VQ GUIDE

PLAN IT. LEAD IT. BECOME A Q.

FITNESS
FELLOWSHIP
FAITH

IRON SHARPENS IRON
PROVERBS 27:17

F3 MISSION

"To plant, grow and serve small workout groups for men for the invigoration of male community leadership."

F3 CREDO

"Leave no man behind, but leave no man where you find him."

5 CORE PRINCIPLES

1. Always Free
2. Always Outside
3. Open to All Men
4. Peer Led in a Rotating Fashion
5. Ends in a Circle of Trust

★ KNOW THE MISSION, CREDO, AND CORE PRINCIPLES BY HEART BEFORE YOU Q. ★

BEFORE THE VQ

- [ ] Pick a date and post a Preblast on Slack.
- [ ] Plan the workout (structure, exercises, and modifications).
- [ ] Create a music playlist (clean lyrics, good energy).
- [ ] Arrive early to set up any equipment needed (racks, cones, coupons, speakers, flags, etc.).
- [ ] If the AO has flags, make sure they are set up.
- [ ] Do a site check (parking, layout, safety, lighting).
- [ ] Have a clear plan written or in your head.
- [ ] Be ready to welcome the PAX.
- [ ] Be flexible and ready to adapt.
- [ ] Find workout ideas at https://f3nation.com/exicon

THE MORNING FLOW

KEEP IT MOVING. THE THANG SHOULD BE COMPLETE BY :45 TO LEAVE TIME FOR THE REST OF THE MORNING.

WARM-UP → THE THANG → MARY → :45 → NAME-O-RAMA → NEW FNG → AAR → ANNOUNCEMENTS → COT → PICTURE → :15

1 WARM-UP

- Run through core principles, credo and mission.
- Get the PAX moving.
- Work through stretches.
- Explain the movement.

2 THE THANG

- Main workout.
- Challenging and doable.
- Adapt the workout if needed (location, equipment, or ability levels).

3 MARY

- Core/finisher set.
- Typically circle up.

4 NAME-O-RAMA

- Go around the circle.
- Have each PAX state their name.
- Anyone over 50 gets "respect."
- Anyone over 60 gets "respect respect."
- FNGs get. "welcome."

5 NEW FNG

- Give a brief welcome.
- State name.
- Let him know about F3.
- Answer any quick questions as appropriate.

6 AAR (After Action Report)

- Get positive feedback and constructive critique.
- How can this workout be better?

7 ANNOUNCEMENTS

- Share upcoming events, opportunities to serve, challenges, etc.
- Keep it short.

8 COT (Circle of Trust)

- Open up and share wins and losses.
- Keep it confidential (what is said in the COT stays in the COT).
- End with a prayer or a word of encouragement.

9 PICTURE

- Take a group picture.
- If the AO has flags, make sure they are in the picture.

WORKOUT PLANNING

THE WORKOUT SHOULD BE CHALLENGING BUT DOABLE FOR ALL ABILITY LEVELS.

1 CHOOSE A STRUCTURE

- **AMRAP** – As many rounds as possible.
- **EMOM** – Every minute on the minute.
- **Ladder** – Build up or down.
- **Circuit / Stations** – Rotate through exercises.
- **Chipper** – Complete the list.
- **Other** – Be creative, but keep it simple.

2 CONSIDER

- Select exercises that work for all ability levels.
- Plan for the space, equipment, and flow.
- Include modifications as needed.
- Keep the PAX moving (minimal downtime).
- Use coupons to keep groups organized.
- Have a plan for the time (finish The Thang by :45).

3 SAMPLE EXERCISES

- Merkins, squats, lunges, SSH, blockees
- Mountain climbers, plank variations
- Burpees, six inches, LBCs, step ups
- Bear crawl, monkey humpers, V-ups
- Coupon work, partner work, track laps
- Stairs/bleachers, runs
- Be creative with the location

LEADING AN EXERCISE (EXO)

THREE WAYS TO LEAD — BE CLEAR, LOUD, AND ENERGETIC.

1 IN CADENCE (COUNT IT OUT)

- Call out "1, 2, 3" (steady cadence).
- PAX respond with "1" on each rep.
- Maintain a consistent, clear cadence.
- Keep good form and pace.
- On the final rep, change your inflection to signal the last rep.
- PAX will respond with "HALT" on the last rep.

2 ON Q (CALL THE MOVEMENT)

- Call out the movement (e.g., "Down," "Up," "in," "Out," etc.).
- PAX perform the movement on your call.
- Keep a steady and clear cadence.
- Keep good form and pace.
- On the final rep, change your inflection to signal the last rep.
- PAX will respond with "HALT" on the last rep.

3 ON YOUR OWN (PAX COUNT)

- Explain the exercise and demonstrate.
- PAX perform the exercise and count their own reps.
- Use this for movements that are simple and safe to do on their own.
- Give a clear stop time or number of reps.
- Use this to keep the workout moving and allow PAX to work at their own pace.

COFFEETERIA (AFTER THE 1 HOUR COMPLETION)

- Try to be available to stick around.
- Continue the fellowship.
- This is where the real work often happens.

AFTER THE VQ

- [ ] Post a Backblast on Slack.
- [ ] Include three attachments:
  1. Picture of the PAX (group photo)
  2. Selfie with the PAX
  3. Name-O-Rama video
- [ ] Thank the PAX for showing up.