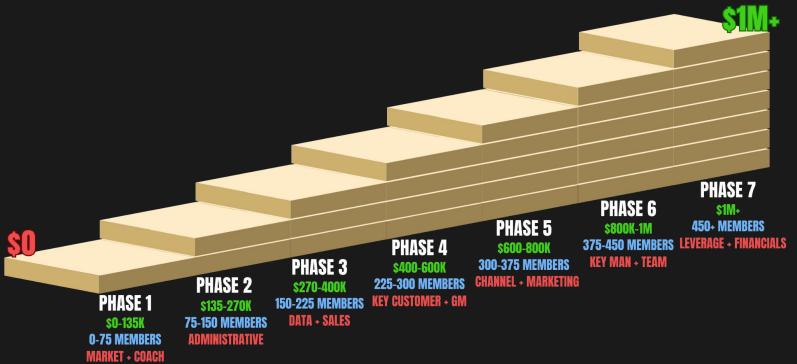






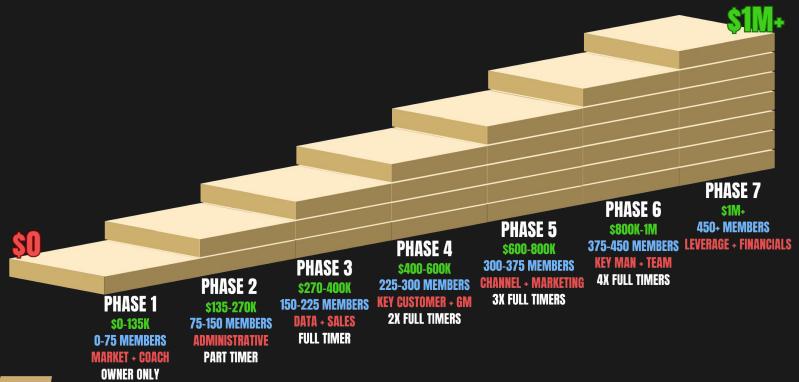






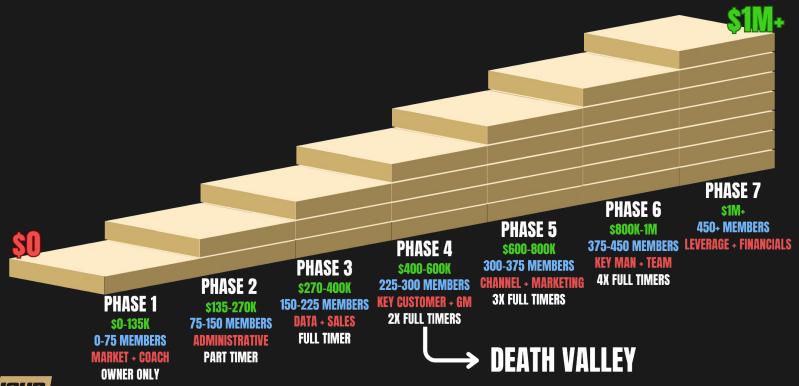








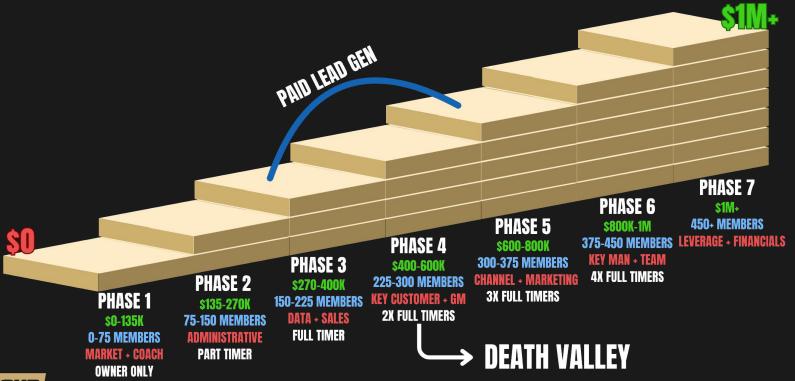






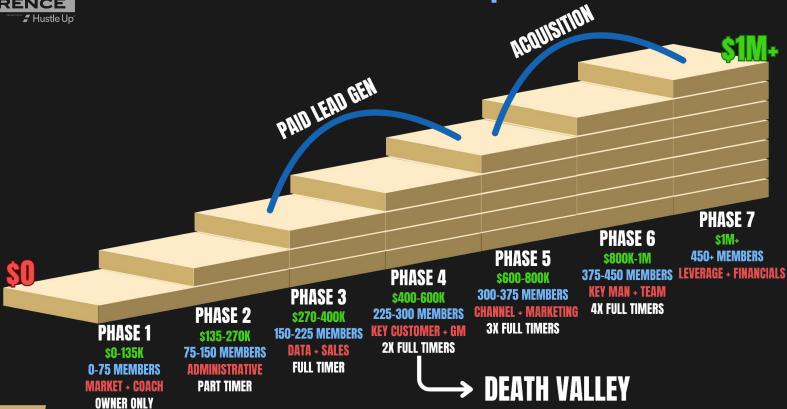
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Exercise 1

Where Are You In The Growth Phases?





Exercise 2

Circle Your Primary Risk.





Major Risks









Single Channel



Data



CrossFit



What You Are Avoiding





Exercise 3

Owner's Audit





Exercise 4

Risk-Based Valuation Equation

SDE x Risk Multiple





Seller's Discretionary Earnings (SDE)





SDE = Earnings and Benefits





Risk Assessment

Transferable & Predictable





OWNER PROFIT	TRANSFERABLE?	PREDICTABLE?	MULTIPLE	EST. VALUE
\$60K	× No	× No	1 x	\$60K
\$100K	Yes	× No	1.5 x	\$150K
\$100K	× No	Yes	1.5 x	\$150K
\$150K	Yes	Yes	2.5 – 5 x	\$375-450K





Action Plan

What Phase Are You In?

What Is Your Primary Risk?

What Is Your Estimated Valuation?

What Is The Audit Truth You Can't Ignore?

What Will You Do Within The Next 7 Days?









Q&A







