

# The CFBF Newsletter 2

“What’s STILL happening in October 2019, yo!”



## Dave Castro F#\$%s our Diwali!



The 2020 opens will coincide with our Diwali celebrations; here's what we want 20.1 to look like -AMRAP

5 weeks of gruelling workouts beginning from 10th October - looks like the Opens will begin with a bang! Not that Crossfit Games Director - Dave Castro cares... but he will, oh yes he will, once we send Sunny and Manas to the games.

“Dave? Thrusters?” & “Can I do Snatch and Ring Muscle Ups instead?”

## Are you ready...?

3

**YAY! THE  
OPENS 2020**

2

**THE 2020  
OPENS**

1

**UGH! THE  
OPENS**



**Coach Swati passes CFL1!**  
Coach Neha says Congrats; Karan still not happy

**Joker theatre audience meet Indian Batman**



**PVR Cinema Infiniti protests**

**Indian Tarzan increases female fan following!**

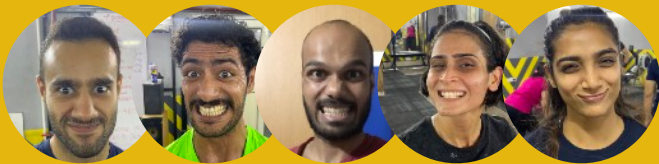


“Once I get my MU's then watch my followers really increase!” - Shardul

# CFBF Mentorship Program

Our Mentoring program kicks off to a flying start!

Head down to our webpage [www.crossfitblackfire.com](http://www.crossfitblackfire.com) to know more about our Coaches and how to get in touch regarding the same.



## IF it works for Siddharth...

In just a few months Siddharth has dropped a massive amount of fat through Intermittent Fasting and is now an inspiration to us all. Well done Sid!

'Nanga Pungas' in the box increases by one more!

# CFBF Fee Increase of 3%

Member uses innovative protest! No one cares!



# ANDHERI RESTAURANTS TAKE ADVANTAGE OF CFBF "REFUELING DAYS"!

Akshay 'Jerry' Pande suspiciously plans to open restaurant at the same time! Coincidence? Hmm



## IN OTHER NEWS FROM THE BOX

Pranav returns. "Will he/won't he take part in the Opens" bets have started in the box



## LOPA GIVES HEAD COACH A NIRMA MOMENT



## LEARNING AIRPORT GROUND CREW HAND SIGNALS - FOR THE NEXT TIME YOU FLY



Turn left



Turn Right



You're coming straight at me! Turn turn



Avoid today's inflight food



## COACH KARAN STOPS FASTING



## 8AM DOESN'T BELIEVE OPENS IN OCTOBER ISN'T OKTOBERFEST!



## PRITHVI'S MARRIOTT VOUCHERS REPLENISHED



## STATUE OF LIBERTY SPOTTED IN 4 BUNGALOWS!



# PREPARING FOR THE OPEN

1. Make sure you enjoy the experience!
2. Same as above
3. Speak to your coaches all the time for tips, strategies, breaking up the reps etc etc
4. Be on time
5. Bring a treat for Rani & Murphy - they might have powers beyond your ken
6. No rep is No rep - listen to your judges
7. Get a friend to take pics and post to the 'Gram! Many years from now - when you've forgotten what you really felt like - you will look on these pics and believe you had a great time! The human brain is amazing.
8. See the videos of the Games Athletes doing the same WOD you just did. "Oh wait did she just do 3x reps I did? Wow"
9. Bring a beer for your coaches - they might have powers beyond your ken
10. Work on your weaknesses! And remember nutrition is at the base of everything.

