

The CFBF Newsletter 3

All quiet on the western Front! But we got to write something so...



Let's confuse Castro by looking Happy!

(Sam loses focus)

Four of the open workouts are over and that leaves only one left.

Big round of congratulations to everyone who got their first T2B, their first DU, new CNJ PRs, and their first taste of the magic of the OPEN.

Mr Castro - Our souls are broken BUT we're HAPPY!

Rankings in the box! Post 20.3

3

SUNNY

2

AMAAN

1

KARAN

Shhh...Someone is sneaking up to upset the rankings! WATCH OUT!



Newbie Rishi coins new phrase/noise

First time at the box and already making waves! Watch out for this guy. Who said "Pffft..."



Rishi gives DU tips to Saad

Mr Ahmed wishes to reply with hugs and kisses



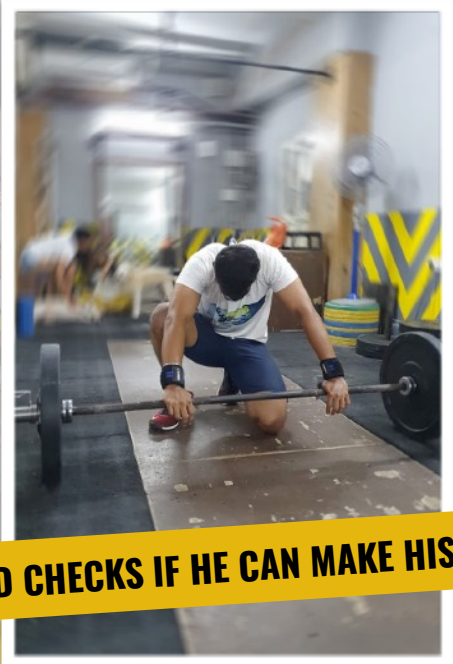
Coaches Party!



Mriga's bday lead cause of coaches losing focus in 20.2!

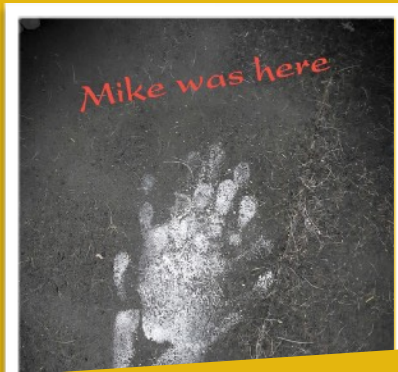


DADA MAKES PARODY OF CASTRO'S HINTS ON INSTA



GD CHECKS IF HE CAN MAKE HIS OWN

MEMBERS WHO COULDN'T STAND THE PRESSURE...



ANU ESCAPES TO SWITZERLAND

Swiss authorities close borders to conserve alcohol.



NEO ESCAPES TO EVEREST

But actually is holed up in Delhi



LOKESH & PRANAV SIGN UP FOR THE OPEN

FORGET TO TAKE PART?

40	+ PRANAV VADECHA	111	37th (-)	38th (-)	35th (-)	1st (-)
40	+ LOKESH GONKA	111	37th (-)	38th (-)	35th (-)	1st (-)

IN OTHER NEWS FROM THE BOX

Please watch the Nutritional Documentary on Netflix that everyone's talking about!



The experts weigh in...



"Finally there's proof that shows that performance is in no way linked to eating meat"



"It's all crap"

Choose a side now! Or come for the 6pm batch for the daily arguments.



YOUR TEE SHIRTS ARE HERE! PLEASE COLLECT THEM BEFORE THEY GET "LOST"!



Reebok CrossFit GAMES 2020

GAMES AUG | OPEN OCT 16 - NOV 15 | ONLINE QUALIFIER MAR 12 - MAR 15

LEADERBOARDS | WORKOUTS | MEDIA | ABOUT | HELP

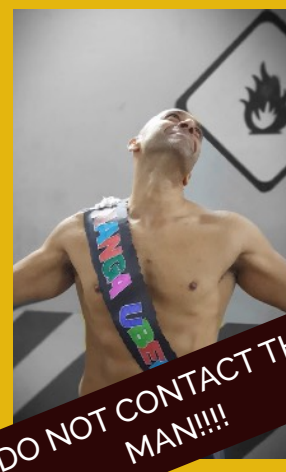
AFFILIATE LEADERBOARD TOP 10

YEAR: 2020 | COMPETITION: Open | VIEW: Affiliate Leaderboard | COUNTRY/STATE: India | AFFILIATE: Search by Affiliate

SCORING: Top 10

Rank	Affiliate	Points	20.1	20.2	20.3	20.4
1	CROSSFIT BLACKFIRE	16	1st (2422 reps - 5:00:00)	1st (6311 reps)	2nd (1008 reps - 3:00:00)	12th (0 reps - 6:40:00)
2	CROSSFIT BANGALORE	18	2nd (2394 reps - 4:58:02)	3rd (5145 reps)	1st (1014 reps - 3:00:00)	12th (0 reps - 6:40:00)
3	TRD CROSSFIT	20	7th (1774 reps - 5:00:00)	5th (4276 reps)	6th (749 reps - 3:00:00)	2nd (1143 reps - 6:40:00)
3	303 CROSSFIT	20	3rd (2025 reps - 5:00:00)	4th (4614 reps)	7th (591 reps - 3:00:00)	6th (256 reps - 6:40:00)
5	SHRUSI LIFE CROSSFIT	21	4th (1903 reps - 4:57:42)	2nd (5386 reps)	3rd (1007 reps - 3:00:00)	12th (0 reps - 6:40:00)
6	CROSSFIT WYOM	27	5th (1955 reps - 5:00:00)	6th (3941 reps)	4th (856 reps - 3:00:00)	12th (0 reps - 6:40:00)
7	I THINK CROSSFIT	28	11th (1523 reps - 4:59:54)	7th (3900 reps)	5th (827 reps - 3:00:00)	5th (325 reps - 6:40:00)
8	CROSSFIT FOR SURE	36	6th (1853 reps - 5:00:00)	8th (3747 reps)	10th (540 reps - 3:00:00)	12th (0 reps - 6:40:00)

POST OPEN CELEBRATIONS AROUND THE CORNER! IF YOU DON'T WANT TO GO TO GLOCAL OR DOLAALY (AGAIN!) PLEASE CONTACT PEOPLE ON THE PARTY SUBCOMMITTEE



DO NOT CONTACT THIS MAN!!!!

Crossfit Blackfire's

Post Workout Stretching routine



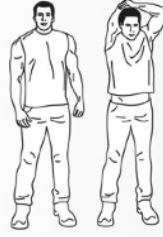
shoulder stretch #1



shoulder stretch #2



neck stretches



tricep stretches



side bends



torso rotations



side splits



hamstring stretch



forward bend stretch



30sec side-to-side lunges



lunge stretch



30sec stretch



30sec stretch



30sec stretch



60sec stretch



leg raise stretch



30sec upward downward dog



30sec stretch



30sec bow hold



forward bends



butterfly stretch

BOX RANKINGS POST 20.3

RANK	NAME	POINTS	20.1	20.2	20.3	20.4
1	+ KARAN BHATIA	6	1st (157 reps)	1st (512 reps)	3rd (90 reps)	1st (-)
2	+ AMAAN BAKALI	9	2nd (148 reps)	5th (448 reps)	1st (110 reps)	1st (-)
3	+ HARSHAD MHAMBRE	10	3rd (147 reps)	4th (452 reps)	2nd (98 reps)	1st (-)
4	+ ASHUTOSH BHOSLE	12	4th (144 reps)	2nd (482 reps)	5th (87 reps)	1st (-)
5	+ DRISHTI KAUL	20	5th (135 reps)	3rd (457 reps)	11th (40 reps)	1st (-)
6	+ NISHANT ROUT	23	7th (132 reps)	7th (409 reps)	8th (63 reps)	1st (-)
7	+ JAI NAYAK	24	6th (134 reps)	8th (408 reps)	9th (57 reps)	1st (-)
8	+ MANAS VAIDYA	26	11th (119 reps)	10th (356 reps)	4th (88 reps)	1st (-)
9	+ GAURAV DALVI	28	8th (127 reps)	6th (438 reps)	13th (34 reps)	1st (-)
10	+ ARITRO BASU	29	13th (114 reps)	9th (383 reps)	6th (67 reps)	1st (-)
11	+ ABHISHEK CHOUHAN	34	10th (122 reps)	11th (351 reps)	12th (37 reps)	1st (-)
12	+ CHANDAN GUPTA	44	19th (103 reps)	14th (282 reps)	10th (43 reps)	1st (-)
12	+ AKSHAAY PANDE	44	14th (112 reps)	12th (315 reps)	17th (21 reps)	1st (-)
14	+ SWATI TRIPATHI	51	17th (105 reps)	19th (195 reps)	14th (31 reps)	1st (-)
15	+ SAAD AHMED	54	8th (127 reps)	38th (-)	7th (66 reps)	1st (-)
15	+ DARSHIKA GUPTA	54	17th (105 reps)	13th (308 reps)	23rd (21 reps)	1st (-)
17	+ DEVANK SRIRAM	56	24th (91 reps)	15th (243 reps)	16th (24 reps)	1st (-)
18	+ LOPAMUDRA BANDYOPADHYAY	58	15th (110 reps)	22nd (161 reps)	20th (21 reps)	1st (-)
19	+ PRITHWIRAJ CHOUDHURY	62	21st (98 reps)	25th (114 reps)	15th (28 reps)	1st (-)
20	+ SAMIRA KHAN	67	19th (103 reps)	23rd (146 reps)	24th (21 reps)	1st (-)
21	+ LAHARI GOWDA	69	12th (116 reps)	38th (-)	18th (21 reps)	1st (-)
22	+ MRIGAKSHI JAISWAL	71	25th (90 reps)	20th (192 reps)	25th (21 reps)	1st (-)
23	+ RIDHIMA BEDI	72	15th (110 reps)	21st (172 reps)	35th (-)	1st (-)
24	+ MOKSHIL GADA	73	27th (87 reps)	17th (232 reps)	28th (21 reps)	1st (-)
24	+ SAKSHI ASRANI	73	23rd (95 reps)	30th (4 reps)	19th (21 reps)	1st (-)
26	+ MEGHA SINGH	80	25th (90 reps)	28th (34 reps)	26th (21 reps)	1st (-)
27	+ RADHIKA ANAND	83	29th (77 reps)	24th (127 reps)	29th (21 reps)	1st (-)
28	+ KIRAN PARDESHI	85	31st (76 reps)	18th (214 reps)	35th (-)	1st (-)
28	+ ANGAD SINGH	85	37th (-)	26th (83 reps)	21st (21 reps)	1st (-)
30	+ ANU RAMSAY	87	22nd (96 reps)	29th (10 reps)	35th (-)	1st (-)
31	+ SIDDHI MANERIKAR	88	37th (-)	15th (243 reps)	35th (-)	1st (-)
32	+ YOHAN CHAWLA	90	29th (77 reps)	33rd (520 reps - s)	27th (21 reps)	1st (-)
33	+ PIYUSH JAIN	91	32nd (72 reps)	36th (412 reps - s)	22nd (21 reps)	1st (-)
34	+ DIPANWITA MONDAL	96	34th (65 reps)	27th (71 reps)	34th (98 reps - s)	1st (-)
34	+ MAHIM SHARMA	96	28th (85 reps)	34th (515 reps - s)	33rd (127 reps - s)	1st (-)
36	+ RICHA SAXENA	97	36th (57 reps)	30th (4 reps)	30th (21 reps)	1st (-)
36	+ RADHIKA SHENOY	97	35th (60 reps)	30th (4 reps)	31st (21 reps)	1st (-)
38	+ RISHI KELKAR	104	33rd (69 reps)	35th (420 reps - s)	35th (-)	1st (-)
39	+ RITIKA BEDI	107	37th (-)	37th (340 reps - s)	32nd (21 reps)	1st (-)
40	+ PRANAV VADECHA	111	37th (-)	38th (-)	35th (-)	1st (-)
40	+ LOKESH GOENKA	111	37th (-)	38th (-)	35th (-)	1st (-)