



ISSUE 4 JANUARY 2022

THE CRAWLFISH

F3 Mobile's Monthly Newsletter

Welcome Back

BY F3 BUCKNER

Since our last issue of the Crawlfish, we've had a lot of things going on. We've been navigating a worldwide pandemic, and we've had several Pax come and go. There's been lots of discussion about things we want to do, and we haven't really done much of it. In recent weeks and months, we have picked up some momentum, with expanding our numbers, and really getting off our six and trying to get things done. We owe a good bit of that to Moist, who was downrange for the better part of 2 years, but is back, and is really fired up about F3. We've set a goal to work on our 2nd and 3rd F's in this new year, so stay tuned, as you should see F3 Mobile getting after it in the local community and maybe even beyond! Come join us along the journey! SYITG!



F3 is a national network of free, peer-led workouts for men. The mission of F3 is to plant, grow, and serve small workout groups for the invigoration of male community leadership.



1st F= FITNESS

The MAGNET of F3

WORKOUT SCHEDULE

TUESDAY 4:30AM MARDI GRAS PARK BOOTCAMP 45 MIN.

THURSDAY 4:30AM MARDI GRAS PARK RUCK 45 MIN.

SATURDAY 7AM MEDAL OF HONOR PARK BOOTCAMP 1HR



There's no time like the present to come out and start your fitness journey. Don't let yourself make excuses, just do the hard thing, get up early, and come to one of our workouts. We always say, "leave no man behind, but leave no man where you find him" We are open to all men of all fitness levels, so no matter where you are along the road to higher fitness levels, come join us.

KNOW THE EXICON

- SIX MINUTES OF MARY: An abdominal routine of no specific composition as long as it promotes #TBQ. Inspired by psycho-killer with the 7 minute ab workout in Something About Mary



COFFEE

Drinks Menu			
Short Espresso macchiato	4oz	£2.50	
Long Flat White	8oz	£2.80	
Long Flat White	12oz	£3.00	
Long Black	12oz	£3.00	
Long Mocha	12oz	£3.30	
Hot Chocolate			

2nd F= FELLOWSHIP

The GLUE of F3

The 1st F is what draws the men in to check out F3, but the 2nd F, or the fellowship, is what keeps them coming back. Sometimes it's just the guys, but we'll also try and make sure we include family activities as well.



After every Saturday workout, we have Coffeeteria at a nearby coffee shop, just for some fellowship, and some time to talk about the beatdown that just occurred, or things coming up, or really just about anything.

KNOW THE LEXICON

- GLOOM: The murky pre-dawn in which the PAX gather around the shovel flag in preparation for a workout
- PAX: A member of F3 Nation





3rd F= FAITH

The DYNAMITE of F3

Faith is different than religion. Faith is a man's right relationship with his creator. A man cannot Live, Lead, or Leave Right unless he is accelerating this relationship along with his Fitness and Fellowship. Without a belief in a power outside of himself a man will have no choice but to view himself as the king of the world. A man who believes that lie cannot be a virtuous leader because he will be incapable of seeing himself first as a servant.



3rd F events are events that get the PAX out and help their community. Our Coffeeteria Crawl will get the PAX of Mobile out in the community collecting donations for multiple local charities and have 1st and 2nd F components to them. Stay tuned to our website and social media outlets for all the details!

KNOW THE LEXICON

- RUCKERSHIP: The special brand of fellowship engendered by men moving together under ruck
- THE RUCKERSHIP NETWORK: The affiliation of groups and PAX who accelerate their Fitness and Fellowship through Ruckership





Want to get in touch with the group?
Contact Buckner: bucknerf3mobile@gmail.com

Find us on social media:
Facebook: F3 Mobile-Alabama Gulf Coast Region
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