



WHAT IS THE PROGRAM ABOUT?

Welcome to the **F25 Challenge**.

If you're watching this, you're already in the right place at the right time. Here's what we're going to do over the next 30 days: build muscle, improve endurance, and most importantly, build consistency. Because that's what transforms your fitness, not motivation.

All it takes is 25 minutes a day, 5 days a week.

I know life is busy. Work, family, responsibilities they all compete for your time. But ask yourself this: if you can make time for everything else, can you give yourself just 25 minutes a day? Because you deserve that.

And those 25 minutes will do more than you think. You'll get stronger, move better, have more energy, and feel the difference in your everyday life. Around Day 10, something will start to click. By Day 30, this won't feel like a challenge anymore, it'll feel like your routine.

If you've been putting your fitness on hold, starting over every few weeks, or looking for something that actually fits into your life, this is for you.

Let's get started.

WEEK 1		
DAY 1	WEEK 1	Power 25
DAY 2		Plyo + Core
DAY 3		Lower ladder
DAY 4		Movement flow
DAY 5		Upper Dominance
DAY 6		Rest Day
DAY 7		Rest Day
WEEK 2		
DAY 8	WEEK 2	Power Up 25
DAY 9		The 5000
DAY 10		Upper + Core
DAY 11		Lower Power
DAY 12		Fullbody Tabata
DAY 13		Rest Day
DAY 14		Rest Day

WEEK 3

DAY 15	WEEK 3	Power Surge 25
DAY 16		The Agility Day
DAY 17		Lower Power
DAY 18		Upper Power
DAY 19		Stability & Core
DAY 20		Rest Day
DAY 21		Rest Day

WEEK 4

DAY 22	WEEK 4	Power Unleashed 25
DAY 23		Upper Summit
DAY 24		AMRAP
DAY 25		Lower 25
DAY 26		Mobility & Core
DAY 27		Rest Day
DAY 28		Rest Day

WEEK 5

DAY 29		Power Unleashed 25
DAY 30		Active recovery 2