

# fit20 USA Launches Nationwide Franchising Opportunity — Redefining Fitness for the Modern Age

*fit20 USA expands across the nation with a franchise model built for health and wellness entrepreneurs seeking a proven, high-impact business.*

FREDERICKSBURG, VA, UNITED STATES,

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[fit20 USA](#), the revolutionary strength training studio redefining fitness with its scientifically proven, slow-motion strength training model, is proud to announce the official launch of its franchising opportunity across the United States. Already operating in over 20 countries with more than 200

studios worldwide, fit20 is opening the door for health and wellness professionals to own a business that aligns with their passion, delivers measurable impact, and serves a rapidly growing market of busy adults seeking sustainable fitness.



Franchise Support

“

fit20 bridges the gap between clinical wellness and practical fitness. It's a natural extension for those already invested in people's long-term health.”

*Dr. Ben Litalien, CFE*

No crowds. No sweat. No wasted time. Just results.

fit20 is designed for people who value results, efficiency, and longevity. Backed by scientific research and powered by one-on-one personal training in a controlled environment, fit20 studios offer a private, highly personalized experience that challenges traditional gym norms. No showers, mirrors, or intimidation—just measurable strength gains and long-term health benefits.

“This model is a game-changer, and the impact is undeniable,” says Dr. Ben Litalien, CEO of fit20 USA. “We’ve created a fitness experience that meets people where they are—busy, overwhelmed, and looking for something that actually works. Now, we’re giving wellness-minded professionals

a chance to own a studio and lead that change in their communities. Our franchise opportunity is tailor-made for health professionals, physical therapists, chiropractors, nutritionists, and fitness enthusiasts who want to expand their impact through a proven, scalable model. fit20 bridges the gap between clinical wellness and practical fitness. It's a natural extension for those already invested in people's long-term health."

Franchisees benefit from:

Low overhead and small footprint: Studios require minimal space and staffing

Recurring revenue model: Members commit to long-term training relationships

Comprehensive training and support: From launch to scaling, fit20 is behind you every step

Mission-Driven Model: Help people get stronger, reduce injury risk, and improve longevity—one 20-minute session at a time

Global Credibility: Backed by clinical studies and a strong international brand presence

The demand for evidence-based, efficient fitness solutions is skyrocketing—especially among aging adults, professionals with tight schedules, and individuals recovering from injury or managing chronic conditions. fit20 empowers franchise owners to meet that need with an innovative system, state-of-the-art equipment, and a member experience that keeps retention rates high. fit20 isn't just another gym—it's a new category of fitness. Members stay for years because it works. Franchisees have the power to succeed because the systems are smart, scalable, and deeply aligned with the values of today's wellness community.

### [Be Part of the Movement](#)

Whether you're a wellness provider looking to diversify your services or an entrepreneur passionate about helping others live stronger, longer lives, fit20 offers a meaningful business opportunity with measurable outcomes. fit20 is inviting purpose-driven professionals to pioneer the future of fitness in their cities. If you've been searching for a meaningful way to grow your impact—and your income—this is your moment.

To learn more about franchising with fit20 USA, visit [www.fit20usa.com/franchise](http://www.fit20usa.com/franchise).

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