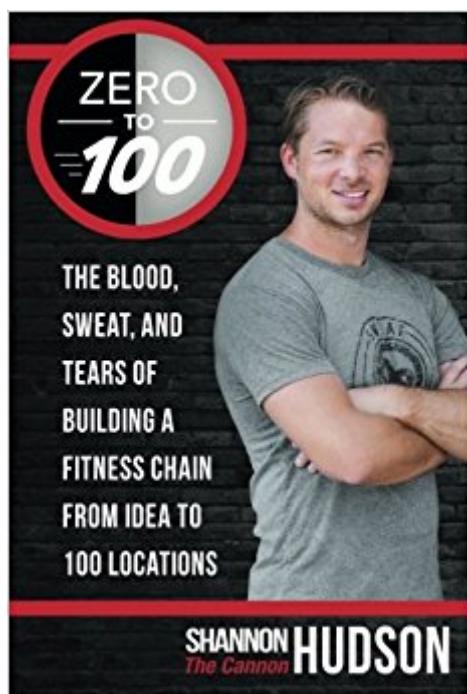


The book was found

Zero To 100: The Blood, Sweat, And Tears Of Building A Fitness Chain From Idea To 100 Locations



Synopsis

Shannon à œThe Cannonâ • Hudson could have stopped pushing so hard after becoming a world champion kickboxer. But he was just getting started. / Using every penny he could find, he teamed up with his beautiful wife, Heather, to turn an idea for a fitness center into a profitable business with one hundred locations in only five years. He reveals how he built 9Round Fitness into a booming business and shares à œknockout nuggetsâ • of wisdom, including: â ¢ Trust your gut, even if it makes others uncomfortable. Your gut, or your heart, is your inner voiceâ "and you must trust it. â ¢ Know the score every day. The only way to keep score in business is with money. Check the bank account daily. â ¢ Take heavy action. The ready, fire, aim strategy works. Too many people fail because theyâ ™re unable to pull the trigger. Hudson also explains how he started his business with no credit and no money and reveals the strategies he used to knock out the corporate Goliaths seeking to cut in on his territory. Whether you want to start a business, purchase a franchise, or need advice on chasing your dreams, youâ ™ll get practical guidance on achieving your goals with Zero to 100.

Book Information

Paperback: 156 pages

Publisher: iUniverse; Reprint edition (April 8, 2016)

Language: English

ISBN-10: 149176547X

ISBN-13: 978-1491765470

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,114,425 in Books (See Top 100 in Books) #98 in Books > Business & Money > Small Business & Entrepreneurship > Franchises #2726 in Books > Biographies & Memoirs > Professionals & Academics > Business #6949 in Books > Business & Money > Biography & History

Customer Reviews

I have read a lot of biographies (including Shoe Dog) and many inspirational books (including Rich Dad, Poor Dad) on entrepreneurship but this book was completely different from all of them. It focused on my passion in fitness and Shannon Hudson did an amazing job of detailing what it takes to make it as a fitness entrepreneur. I read this book in one day and learned so much from

Shannon's experience building 9Round (a multimillion dollar fitness franchise). Thank you Shannon for taking the time to write this book and sharing your knowledge with such honesty. I wish you and your family all the success in the world. You have definitely earned it!!

I just recently joined 9Round and got this book as a part of a special promo on (99 cents and chance to win free 6 month membership). Overall I enjoyed this and it was fun to read how he developed the idea for the club. However, if you are not interested in running a small business or starting a franchise then it might not be worth your money to buy this book. I guess I had hoped to read more stories about some of his initial franchise owners and how they grew their businesses with his ideas. In that respect I found the book a little lacking in details and content to justify its cover price. But for 99 cents it was fine.

Knowing the history of the franchise and its founder has helped me understand more about the business and the passion that went into building the business. Thank you Shannon for being the business man of integrity that you are.

I am a member of 9Rounds and an entrepreneur. I was really looking forward to reading this book. But I found it very boring. I could not even finish it. I feel bad saying this, but don't waste your time.

This book kept me engaged all morning. It fascinating to picture all the ups and downs Shannon has been through. This would be a great book for anyone with a desire to rise above the norm.

This book is amazing. It is simple to read and there is so much knowledge in this book. As an aspiring entrepreneur, I can't wait to take the knowledge and apply.

Easy read, Shannon Hudson has a style that gets the point across and makes you feel that the information is coming from your friend whom you've always admired!

Great book. Inspirational quick read with very useful tips. Thank you for sharing your experiences and wisdom. I love 9Round.

[Download to continue reading...](#)

Zero to 100: The Blood, Sweat, and Tears of Building a Fitness Chain from Idea to 100 Locations
BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type

diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Blood, Toil, Tears and Sweat: The Great Speeches (Penguin Classics) Knowing The Score: Film Composers Talk About the Art, Craft, Blood, Sweat, and Tears of Writing for Cinema Turn Your Blood, Sweat & Tears Into Cash: A Guide to Sell Your Business Blood, Sweat & Tears: Becoming a Better Surgeon Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) A World of Three Zeros: The New Economics of Zero Poverty, Zero Unemployment, and Zero Net Carbon Emissions Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) Mud, Sweat, and Tears: The Autobiography Sweat of the Sun, Tears of the Moon: A Chronicle of an Incan Treasure Supply Chain Transformation: Building and Executing an Integrated Supply Chain Strategy Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)