



ISSUE 16 1ST QUARTER 2024

# THE CRAWLFISH

F3 Mobile's Quarterly Newsletter

## Relationships

BY F3 BUCKNER

Here we are, deep into the 1st quarter of 2024 already. We're starting out on the right foot! We're getting things on the calendar, expanding workout options throughout the week, and experiencing some growth! As we EH guys, there are probably some questions that they want answered before they try it out. The question that some may ask is what's so special about F3? Yes, we are a free fitness group, but that's not the best part. Building real friendships, that's the bonus of this organization. Most men will tell you, if they're being honest, one of the hardest things to do as an adult man is make new and real friends. I can socialize with people and have lots of acquaintances but have very few guys that I would call friends with the exception of those I grew up with. F3 opens up the opportunity for building those relationships. That's my focus this year. We've got that first F on track, time to work on those relationships.



THE CRAWLFISH



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 LAVRETTA PARK BOOTCAMP 1HR

SUNDAY 7AM USA CAMPUS, GLENN SEBASTIAN TRAIL RUCK

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

- 4X4's: Start with arms raised in a standing position, burpee into plank followed by 4 Merkins, followed by 4 Mountain Climbers with each leg. "One" is completed when returning to the standing position with arms raised. Wash, rinse, repeat. Recommended to do OYO while waiting for the 6 or waiting for your partner during a group exercise.



# 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.

OBT/DREDD

## KNOW THE LEXICON

- Canseco: A jackass who gracelessly tells the truth.
- Champagne Millenial: A millenial born before 1985
- Charlie Foxtrot: A snarled mess of conflict caused by failure to PD.
- Coat Holder: A man who tolerates the lack of virtue among the leaders in his community.



# COFFEE

Drinks Menu

Short Espresso	Flat White
4oz £2.50	8oz £2.80
Cappuccino	Caffe Latte
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.



Sometimes it's not just the guys! Family day is always fun, then an enjoyable coffeeteria where families get to know each other a little more.

### KNOW THE LEXICON

- **Commitment:** Unwavering loyalty to the group and unflinching determination to accomplish its mission
- **Confinement:** The efforts made by the governance of an organization to maintain a status-quo through the restraint of its advantage seeking members





## 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

- **Coop Strong:** Infectious strength of spirit and manifestation of perseverance
- **Corrector:** A HIM willing and able to provide correction and take responsibility for the outcome
- **Counterama:** Counting off the PAX in the COT to get the total number for the workout





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