



FAST FIT

THE FUTURE OF FITNESS

REDEFINING
FITNESS
ONE FRANCHISE
AT A TIME

FAST FIT
ACADEMY:
SHAPING
FITNESS
LEADERS

**FUTURE-READY FITNESS,
SMART INVESTMENT**

**STRENGTH IN
CULTURE**
EXCELLENCE IN
FITNESS

**THE MINDS
BEHIND
FAST FIT**

Transforming Lives, Setting Trends and Creating a Movement.
Be the Movement, Be Part of the Future





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OVERVIEW OF FAST FIT

Fast Fit EMS has revolutionized fitness by offering a high-impact, time-efficient workout that fits seamlessly into the fast-paced, modern lifestyle.

As the pioneers of EMS fitness in Saudi Arabia, we started in 2019 with a single club and have since grown to 11 clubs in the Kingdom's top three major cities. Our success is the result of hard work, dedication and a clear vision, without any external investment.

With a team of over 82 highly skilled professionals, we are on track to expand to 60 clubs in Saudi Arabia and 240 worldwide based on extensive research and market demand.

In today's world, where people prioritize quality time with family and friends, traditional gym workouts are becoming outdated. EMS training is the solution, offering an effective, full-body workout in just 20 minutes per session. It's designed for individuals with busy lives, making fitness accessible and efficient while meeting the growing demand for time-saving solutions.



CEO, CFO, AND COO PROFILES

Mansour Al Shehry is a visionary entrepreneur who has transformed the fitness industry in Saudi Arabia. With extensive experience in business development and strategic leadership, Mansour played a pivotal role in launching and expanding Fast Fit EMS.

His background includes 19 years as a market analyst in the telecom industry, a former Vice Chair of the EGTI (Expert Group on Telecommunications Indicators) in the International Telecommunication Union (ITU) and a board member of the Saudi Federation of Bodybuilding.

Mansour Al Shehry
CEO & Co-Founder
of Fast Fit EMS

- ◆ Expand Fast Fit EMS to 60 clubs in the Kingdom and 240 worldwide
- ◆ Continue leading the fitness industry by introducing innovative technology and biohacking fitness solutions
- ◆ Support entrepreneurs in building their own fitness businesses with Fast Fit's proven franchise model

Vision for
Fast Fit EMS

Saad Almasaudi
CFO & Co-Founder
of Fast Fit EMS

As the CFO of Fast Fit EMS, Saad Almasaudi brings a deep understanding of financial strategy, risk management, and business growth.

He has been instrumental in ensuring that Fast Fit EMS operates with financial stability while maintaining aggressive expansion strategies.

Saad's expertise in finance and investment has allowed the company to scale efficiently without external funding.

Key
Contributions

- ◆ Established a financially sustainable model that ensures profitability for franchisees
- ◆ Developed strategic financial planning for long-term expansion
- ◆ Oversees franchise financial structures to maximize returns for investors

Serban Pop
COO & Co-Founder
of Fast Fit EMS

Serban Pop has over two decades of experience in sports and fitness, transitioning from a professional football player to fitness entrepreneurship.

His academic background includes:

- ◆ Sales and Marketing Manager – AIBM College
- ◆ Business Administrator – AIBM College
- ◆ EMS License Trainer – Gluckerkolleg Academy
- ◆ Entrepreneurial and Small Business Operations Harvard Business School Online
- ◆ UEFA "C" Licence
- ◆ Personal Trainer Certificate

Key Innovations
Under His Leadership

- ◆ Developed Fast Fit's proprietary EMS devices, unavailable elsewhere in the market.
- ◆ Designed tailored EMS programs for muscle strengthening, fat loss, and rehabilitation.
- ◆ Established Fast Fit Academy, training over 150 personal trainers.
- ◆ Implemented Fast Shape and red light therapy services exclusively in Fast Fit clubs.

Through strategic innovation and a commitment to excellence, Serban continues to shape Fast Fit EMS into an industry leader.



WHY INVEST IN FAST FIT EMS?

The Smartest Investment in the Future of Fitness



Owning a Fast Fit EMS franchise is more than just running a business, it's tapping into a rapidly growing, multi-billion-dollar industry with a proven model for success.

With the global fitness industry projected to reach \$435 billion by 2028, growing at an annual rate of 7.5%, and EMS technology leading the way in time-efficient, results driven fitness, now is the best time to invest.



WHY FAST FIT EMS IS AN UNMATCHED OPPORTUNITY?

Industry Leadership – We set the standard for innovation and efficiency in electrical muscle stimulation (EMS) fitness, an industry growing at a projected CAGR of 14.3% globally.

Proven Success – We started with one club in 2019 and have since expanded to 11 thriving clubs, with a clear, strategic plan to reach 240 locations worldwide within the next decade.

Exclusive, Cutting-Edge Technology – Unlike other EMS providers, Fast Fit owns and develops its proprietary EMS devices, including the Fast Shape biohacking treadmills and red light therapy recovery systems, providing a unique, science-backed advantage to franchisees.

Fast ROI & Scalability – Our streamlined operational model allows franchisees to experience an ROI within 24-36 months, with a low cost per session and high-profit margins. Our model is built for multi-unit ownership, allowing ambitious entrepreneurs to scale rapidly.



Full Training & Support – Franchisees receive world-class training at Fast Fit Academy, covering everything from sales and customer service to EMS certification and business operations. Our comprehensive support system ensures smooth onboarding and continued success.

A Booming Market – With the global EMS fitness industry projected to surpass \$1.6 billion by 2030, EMS training is redefining the fitness landscape. More people are seeking fast, joint-friendly, and highly effective workouts, making Fast Fit the go-to choice for busy professionals, athletes, and rehab clients.

Marketing & Brand Strength – Fast Fit’s marketing power extends across social media, digital advertising, influencer partnerships, and high client retention rates (60%+ renewal rate), ensuring franchisees benefit from strong brand recognition and continuous customer demand.



FAST FIT CULTURE

Fast Fit EMS is not just about exercise, it's about building a thriving community of leaders, innovators, and wellness advocates. We started in 2019 with one employee and have now grown into a strong team of 82+ professionals committed to revolutionizing the fitness industry.

At Fast Fit, we go beyond traditional gym training. We create experiences, build relationships, and educate both our customers and our team. Our mission is to empower people with knowledge and a sustainable approach to health and fitness.



A CULTURE OF GROWTH & EDUCATION

Continuous Learning at Fast Fit Academy - We provide our team with an exclusive training platform where they receive monthly updates on the latest in fitness, EMS advancements, nutrition, customer service, and performance coaching.

Our goal is to ensure that every Fast Fit team member stays ahead in the fitness industry.

Customer & team engagement events - Every month, we host outdoor gatherings, educational webinars, and in-club events where we educate our community on nutrition, health, recovery, and biohacking.

These events strengthen the bond between our members and our team, making Fast Fit more than just a fitness studio—it's a support system for a healthier life.

Exclusive Customer Freebies

We value our members and show appreciation through exclusive perks, wellness gifts, and special offers. Whether it's nutrition guides, training plans, or loyalty rewards, we make sure every Fast Fit member feels valued.

Promoting Fitness as a Career

At Fast Fit, we're changing the perception of personal training from a temporary job to a professional career, offering structured growth and specialization opportunities.

Integrating Saudi Nationals into the Fitness Movement

We hire and train Saudi nationals, empowering them to promote health and fitness, spread wellness knowledge, and create new career opportunities in the expanding fitness sector.





OUR CORE VALUES:

- ◆ **INNOVATION** – Constantly developing new fitness technologies and methodologies.
- ◆ **COMMUNITY** – Supporting each other in growth, success, and education.
- ◆ **EXCELLENCE** – Providing unparalleled fitness experiences with science-backed training.
- ◆ **SUSTAINABILITY** – Ensuring long-term business success for franchisees, trainers and members.

Fast Fit EMS is not just a business—it's a movement shaping the future of fitness and health.

We believe in building a powerful, knowledgeable, and supportive fitness community that thrives together.

FAST FIT ACADEMY

At Fast Fit Academy, our training programs are built on proven studies in fitness science, neuroscience, and brain coaching.

We don't just teach workouts, We teach how the brain and body connect, ensuring our trainers deeply understand neuronal, connections, muscle activation, and behavioral coaching techniques. This approach helps trainers deliver results-driven sessions that improve performance, increase customer retention, and provide a superior EMS experience.

COMPREHENSIVE TRAINING PROGRAMS:

EMS Certification Courses – Covering everything from biomechanics, muscle activation, and EMS protocols to injury prevention, recovery, and program customization.

Business & Sales Training – Helping trainers and franchisees master client acquisition, upselling, and customer retention strategies to ensure long-term growth.

Advanced Fitness Coaching – Teaching personalized coaching techniques, habit formation strategies, and psychological motivation methods for long-lasting fitness results.

Customer Engagement & Retention Strategies – Focusing on client psychology, effective communication, and structured follow-up systems to maintain high retention rates.

AN INTERACTIVE & EVOLVING LEARNING EXPERIENCE

Unlike traditional training programs, Fast Fit Academy is an ongoing learning platform that adapts to industry advancements.

- New video lessons are uploaded monthly, allowing trainers to stay updated with the latest EMS innovations, fitness trends, and client management techniques.
- Trainers can review materials anytime, anywhere, ensuring continuous learning and mastery.
- Quarterly exams ensure that all trainers remain on track, up to date, and performing at the highest standard.

EMPOWERING OUR TRAINERS FOR CAREER GROWTH

We believe in turning personal training into a respected profession, not just a side job.

Our structured system ensures trainers:

- Develop long-term career paths within Fast Fit.
- Master EMS technology and scientific training methods.
- Continuously improve their skills and expertise to provide unmatched fitness experiences for our clients.

With Fast Fit Academy, franchisees don't just open a business—they open with expertise, confidence, and a team that's built for success.





**ALONE YOU MIGHT REACH FASTER
TOGETHER, WE CAN REACH FURTHER**

Contact Us

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