

AROUND THE SWAMP

July 12, 2020 V.1

Q Source Highlight

Q1.3 QUEEN The Daily Discipline Over What Is Put Into The Body

- You can't out King (exercise) your Queen
- Portion control is key
- The fuel we need for our day is what we put in our bodies

<https://f3nation.com/2019/02/24/queen-q1-4/>

Lexicon/Exicon

Blue pill: The choice of the easy-false life of a Mascot over the hard-true life of the HIM. <https://f3nation.com/lexicon/>

J-L0'S: From low-plank position, touch right hip to ground, then back to center. Touch left hip to ground, back to center. Down in four-count cadence.

<https://f3nation.com/exercises/>



Qing Tips

Geppetto: "Start on time, end on time. It shows respect for guys' time."

Isosceles: "Try to incorporate one new movement that hasn't been done to keep things interesting."

Black Swamp Tclaps

Bongo: "Tclaps to Smokey for his leadership to make Grand Rapids happen."

Mercy: "Tclaps to Geppetto for his strong leadership in the first few months of BS."

Woodstock: "The Cordova 2.0s led the Murph like veterans!"

Heard in the Gloom

Nimbus: "This group is a big part of my life"

Stark: As soon as the naming for an FNG started for a guy named DJ... "Jazy Jeff, that's his name, case closed."

Cohons COT share was powerful.

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Other Highlights

As 2nd F Q, Stark has several events posted for extended fellowship through the metro parks.

August 21st - 6-8:30 pm Tree Climbing and Mountain Bike Skill course at The Beach Ridge Wheelhouse. MAX capacity 18

September 24th - 5:30-7:30 Hike or Canoe to Granger Island Cabin on the Maumee. F3 and FiA Couples Night! Max Capacity 14

Fill out the form to sign up (and be looking for additional dates as these dates fill up):

<https://forms.gle/nhBgtpswTt58FBMk9>

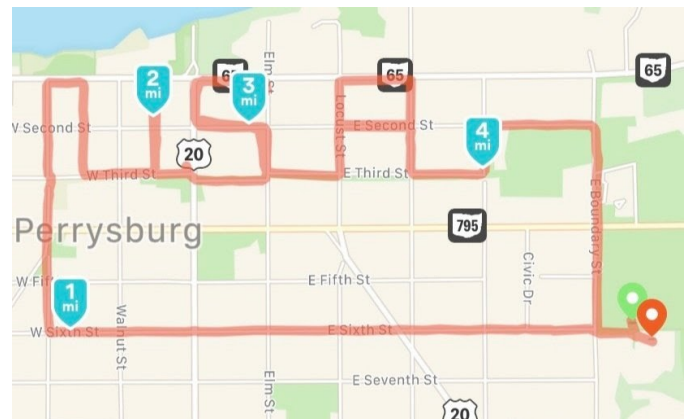
35 for the July 4th Convergence beatdown with lots of pre options. 7 Qs stepped up and made it a memorable day for all.



Smokey doing his thang!



Coconut has taken the Run Q responsibilities to a new level!



Around the Swamp will be sent out every other Sunday. We need your input! Submit Tclaps, powerful moments, and memorable workouts, and Qing tips with Isosceles by DM on GroupMe.