CONBODY

PRISON STYLE WORKOUT CLASSES

COSS MARTE

The founder of CONBODY, Coss, developed his bodyweight training style while he was incarcerated for 4 years on drug charges. Coss lost 70 pounds in 6 months and found his calling. He founded CONBODY in New York City, where he hires other former inmates who have turned their lives around through fitness.



SOCIAL & ECONOMIC IMPACT

Partner with non-profit organizations to provide resources (education, housing, employment, and mentorship) to former inmates.

CONBODY has hired over 40 formerly incarcerated individuals and has a 0% recidivism rate.



WHO WE ARE

Prison style bootcamp that hires formerly incarcerated individuals to teach fitness classes both in-studio and online.

<u>Products</u>: (i) live stream at-home classes, (ii) on-demand workout videos, (iii) group fitness classes in a studio setting, and (iv) apparel.

<u>Mission</u>: To bridge a gap between two communities: young professionals and formerly incarcerated individuals.

<u>The Workout</u>: 45-minute bodyweight workout that combines cardio, HIIT, strength training, and metabolic conditioning.



AUES

THE PROBLEM



I. EXPENSIVE ONLINE FITNESS SERVICES

Equipment for online fitness services is expensive



11. LACK OF SOCIAL IMPACT

Most fitness companies don't have a social impact



III. HIGH MARKETING COSTS

Fitness studios are spending \$1M+ per month in advertising and marketing on average

ACE

COMPETITIVE ADVANTAGE

UNIQUE COMMUNITY & SOCIAL IMPACT	Formerly incarcerated individuals who are experts in CONBODY's bodyweight training method.			
HIGHER MARGINS	We partner with non-profit organizations that cover the cost of our interns, maintenance, and admin staff.			
LOWER MARKETING COSTS	We created a platform that leverages our social mission to drive customer traffic to our sites.			

THE FITNESS & WELLNESS MARKET IS MASSIVE AND GROWING

\$4.2trnTotal health and

wellness industry (1)

\$600bn

wellness spend (1)

183mm Global gym

members (2)

62mm
U.S. gym

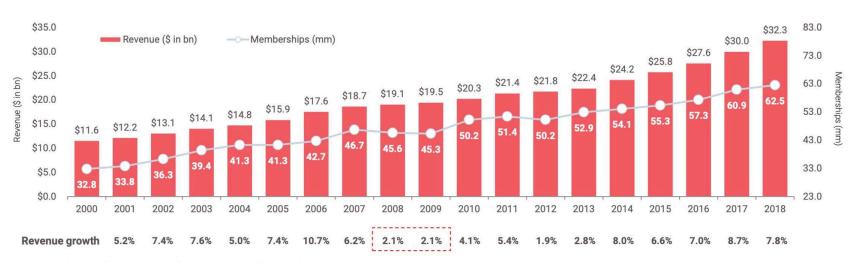
members (2)

Estimated Total

Addressable Market

45mm

U.S. Fitness Center / Health Club Industry Revenue (\$BN) and Memberships (MM)



⁽¹⁾ Global Wellness Institute, Wellness Now a \$4.2 Trillion Global Industry, October 2018.

BOUTIQUE FITNESS MARKET VALIDATION





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\$150M IN REVENUE **\$1.55B**IN REVENUE

\$118MIN REVENUE









Proprietary and confident

CONBODY

THE STATS

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CONBODY'S IMPACT ON SOCIETY

50,000+

Clients trained since 2016

0%

Recidivism (Compared to the US 76% Recidivism rate) **50**%

Customer Retention Rate for Live Stream & Studio fitness classes (Compared to the Avg. of 25% for Boutique Studios)

FITNESS INSTRUCTOR PIPELINE:

PARTNERSHIP WITH THRIVE RE-ENTRY PROGRAM

PROFESSIONAL WELLNESS ONGOING FINANCIAL EMPLOYMENT TRAINING SERVICES MENTORSHIP STIPEND Leverage leading Partner with reentry Participants enter Individualized career institutions and Course participants organizations for Reframe and train for industry experts to support and receive economic housing, health, specific roles and professional networking design curriculum support while training wellness, and mental staffing needs at for program graduates. in program. necessary health support. partner employers. to secure employment

[REFRAME] is a non-profit that provides career training and job placement to formerly incarcerated individuals.

200+ PRESS ARTICLES

THE WALL STREET JOURNAL.

The New York Times

NEW YORK POST



MensHealth













BuzzFeed

Daily **Mail**



BUSINESS INSIDER

ACE 14

WHAT PEOPLE ARE SAYING



"Why ex-convicts make the best personal trainers"



"CONBODY'S success is forcing the fitness world To confront some uncomfortable truths"



"CONBODY Founder Coss Marte Took His Workouts from Prison to Saks Fifth Avenue"

700

DIVERSIFIED REVENUE STREAMS

FITNESS CLASSES (STUDIO & LIVE STREAM)



- Studio and live stream classes
- 45-minute workout

ONLINE WORKOUTS (SUBSCRIPTION) + MEDIA



- Online workout videos (\$9 per month)
- 15-25 minute pre-recorded workout videos

MERCHANDISE



- Custom apparel and yoga mats

CONBODY TIMELINE



CONBODY

QUICK FACTS - BY THE NUMBERS

(as of May 2020)

75%

Revenue Growth (January 2020 to May 2020) \$30,500

Monthly Revenue

10,000+

Members in our Loyal Community 800

On-Demand Subscribers

50%

On-Demand Growth Rate 92%

On-Demand Retention Rate \$5

On-Demand CAC

THE PLAN

1 YEAR BUDGET

SPENDING CATEGORY	COST	
Marketing & Workout Videos	\$100,000	
Salaries / Freelancers (Including Tech)	\$300,000	
Wefunder Fees	\$37,500	
Budget Buffer / Working Capital	<u>\$62,500</u>	
TOTAL	\$500,000	

Note: Salaries include the cost of (i) a part time growth manager who will help us acquire new users, (ii) a developer who will help us build a more robust on-demand and live stream at-home platform, and (iii) a part time operations manager.

Capital Raise Target:

\$500,000 (25% secured)

AGE 20

5 YEAR GROWTH PLAN

PHASE 1

- Hire part-time operations staff and growth manager
- Rebuild on-demand workout platform and app
- Expand class offerings and update library with fresh content
- Launch marketing campaign

PHASE 2

- License out the CONBODY workout to other platforms
- Obtain 100,000+ subscribers on our online workout platform
- Launch additional shows on Facebook, Instagram, & Snapchat

PHASE 3

- Monetize YouTube channel
- Sell our shows to Facebook Watch and YouTube
- Continue to create job placements for former inmates



CONBODY BUSINESS MODEL

Studio & Live Stream Class Revenue

CLIENTS PER CLASS	60	40	30	20
REVENUE PER CLIENT	\$20	\$20	\$20	\$20
ANNUAL REVENUE	\$2,880,000	\$1,920,000	\$1,440,000	\$950,400

^{*}Based on 7 classes per day / 200 classes per month

Online Subscription Revenue

NUMBER OF ONLINE SUBSCRIBERS	50,000	10,000	5,000	1,000
REVENUE PER SUBSCRIBER	\$9	\$9	\$9	\$9
ANNUAL REVENUE	\$5,040,000	\$1,080,000	\$540,000	\$108,000

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THE TEAM

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SADIE KURZBAN

FOUNDER OF 305 FITNESS

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THE DOCUMENTARY

COSS MARTE



CEO OF CONBODY

DEBRA GRANIK



ACADEMY AWARD
DIRECTOR

Debra Granik has been documenting Coss' personal journey and struggles in opening up CONBODY with limited resources for the last 5 years since his release from prison. Debra is in the process of pitching the documentary to different networks including Netflix.

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THANK YOU

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