



ISSUE 11 AUGUST 2022

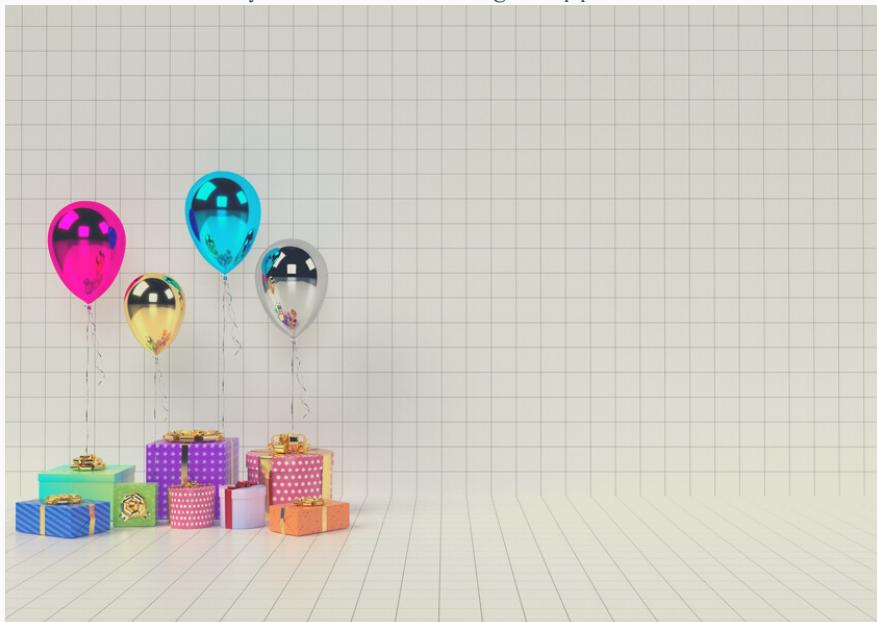
# THE CRAWLFISH

F3 Mobile's Monthly Newsletter

## Celebrating Another Year

BY F3 BUCKNER

It's crazy to think, but here we are, celebrating 4 years of F3 Mobile! Although we are small in numbers, we are still going strong. It's not always about quantity, but the quality of the workouts and the relationships built in the Gloom. We will start planning our 5 year anniversary celebration soon, and I am setting a goal. I want to grow our group over the next year to where we can have 10 F3 Mobile Pax participate in our 5 year celebration! I don't want to be outnumbered by downrange Pax for our anniversary, so there is work to be done over the next several months. If F3 has taught me anything it is to not be afraid to work hard, and don't give up. You may have to work outside of your comfort zone, but you can make things happen!



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



You'd be surprised at what you can accomplish, you just have to get out there in the Gloom and try! Don't worry about what you think your fitness level is, your brothers won't let you fail!

## KNOW THE EXICON

- **ELEVENS:** Also written as 11's. An exercise in which you start with 1 rep of one exercise and 10 reps of another exercise. Then add one additional rep to the first exercise and subtract one from the second. The sum must always add up to 11.



# Stop making Top 5 Excuses excuses!

## TOPS 5 EXCUSES GUYS MAKE

WE'VE BEEN AT THIS F3 THING FOR A WHILE NOW, SO WE'VE HEARD PRETTY MUCH EVERY EXCUSE FOR WHY A GUY CAN'T POST TO A FREE WORKOUT WITH OTHER GUYS AT A TIME OF DAY WHEN THE REST OF THE WORLD IS STILL IN THE FARTSACK. AND IN AN F3 WORLD WHERE GUYS IN STATESVILLE, N.C., COME OFF OF OVERNIGHT Shifts AND ROLL STRAIGHT INTO AN 0530 WORKOUT, THERE REALLY ARE NO GOOD EH EXCUSES.

BUT WE KNOW THAT YOU, THE EHRS OF F3 NATION, NEED READY ANSWERS FOR WEAK, LAME, OVERUSED EH EXCUSES. SO CONSIDER THIS POST A LITTLE AMMO. HERE, OUR CHOICES FOR THE TOP FIVE EH EXCUSES.

NO. 1: "I NEED TO GET IN SHAPE TO COME WORK OUT WITH YOU GUYS."

THIS IS NO. 1 WITH A BULLET ON THE F3 EXCUSE CHARTS. THE LATE CASEY KASEM SAYS SO. AND FOR A LOT OF GUYS IT GIVES THEM ALL THE WIGGLE ROOM THEY NEED TO TAKE THEMSELVES OFF THE HOOK. BECAUSE LET'S BE HONEST: THERE'S NOTHING YOU CAN DO ON YOUR OWN THAT IS GOING TO GET YOU READY FOR THAT FIRST WORKOUT. ALMOST NO ONE WORKING OUT IN A GYM OR ON THE STREETS (LET ALONE COMING OFF THE COUCH) COMBINES THE KIND OF AEROBIC AND BODYWEIGHT FITNESS THAT F3 WORKOUTS DEMAND. SO YOU NEED TO MAKE THE CHOICE TO JOIN WITH A BUNCH OF OTHER MEN AND PUSH THROUGH THAT PAIN. BECAUSE "I NEED TO GET IN SHAPE" IS REALLY JUST A WAY OF KEEPING THE COMMITMENT JUST OVER THE HORIZON, ALWAYS JUST OUT OF REACH. THE ONLY WAY TO GET IN SHAPE IS TO PUT YOURSELF IN THE MIDDLE OF A GROUP OF OTHER MEN AND FORCE YOURSELF TO KEEP UP WITH THE PACK.

DREDD: WOULD YOU GET DRUNK BEFORE YOU WENT TO A BAR? I REST MY CASE. (DREDD'S A LAWYER).

NO. 2: "I ALREADY BELONG TO A GYM."

HEY, THAT'S GREAT. I BET IT REALLY ROCKETS YOU OUT OF BED EVERY MORNING TO THINK ABOUT ANOTHER EXCITING DAY ON THE TREADMILL, HEADPHONES PLUGGED IN SO YOU CAN LISTEN TO THE SPORTSCENTER ANCHORS RUN THROUGH YET ANOTHER RENDITION OF "HOT OR COLD" BROUGHT TO YOU BY MILLER LITE WHILE THE PLASTIC FICUS NEXT TO YOU WAVES GENTLY IN THE 68-DEGREE CLIMATE-CONTROLLED SPLENDOR. MEANWHILE, ELSEWHERE IN YOUR HOME CITY, MEN ARE GATHERING OF THEIR OWN FREE WILL IN TEMPERATURES RANGING FROM 9 TO 90 DEGREES AND CONDITIONS RANGING FROM STARLIT TO MONSOONISH TO SWELTERING TO GIVE IT THEIR ALL FOR AN HOUR AND LAUNCH INTO THE DAY WITH POWER AND IMPACT. TRUST US, THERE'S A DIFFERENCE.

DREDD: GYMS HAVE RULES. THE RULES ARE USUALLY DUMB. THEY PUT SIGNS LISTING THE DUMB RULES ALL OVER THE WALL. THERE AREN'T ANY WALLS OUTSIDE, SO THERE IS NO PLACE TO POST THE RULES. THUS, NO DUMB RULES.

NO. 3: "THAT'S TOO EARLY TO GET UP TO WORK OUT. I'M REALLY NOT A MORNING WORKOUT GUY."

OH, YEAH... I KNOW YOU. YOU'RE THE LUNCH HOUR WORKOUT GUY UNTIL THAT 11 A.M. CONFERENCE CALL RUNS LONG AND YOU DON'T HAVE TIME TO WORK OUT AND GET BACK FOR THE 1:30 MEETING, SO YOU'LL HAVE TO RUN OVER TO CHICK-FIL-A TO GRAB SOME FAST FOOD THAT I CAN PRETEND ISN'T FAST FOOD, BUT YOU'LL DEFINITELY GET OUT IN TIME TO HIT THE Y BEFORE YOU GO HOME EXCEPT YOUR WIFE CALLS AND SHE NEEDS YOU TO GO PICK UP YOUR 2.0 FROM BASKETBALL PRACTICE SO SHE CAN GET THE 2.1 FROM VIOLIN LESSONS AND STILL GET HOME IN TIME TO PUT DINNER ON THE TABLE AND MEET HER FRIENDS FOR GIRLS' NIGHT OUT AT 7:30 AND, WELL... NOW YOU'RE TOMORROW WORKOUT GUY, AREN'T YOU?

DREDD: THERE ARE ONLY TWO KINDS OF WORKOUT GUYS, THE EARLY MORNING WORKOUT GUY AND THE GUY WHO BLOWS OFF MOST OF HIS WORKOUTS. WHICH ARE YOU?

NO. 4: "I'M ALREADY WORKING WITH A PERSONAL TRAINER."

YEAH, I CAN TELL. REALLY GETTING YOUR MONEY'S WORTH THERE, AREN'T YOU? AND YOU'RE PAYING THIS GUY OR GIRL HOW MUCH TO COUNT YOUR REPS AND HOLD A CLIPBOARD? DID I MENTION THE FOURTH F THAT COMES AFTER FITNESS, FELLOWSHIP, AND FAITH? IT'S CALLED: FREE.

DREDD: NOT EVERY DAY? SURELY, NOT EVERY DAY. C'MON, YOU CAN MAKE ONE DAY A WEEK THE DAY YOU LET SOMEBODY GIVE YOU FOR FREE THE THING YOU'VE BEEN PAYING FOR. SERIOUSLY.

NO. 5: "THIS SOUNDS LIKE SOME SORT OF CULT."

BACK WHEN OUR FATHER'S FATHERS RAN THE WORLD, A BUNCH OF MEN GATHERING AT ODD HOURS TO ENGAGE IN COMMON EFFORT FOR THE COMMON GOOD AND WITH AN EYE TOWARD THE LARGER IMPROVEMENT OF THE WORLD AROUND THEM AND THE RAISING UP OF MEN TO BE LEADERS WAS SIMPLY PLAIN VANILLA, OLD-FASHIONED CIVIC ENGAGEMENT, AND IT WAS WHAT GROWN-ASS MEN DID. IF SOCIETY HAS MOVED SO FAR TOWARD ATOMIZATION AND SELF-ABSORPTION THAT FREE ASSEMBLY AND GROUP PRIDE QUALIFIES AS CULTISH BEHAVIOR, THEN SO BE IT, BUT WE WILL BE THE ONES, IN THE WORDS OF THE LATE WILLIAM BUCKLEY, STANDING "ATHWART HISTORY, YELLING STOP."

DREDD: UHHHH, ACTUALLY IT IS KIND OF A CULT, BUT I'M THINKING IT'S THE GOOD KIND OF CULT LIKE THE BLUE OYSTER CULT. NOT THE KIND OF CULT WHERE YOU END UP WITH TIN FOIL ON YOUR HEAD OR CASTRATING YOURSELF TO GET A RIDE ON THE HALE BOPP COMET OR DRINKING HOT-ADE IN FRENCH GUYANA.

OB/T/DREDD

## KNOW THE LEXICON

- **10/90:** The general premise that 10% of the people in any community or organization will account for 90% of its IMPACT
- **Accomplishment Adrenaline:** Ability to maintain energy throughout a work day due to the extended adrenaline release as a direct result of accomplishing the early morning workout



# COFFEE

Drinks Menu

Short Espresso	Flat White
4oz £2.50	8oz £2.80
Long Black	12oz £3.00
Mocha	Hot Chocolate
16oz £3.30	

## 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.



These two made the trip over to Pensacola to help support their F3 brothers for their 1 year anniversary. The 11+ mile ruck was tough, but that's what F3 is all about!

### KNOW THE LEXICON

- Amateur: A man ruled by emotional reaction rather than proactive preparedness
- AO-Dultery: When a Pax hard commits to an AO, then posts elsewhere. While considered better than fartsacking altogether, it is still a dubious practice.





## 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. We would like for these type of events to be one of our main focuses this year. If you know of a need in the community that we can get involved with, please reach out and we'll see how we can help. We can be reached on social media, or you can email Buckner. bucknerf3mobile@gmail.com

### KNOW THE LEXICON

- Ask Listen  
Remember: The method by which the Q builds trust with his group members. He asks questions, listens to the answer and remembers what he hears. abbr:ALR
- Black Miata'd: Getting run from an AO by a security guard or EE of said AO. Used in a sentence, "BV, I've got bad news, we got Black Miata'd at Lord Kensington today by a couple of Paul Blartts..."





Want to get in touch with the group?  
Contact Buckner: [bucknerf3mobile@gmail.com](mailto:bucknerf3mobile@gmail.com)

Find us on social media:  
Facebook: F3 Mobile-Alabama Gulf Coast Region  
Instagram: f3mobile  
Twitter: @F3\_Mobile1  
YouTube: F3 Mobile