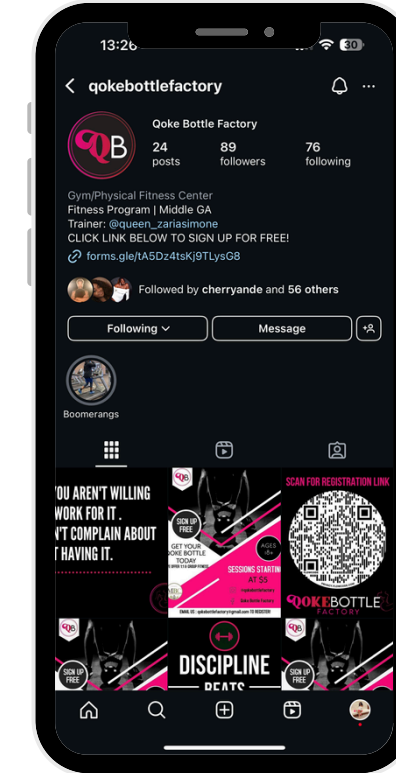


Jordan stares at a gym flyer, overwhelmed and unsure where to start.



*“Wants to get fit but doesn’t know how.”*

Jordan scrolls Instagram, sees Zaria explaining beginner workouts, and clicks the QBF link.



“Finds hope in QBF’s approachable style.”

Jordan video chats with Zaria and receives a custom plan that feels manageable.



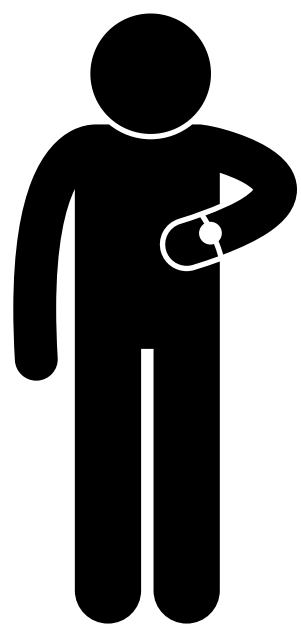
“Finally, guidance that makes sense.”

Jordan logs workouts, tracks meals, and smiles after finishing a fitness challenge.



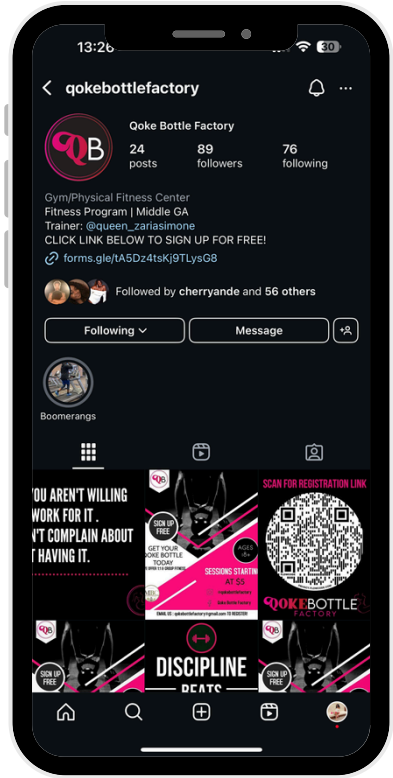
“On the path to lasting change.”

Alicia checks her watch, realizing she missed another workout.



“Career-driven but short on time.”

She sees a QBF ad offering on-demand workouts and structured plans.



“A program that fits her lifestyle.”

Alicia completes a 25-minute QBF session in her living room before a meeting.



“Fitness that works with her schedule.”

She tracks meals, completes a challenge, and feels energized in the office.



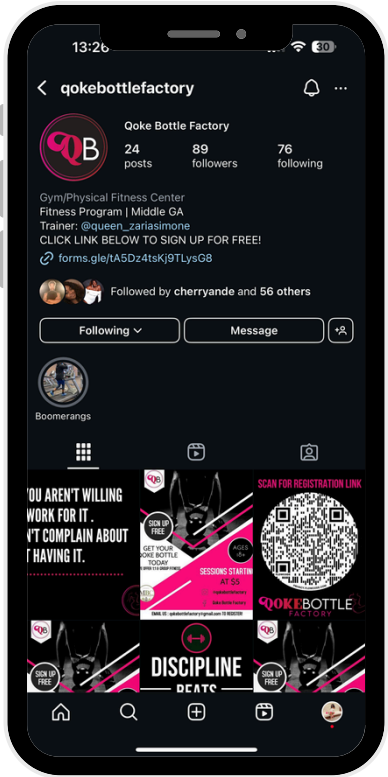
“Thriving in and out of work.”

Marcus posts a workout reel with low engagement and feels stuck.



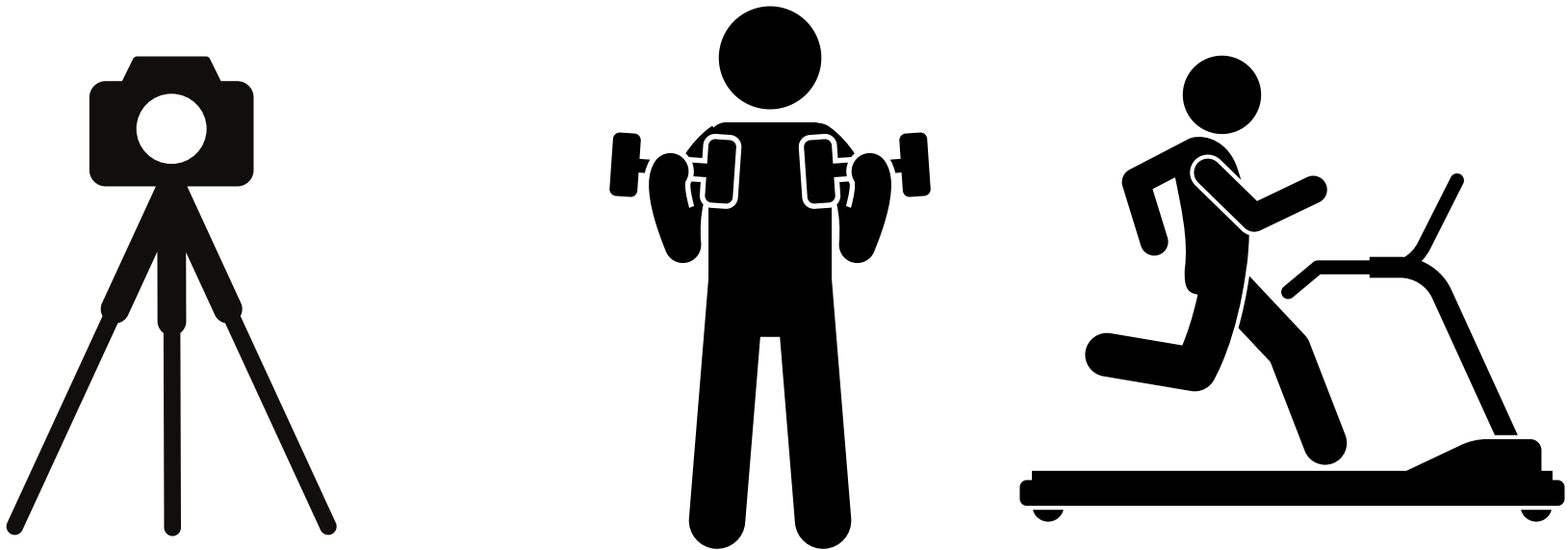
“Needs something to elevate his brand.”

He discovers QBF’s elite training and community challenges.



*“Sees real value in guided growth.”*

Marcus trains harder with Zaria’s help, films content during a QBF event.



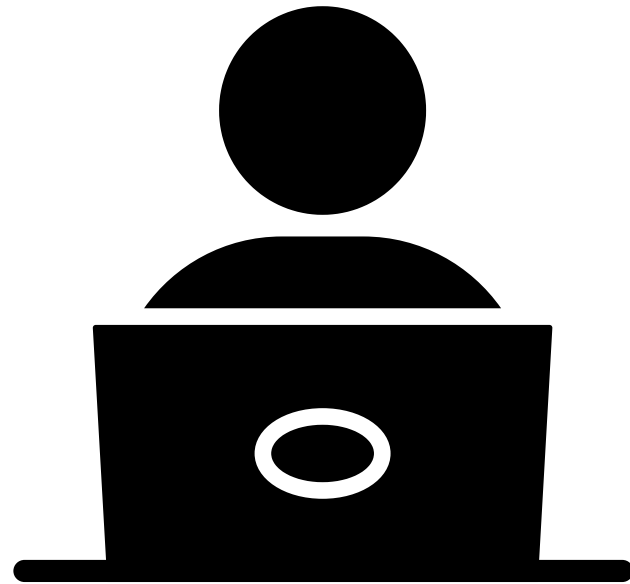
“Progress is visible—and shareable.”

Marcus hosts a QBF group workout live. His community is growing.



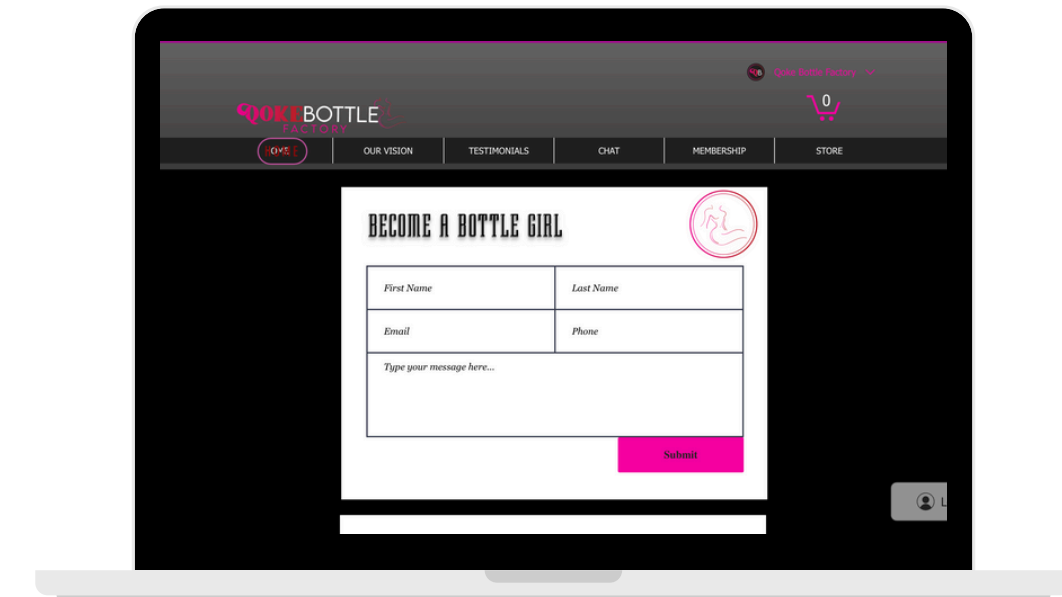
“Becomes an influencer with purpose.”

Camille closes her laptop after a stressful day, feeling drained.



“Craving a deeper wellness approach.”

She signs up after seeing QBF's holistic focus—fitness, food, and mindset.



“*Wellness beyond the workout.*”

Camille enjoys calming workouts, connects with others in QBF forums.



“Supportive tools that meet her needs.”

She glows with energy, playing with her kids after a workout.



“Found joy and balance through QBF.”