

The background of the entire image is a pattern of yellow dots. On the left side, the dots are arranged in a dense, overlapping grid. As they move towards the right, the dots become smaller and more widely spaced, eventually forming a sparse, regular grid.

**BELFORT**

---

**FITNESS LIFESTYLE**

**[WWW.BELFORTLIFESTYLE.COM](http://WWW.BELFORTLIFESTYLE.COM)**

**HERE  
EVERYBODY  
WINS**  
**BY BELFORT LIFESTYLE**

After twenty plus years of experience as a professional athlete, Vitor Belfort has brought together an elite team of professionals to assist him in taking his world-class training regiment and adapting it to everyone's needs and capabilities. Belfort Fitness Lifestyle is a combination of HIIT (High Intensity Interval Training) and Cognitive Behavioral Therapy Techniques, which provides the ideal path to obtain meaningful and long lasting results.

Vitor's reation is more than just a training system, it is a way of life that offers it's members an opportunity to have fun while reaching their goals and beginning a new lifestyle.

**Welcome to Belfort Fitness LifeStyle!**

# LOW INVESTMENT

**BELFORT**  
FITNESS LIFESTYLE

# & HIGH PROFIT

## CONCEPT

Belfort Fitness Lifestyle offers an opportunity to make high profits from a minimal initial investment. The average

investment of a franchisee to open a new location is around \$100,000.00 USD, with an expected average monthly net income of up to \$10,000.00 USD. The franchisee can expect to average a 10% return per month on his initial investment which makes the BFL Franchise

Program a very inviting and friendly business model when compared to the high cost of investment of a traditional fitness center.

# The Belfort Fitness Lifestyle Approach

Belfort Fitness Lifestyle delivers a total body workout that combines Kickboxing, AirBike Interval Training, and a focused weight floor format. We have Endurance, Strength, and Power Workouts designed to help you build lean muscle and burn fat, as well as, achieve a post workout “afterburn” that will have you burning excess calories and fat for the next twenty-four hours after your workout is complete.

The workouts are structured for all fitness levels. So whether you are getting back into working out after a long lay off, you are an avid exerciser, or you are an elite level athlete looking for an unbelievable Strength & Conditioning workout, we provide a system that caters to everyone.

We utilize Heart Rate Monitors to allow our members to ensure they are working hard enough to achieve results and at the same time not overdoing it. We utilize the 5 Heart Rate Zone Training method to allow our members to spend the necessary time during the workout in the Aerobic and Anaerobic Zones. At BFL, we encourage the use of the Heart Rate Monitor so members can maximize their efforts and results with the help of science.

# BELFORT

## FITNESS LIFESTYLE



BFL Studio  
3.000 - 3.600  
Square Feet



Bag Area

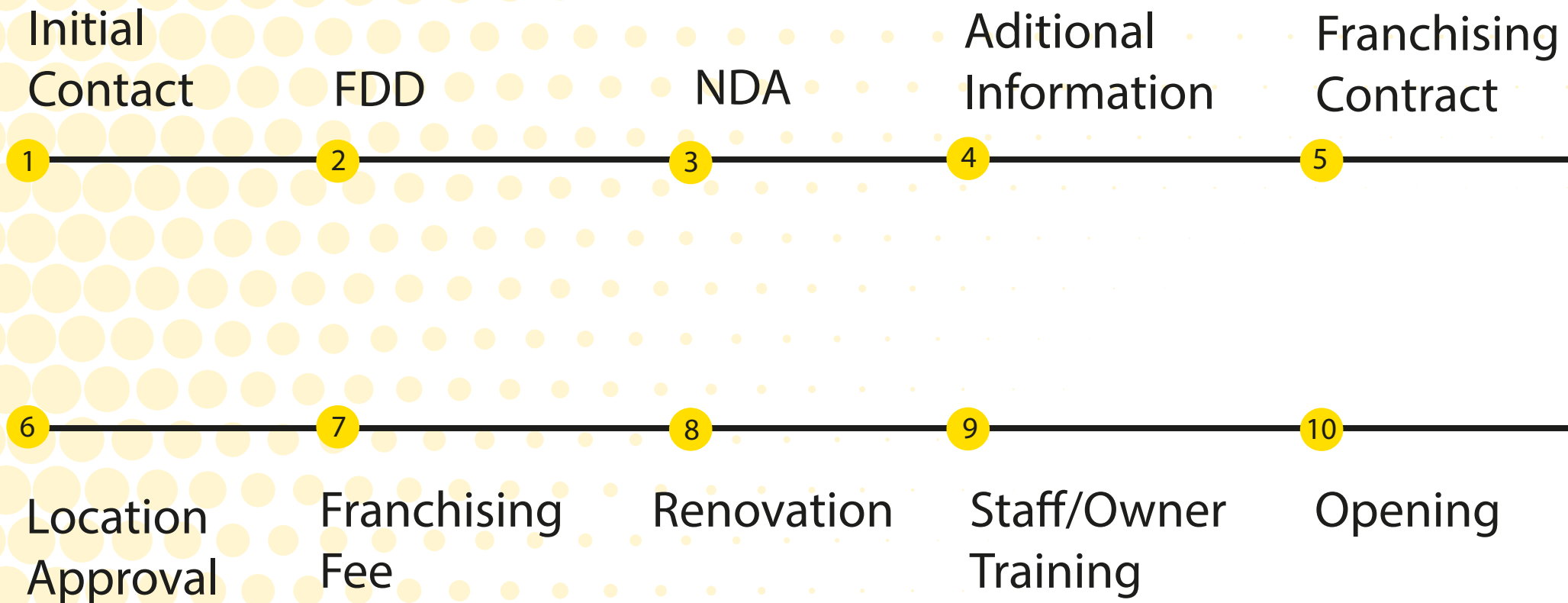


Floor Area



Air Bike Area

# Time Line



# BELFORT

---

## FITNESS LIFESTYLE

 Belfort Fitness Lifestyle

 @belfortfitnesslifestyle

[WWW.BELFORTLIFESTYLE.COM](http://WWW.BELFORTLIFESTYLE.COM)