



**Q ATHLETICS**

# **FITNESS FOR ALL**

**ON THE ROAD TO HELP YOU MEET  
YOUR FITNESS GOALS!**





ATHLETICS

# SPORTS PERFORMANCE TRAINING

Our primary focus is small group training, with classes capped at 10 athletes to ensure they are getting a high level of coaching.

In addition, we believe that continuity is an important aspect in developing athletes, so they will only have 1-2 trainers/program.



## Functional Movements

How to properly squat, hinge, jump, rotate, push and pull.



## Agility

Footwork, balance and coordination.



## Strength

External loads and resistance training based on form and strength (after passing functional movement screenings)



## Running Form

Head to toe analysis. Electronically timed and video taped sprints.





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# ADULT TRAINING

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Our adult classes are based on age as well as fitness level and individual goals.

We offer small group classes as well as private sessions.



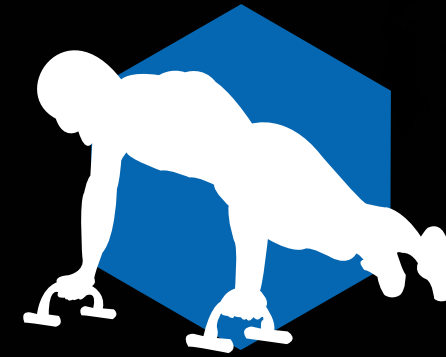
## Strength

Increased metabolism and bone density.



## Injury Prevention

Balance and coordination.



## Core

Strength & Stability.



## Cardiovascular

Quick tempo workouts.

# Q ATHLETICS MOBILE GYM

Our sprinter vans allow us to offer the convenience of training in or near client's homes.

Our vans are packed with modern mobile training tools as well as traditional dumbbells, barbells and kettlebells.

We specialize in small groups but can also train entire teams as well as private training.

Client demographics range from athletes and teams to active adults.







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# FRANCHISE OPPORTUNITIES

**Q Athletics is launching a mobile gym franchise in January 2024.**

**We will closely work with franchisees to maximize their revenue potential and teach them our blueprint for running a successful mobile gym.**



# Q ATHLETICS REVENUE PROJECTIONS

Unit Awards Each Year

Unit Openings Each Year

Total Unit Openings Each Year

Year

Fse System Revenue (000)

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5
5	4	6	8	12
4	4	6	7	12
4	4	6	7	12
4	8	14	21	33
\$352,000	\$774,400	\$1,415,040	\$2,202,112	\$3,482,540





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# INVESTING IN Q ATHLETICS MOBILE GYM

We are currently looking to raise capital in exchange for a percentage of our franchise.

Capital will go directly back into our franchise, most specifically to cover legal fees and a digital marketing campaign.







# MEET THE OWNER

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**Bobby Quarantillo founded Q Athletics in 2014. He has trained hundreds of clients ranging from 10 to over 80 years in age.**

**In 2020, as a result of the pandemic and all gyms closing, Quarantillo purchased a sprinter van and began the mobile gym service of Q Athletics.**







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# CONTACT US



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