

# F.Fit

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# F.Fit Workshop

👉 Xem đầy đủ danh sách trên Youtube:

[https://www.youtube.com/playlist?list=PLJlDuY1ioALOH8qAqa\\_JKrhDrShePBKi](https://www.youtube.com/playlist?list=PLJlDuY1ioALOH8qAqa_JKrhDrShePBKi)

F.fit - 20250710 - GI?M CÂN CHO NG??I KHÓ GI?M - F.fit Mentor:  
LÊ TH? TUY?T MAI

<https://www.youtube.com/embed/l1CNoazpFnM?si=-nCCYovvNn90Tgeh>

F.Fit - Workshop - 240218 - Bí Kíp Chia Tay Bánh Ch?ng Bánh Tét

<https://www.youtube.com/embed/AJX7B6rNul0?si=FTxE6XaaZnxuDvzB>

F.Fit - Workshop - 240131 - Gi?m Cân Dành Cho Nam V?n Phòng  
(SP Hi?u)

[https://www.youtube.com/embed/eOWgtKx\\_NKs?si=KYXX\\_HpiN0FjOrJg](https://www.youtube.com/embed/eOWgtKx_NKs?si=KYXX_HpiN0FjOrJg)

F.Fit - Workshop - 231213 - Th?c ??n Gi?m Cân H?p D?n ??y D??  
ng Ch?t (SP Hi?n)

<https://www.youtube.com/embed/L79Fvckkoi8?si=VnT6fWZtBpt9TjuF>

F.Fit - Workshop - 231115 - Bí Quy?t Gi?m Cân ??n Gi?n (SP H?  
ng)

<https://www.youtube.com/embed/JyWAUvJXVLY?si=jQFNn72TPhV4CNkk>

F.fit - 20231011 - Workshop: Gi?m C?n D?nh Cho Ng??i C? B?nh N?n - SP Nguy?n B?ch Hi?n

[https://www.youtube.com/embed/n1GWW8UjVhk?si=JcE20xkZlub2y\\_xj](https://www.youtube.com/embed/n1GWW8UjVhk?si=JcE20xkZlub2y_xj)

F.Fit - 230719 - Workshop: Gi?m C?n Cho Ng??i B?n R?n (FDD Mai L?)

<https://www.youtube.com/embed/vj4wvM-kqHM?si=TGyMjFoC09yARNaw>

F.Fit - 230621 - Workshop: Gi?m C?n Cho Ph? N? Sau Sinh (FDD Ph??ng H?)

<https://www.youtube.com/embed/MsBmuZh8I3U?si=tGalv37vPDb0lieI>

F.fit - 230524 - Workshop: Gi?m C?n Cho Ng??i L?n Tu?i (EMR Ph?m H?ng)

<https://www.youtube.com/embed/Kx707AXe0-4?si=wwHEYB4O4qkqR6op>

# F.Fit Amazing Mentee

👉 Xem đầy đủ danh sách trên Youtube:

<https://www.youtube.com/playlist?list=PLJlDuY1ioALMlixBjp9C0sS14hH9myrTf>

F.fit - Amazing Mentee - 240327 - #1

[https://www.youtube.com/embed/stnfa\\_d7yhs](https://www.youtube.com/embed/stnfa_d7yhs)

F.fit - 20240501 - Amazing Mentee #2

<https://www.youtube.com/embed/C1flxGs9MyY>

F.fit - Amazing Mentee - 240529 - #3

<https://www.youtube.com/embed/oLc5oXdxAec>

F.fit - Amazing Mentee - 240619 - #4

[https://www.youtube.com/embed/\\_TOZotqVsrM](https://www.youtube.com/embed/_TOZotqVsrM)

F.fit - Amazing Mentee - 240815 - #5

<https://www.youtube.com/embed/mB42DalecQU>

F.fit - Amazing Mentee - 241024 - 10 sai l?m khi gi?m cân (F.Fit Mentor Nguy?t ?? & Hi?u Nguy?n)

<https://www.youtube.com/embed/vnCC9qD5KnY>

F.fit - Amazing Mentee - 241128 - #6

<https://www.youtube.com/embed/eSqYyQHy6rY>

F.fit - Amazing Mentee - 250410 - Gi?m C?n Cho Ng??i L?n Tu?i  
(F.fit Mentor Minh Thu?n)

[https://www.youtube.com/embed/\\_0vpDeSNvRU](https://www.youtube.com/embed/_0vpDeSNvRU)

F.fit - Amazing Mentee - 250612 - Gi?m C?n Ph? N? Sau Sinh (F.fit  
Mentor Th?y Trang)

<https://www.youtube.com/embed/7s-HU4VRtrY>

F.fit - Amazing Mentee - 250814 - L?a Ch?n Th?c Ph?m Cho Ng??i  
Gi?m C?n (F.fit Mentor Qu?ng & H?a)

<https://www.youtube.com/embed/5GuSorN5N2E>

F.fit - Amazing Mentee - 250911 - Gi?m B?ng Cho D?n V?n Ph?ng  
(F.fit Mentor Hi?u)

[https://www.youtube.com/embed/R\\_oYdr9wGbo](https://www.youtube.com/embed/R_oYdr9wGbo)

# F.Fit Mentor 06 - 2026

## F.FIT - Pre Mentor 06

“ Xem đầy đủ danh sách trên Youtube:

<https://www.youtube.com/playlist?list=PLJlDuY1ioALM7mA73zn5wUTQQxOEFNBb>

F.FIT - Pre Mentor 06 - ???t h?n t? v?n F.FIT - FDD Võ Th? Thùy Trang

<https://www.youtube.com/embed/KcmLg3KUkfQ>

F.FIT - 20260319 - Pre Mentor 06 - Vi?t bài trên m?ng xã h?i v?  
F.Fit - DD Võ Minh Huy

[https://www.youtube.com/embed/DI\\_p7LsDfV4](https://www.youtube.com/embed/DI_p7LsDfV4)

F.FIT - 20260312 - Pre Mentor 06 - Tr? thành F.Fit KOC - DD BÙI TH? H?NG PHA

<https://www.youtube.com/embed/E4O6gCJeqns>

F.FIT-20260305 - PreMentor 06 - T?ng quan th? tr??ng gi?m cân và gi?i pháp FFit - GP NGUY?N DUY HI?U

<https://www.youtube.com/embed/aJHDERO-2PM>

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# F.FIT - Pro Mentor 06

(to be updated)

# F.Fit Mentor 05 - 2025

## F.FIT - Pre Mentor 05

“ Xem đầy đủ danh sách trên Youtube:

<https://www.youtube.com/playlist?list=PLJlDuY1ioALObnbWOujGP4FaHN9V7pIV9>

F.FIT-241209-Pre Mentor05-B2: Vi?t bài trên m?ng xã h?i v?  
F.FIT&Ti?p c?n, cách ABC và ??t h?n F.FIT

<https://www.youtube.com/embed/vHwlpVOQdu0>

F.FIT - 241126 - Pre Mentor 05 - B1: T?ng quan - Ho?t ??ng c?ng  
??ng Ffit Mentee - Tr? thành KOC

<https://www.youtube.com/embed/CS-BXMeVaA4>

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## F.FIT - Pro Mentor 05

<https://www.youtube.com/embed/5dVSCIJGZ60?si=33QDJyL6Kasjh1mB>

# F.Fit Mentor 04 - 2024

## F.FIT - Pre Mentor 04

“ Xem đầy đủ danh sách trên Youtube:

<https://www.youtube.com/playlist?list=PLJlDuY1ioALMvYwnWDiYlqKZNf7Hiduil>

F.Fit Mentor 04 | Pre - 240226 - T?ng Quan Gi?i Pháp F.Fit (FDD C  
?m Tú)

<https://www.youtube.com/embed/mNigB-pY7uo>

F.Fit Mentor04 | Pre - 240305 - Thu hút khách hàng FFit (FDD Tâm)  
& ABC ??t h?n FFit (DD Nhân)

<https://www.youtube.com/embed/NijDOJNNqMo>

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## F.Fit - Pro Mentor 04

“ Xem đầy đủ danh sách trên Youtube:

[https://www.youtube.com/playlist?list=PLJlDuY1ioALOLF92AV\\_dNY4TorR\\_wupt-](https://www.youtube.com/playlist?list=PLJlDuY1ioALOLF92AV_dNY4TorR_wupt-)

F.Fit Mentor 04 | Pro - 240324 - Quy trình t? v?n & ch?t ??n F.fit  
(FDD Bích Hoa)

<https://www.youtube.com/embed/B4x9Hk7k5SU>

F.Fit Mentor 04 | Pro - 240324 - Chi ti?t B? s?n ph?m F.fit & Cách s?  
? d?ng (EMR Ph?m Hùng)

<https://www.youtube.com/embed/wF2eYeSN8jE>

F.Fit Mentor 04 | Pro - 240324 - L?a ch?n th?c ?n khoa h?c (EMR  
Thiên Nga)

[https://www.youtube.com/embed/\\_BPmv5B387c](https://www.youtube.com/embed/_BPmv5B387c)

F.Fit Mentor 04 | Pro - 240324 - T?p luy?n trong F.fit (FDD Nguy?t  
??)

<https://www.youtube.com/embed/cbKWL87RFjs>

F.Fit Mentor 04 | Pro - 240324 - Ch?m sóc Mentee (FEMR Tr?nh  
Thi)

<https://www.youtube.com/embed/86Onv-xuEec>

# F.Fit Mentor 03 -2023

## F.FIT Pre Mentor 03

“ Xem đầy đủ danh sách trên Youtube:

<https://www.youtube.com/playlist?list=PLJlDuY1ioALPWicmNM-fBVuvB2KuvpTp4>

F.fit - 230213 - Pre Mentor 3 - B1: T?ng quan Gi?m cân & F.fit (FEMR Thi)

<https://www.youtube.com/embed/o91r8sOFKH8>

F.fit - 230220 - Pre Mentor 3 - B2: K? n?ng vi?t bài thu hút khách hàng (FEMR Di?p)

<https://www.youtube.com/embed/rVRHzvItRGg>

F.fit - 230227 - Pre Mentor 3 - B3: Ph??ng pháp ABC và ??t h?n hi? u qu? (FDD Nguy?t)

<https://www.youtube.com/embed/6sT6mwuDoks>

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## F.FIT Pro Mentor 03

F.fit - 230313 - Mentor Pro - B1: Quy trình t? v?n & ch?t ??n F.fit (FDD Mai Lê)

<https://www.youtube.com/embed/kSEcylWvqLU>

Ffit - 230320 - Mentor Pro - B2: B? S?n Ph?m F.fit & Cách S? D?ng Hi?u Qu? (DD Nhân)

<https://www.youtube.com/embed/clusgkOg2KM>

F.fit - 230327 - Mentor Pro - B3: T?p luy?n h? tr? (FDD Nguy?t) & Thi?t k? b?a ?n F.fit (EMR Nga)

<https://www.youtube.com/embed/nfC42Fa-DRU>

Ffit - 230404 - Mentor Pro - B4: Ch?m sóc mentee (FEMR Thi) & Phát tri?n KD Ffit hi?u qu? (FDD Tâm)

<https://www.youtube.com/embed/7bXh4FqWeUM>

Ffit - 230418 - Mentor Pro - H??ng D?n Fitbook & OPP F.fit - T?ng k?t trao b?ng - Q&A

<https://www.youtube.com/embed/z2S4fOedf8s>