



**BACK FOR
BUSINESS**



Government of Ireland
Emigrant Support Programme

An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

“I always had a keen interest in health and fitness and decided it was time to take the leap and start my own business.”

PATRICK BARRY

F45 Dublin IFSC



Patrick Barry and his wife Ciara were happy living in Australia but then they got that all-familiar itch to come home.

They had spent six years down under – four in Perth and two in Melbourne – when the lure of being close to family became too strong and the couple packed their bags for home.

Patrick, an engineer, took a job with John SISK & Son working on the €370 million Luas Cross City project – a challenging role but one which simply didn't fulfill his career goals.

The Cork native had always dreamed of setting up his own business and, with a strong interest in health and fitness already, he saw an opportunity to bring his passion and knowledge to the market.

In January 2018, some 17 months after his return home, F45 Dublin IFSC Gym was open to the public.

“We always knew we were going to go back to Dublin,” says Patrick, whose wife is originally from Wicklow.

“Neither of us felt entirely comfortable in Melbourne at that stage, and we were

Australian citizens so we knew if we moved home we could always go back if it didn't work out.”

It was while living in Australia that Patrick came across F45 Training.

It's an Aussie franchise which calls itself the most “innovative, challenging, and systematic team training workout in the world”.

Celebrities Mark Wahlberg, Hugh Jackman and Nicole Richie are among its global clients.

But what differentiates it from other gyms?

“It's the physical benefits firstly,” Patrick explains. “HIIT training boosts metabolism, increases calorie burn long after the workout ends and helps you lose fat. When you add cardio and strength training, you're training all of the muscles in the body including two of the most important ones – the heart and the lungs.”

F45 Training has 31 unique and systemised programs which last just 45 minutes and which constantly change so you never do the same workout twice.

Videos show members how to do exercises, and heart rate chest bands give live information throughout your workout regarding work rate and heart rate, and post workout analytics to help you learn.

But it's the team element, Patrick says, which keeps people returning.

“You can go in not knowing anyone and really benefit from the team-based exercises. We pair people up that are on a similar level, which increases motivation. If your partner doesn't stop then you don't stop either.”

Patrick says the problem-solving skills he developed as an engineer help him as a business owner, but Back For Business was invaluable for him in being able to get it off the ground.

“It's a very daunting experience, but what I got from Back For Business is knowing everyone is in the same position. Hearing other people talk about their problems and being able to bounce ideas off each other means a lot.”

Patrick plans to open more F45 Training branches in the future and is currently in talks about a new Dublin location.



POSITION

Operations Manager

WHAT WE DO

We are a unique style of innovative High Intensity Interval (HIIT) and Circuit Group Training with the added benefit of some slick technology.

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