Form 144 Filer Information

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001870566
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	
Submission Contact Information	
Name	

E-Mail Address

144: Issuer Information

Name of Issuer	Xponential Fitness, Inc.
SEC File Number	001-40638
Address of Issuer	17877 VON KARMAN AVE SUITE 100 IRVINE CALIFORNIA 92614
Phone	6507522078
Name of Person for Whose Account the Securities are To Be Sold	Junk Ryan

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
Relationship to Issuer	Chief Operation Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Common Stock
Name and Address of the Broker	Georgeson Securities Corp 144 Fernwood Ave Edison NJ 08837
Number of Shares or Other Units To Be Sold	585
Aggregate Market Value	12571.24
Number of Shares or Other Units Outstanding	33455003
Approximate Date of Sale	08/23/2023
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold	
Title of the Class	Common Stock
Date you Acquired	08/21/2023
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Xponential Fitness, Inc.
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	585
Date of Payment	08/23/2023
Nature of Payment	Services Rendered

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Ryan W. Junk 17877 Von Karman Ave., Suite 100 Irvine CA 92614
Title of Securities Sold	Common Stock
Date of Sale	07/27/2023
Amount of Securities Sold	15097
Gross Proceeds	300597.88

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Ryan W. Junk 17877 Von Karman Ave., Suite 100 Irvine CA 92614
Title of Securities Sold	Common Stock
Date of Sale	07/27/2023
Amount of Securities Sold	1424
Gross Proceeds	29047.89

144: Securities Sold During The Past 3 Months

Name and Address of Seller

Ryan W. Junk
17877 Von Karman Ave., Suite 100
Irvine
CA 92614
92614

Title of Securities Sold	Common Stock
Date of Sale	05/25/2023
Amount of Securities Sold	2491
Gross Proceeds	62803.59

144: Remarks and Signature	
Remarks	Lindsay Junk sold 585 shares at a weighted average of \$21.4893 on 08-23-2023.
Date of Notice	08/23/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Conformed Signature On File

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)