



ISSUE 12 JANUARY 2023

# THE CRAWLFISH

F3 Mobile's Quarterly Newsletter



## The New Year Begins

BY F3 BUCKNER

Here we are at the beginning of a new year, 2023! With the new year hopefully that means new habits for the men of Mobile! There are some new events on the horizon for our workouts, so I'm hoping that will help accomplish the goal of 10 guys consistently in our Circle. I know this part of the year is filled with resolutions that are usually short lived, but I will be casting my net to try and bring in the men that are looking for a way to stick to their resolution, and make their resolutions stick and make them a success. If you are reading this and are thinking about trying F3, come out and try it. You will not regret it! You may regret the early mornings at first, or the muscle aches, but that is just temporary! On page 3 you'll find the top excuses used. If you are using them, read the responses, ditch the excuse, then come check us out!



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 RUN/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

- 21's: In unison PAX does 2-count Side Straddle Hops and counts reps 1-5 out loud. Reps 6-21 are all mental and everyone must stop together at 21. If anyone stops early or goes over, Q has PAX perform penalty workout of Q's choice.



# 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

- **ANNOUNCE-A-RAMA:** The stage of the COT during which the PAX dispense G2 to the FAITHFUL.
- **G2:** Information
- **ACTUAL PURPOSE:** An organization's undisclosed but primary goal.
- **AM:** The portion of the day between midnight and noon when most of what is going to get done does get done.





## 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.



Enjoying the Christmas season with these men and their families is what it's all about! Yes the workouts are what bring us in, but this is what keeps us coming back

### KNOW THE LEXICON

- BLACKWATER: A workout so tough it leaves the PAX standing there looking backward half-unconscious from the pain.
- BLADE: A man who is sharpened by another man within a Whetstone Relationship.
- WHETSTONE: The vertical relationship between men.





## 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

- BLINDSPOT: An area of a man's life that he cannot protect without help
- BLUE PILL: The choice of the easy-false life of a MASCOT over the hard-true life of the HIM.
- BRICKS WITHOUT STRAW: Calling on a man to lead without providing the training necessary to form positive habits.

Abbr.: BWS





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  
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