



Welcome to F30. Every rep here has a purpose and every session leaves you stronger.

F30 stands for Focus 30. It's not another "quick fix" workout. It's a precision-designed 30-minute training system that targets every muscle group, every single day, the kind of session that leaves you knowing you've done something that truly counts.

All you need is a pair of dumbbells, a long loop resistance band, and a small space to move. That's it. Whether you're at home, traveling, or between meetings, if you can find your mat, I'll take care of the rest.

For those 30 minutes, I'll push you. You'll feel your muscles fire, your heart race, and your mind lock in. And when it's done, it won't just feel like a workout it'll feel like 30 minutes of showing up for yourself.

WEEK 1	DAY 1	Back & Biceps
	DAY 2	Quads
	DAY 3	Chest & Triceps
	DAY 4	Hamstrings & Gluteus
	DAY 5	Shoulders & Core
	DAY 6	REST DAY
	DAY 7	REST DAY
WEEK 2	DAY 8	Back & Chest Power Sets
	DAY 9	Super Core & Cardio
	DAY 10	Arm Fire (Biceps & Triceps)
	DAY 11	All Legs
	DAY 12	Pure Shoulders
	DAY 13	REST DAY
	DAY 14	REST DAY

WEEK 3	DAY 15	Back & Biceps (Power Supersets)
	DAY 16	Quad Dom
	DAY 17	Chest & Triceps (Power Supersets)
	DAY 18	Gluteus & Calves
	DAY 19	Shoulders & Cardio
	DAY 20	REST DAY
	DAY 21	REST DAY
WEEK 4	DAY 22	Full Body Strength Test
	DAY 23	Cardio 30
	DAY 24	Core Pyramid
	DAY 25	Tabata & Flow
	DAY 26	Total Eccentric
	DAY 27	REST DAY
	DAY 28	REST DAY
WEEK 5	DAY 28	Back & Biceps
	DAY 29	Cardio
	DAY 30	Chest & Triceps