



Freed To Lead: F3 and the Unshackling of the Modern-day Warrior

David Redding, Tim Whitmire

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Every morning before the sun comes up, on school and church campuses, in public parks and parking lots, thousands of men gather to work out under the banner of F3 Nation. The workouts are simple – no gimmicks, trends, or fancy gear – and participants take turns leading. No one pays a dollar, yet every man involved will tell you that F3 keeps him in the best shape of his adult life. In *Freed To Lead*, F3 co-founders Dredd and OBT tell the story of how F3 began on New Year’s Day 2011 at a Charlotte, N.C., middle school and how its dramatic growth showed they had launched something more than just a workout group. Through anecdote and metaphor, they show how F3’s Three Fs – Fitness, Fellowship, and Faith – cure the “SadClown Syndrome” that plagues too many men and offer a solution to our society’s leadership vacuum.

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