



ISSUE 15 4TH QUARTER 2023

THE CRAWLFISH

F3 Mobile's Quarterly Newsletter

Reinvigoration

BY F3 BUCKNER

As we wrap up 2023 I look back at what we've done this year. We had a goal of 10 men in our COT consistently, although we haven't quite reached that, we have experienced some quality growth. We have a good core group to build on for the future! Something that happens over time is complacency. Recently we had a guy looking for a ruck group, and I happened to come across his post on social media. He came out to a workout, and hasn't looked back since. Bibs began doing his study of all things F3, and became fired up. This has broken me out of this place I was hanging out, just being satisfied with the status quo. With Bibs reinvigorating my fire for our region, I feel like this next chapter in our journey is going to be something you won't want to miss! There are big things on the horizon for F3 Mobile! With Bibs motivating me, and Fifth EHing more and more coaches and friends, we're on the rise! See you in the new year!



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.



THE CRAWLFISH



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 LAVRETTA PARK BOOTCAMP 1HR

If this schedule doesn't work for you, let's talk about when and where you want to workout, and let's try and make it happen!



Our workouts are you vs. you, but you can always count on your F3 brothers to be there right beside you. Putting in the work and giving you the encouragement and motivation to push yourself!

KNOW THE EXICON

- 7 Of Diamonds: Performed on a large diamond or square. For the first round, 7 Burpees at each of the 4 corners with a mosey in between. Round 2, 14 four count flutter kicks at each corner. Round 3, 21 merkins at each corner. Round 4, 28 squats at each corner. If time allows continue for a total of 7 rounds decreasing the reps by 7 each of the last 3 rounds.



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

- After Action Report: A brief review of what took place after an event of some kind (workout, Grow Ruck, etc.) particularly regarding leadership displayed by a Q during said event. An essential part of a good LDP. Typically comprised of 3 things that went well and 3 things that could use improvement, but could go much deeper as well.



COFFEE

Drinks Menu

Short Espresso	Latte	White	8oz	£2.80
4oz	macchiato	cappuccino	12oz	£3.00
Long Black	cafe latte			
	Mocha		16oz	£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.



At the end of the Summer, F3 Mobile celebrated 5 years. This group took a 5 mile trek from the original AO to the current AO, followed by some good fellowship time at our Coffeeteria spot, (Maple Street Biscuit Company)

KNOW THE LEXICON

- Big Ball: The Earth. More generally, that which can be seen rather than that which comprises the Super Unknown.
- Butt Hurt: Taking offense at mere words or anything other than actual sticks and stones (the only things that truly break bones)
- Campos: The workout group in CNC from which F3 emerged.

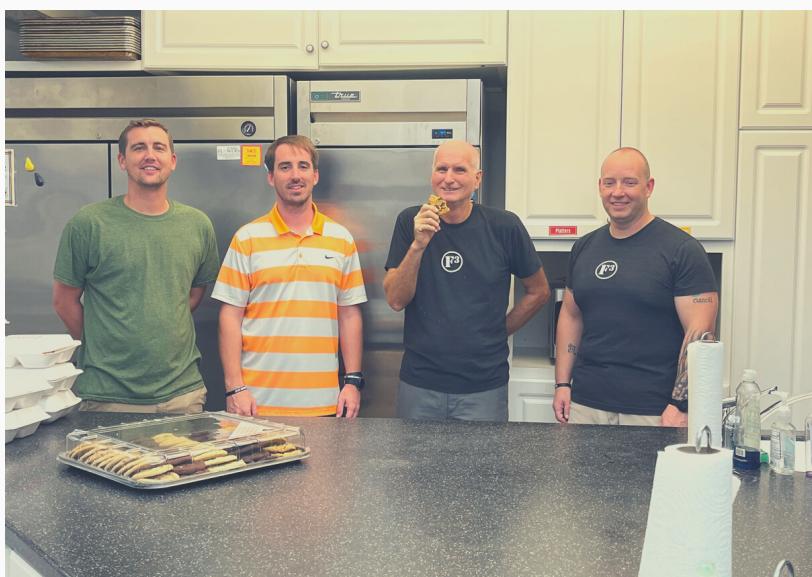




3rd F= FAITH

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

- Carrots: Incentives that reward Virtuous behavior.
- Cat Kicker: A man's last screw-up before he hits his bottom.
- Chaser: The second fastest group at a workout or CSAUP.
- Clusterfreeze: Name for a beatdown in which the number of PAX posting exceeds the degrees Fahrenheit





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
Instagram: f3mobile
Twitter: @F3_Mobile1
YouTube: F3 Mobile