



NOVEMBER NUTRITION CHALLENGE - 30 DAY HARD

Starting November 1st, and lasting throughout the whole month, we will be challenging you to partake in our 30 day hard nutrition challenge! \$30 to enter, and participants who complete the challenge for all 30 days (on top of the already positive nutrition + overall health benefits) will get a free shirt! The following categories are what we will be challenging you on: Hydration, Sleep, Fitness, Stress Management, Nutrition Quantity - Macros, and Nutrition Quality - Whole Foods. More details and sign up link to come!



NEXT STRENGTH + SKILL CYCLE Starting Monday, October 24th

We are finishing up our current cycle in the next couple of weeks. Keep the consistency up and let's finish strong! Re test week will be throughout the week of October 17th. Our next cycle will focus on olympic lifting, and acquiring + sharpening skills/movements that oftentimes show up in the Open! This is not our official "Open Prep" cycle, but could be considered a good foundational base for it. We will have dedicated skill and strength work in class, so you can be prepared for whatever comes your way! The 4 movements you can expect to see on a weekly basis, most likely in EMOM format, will be: Clean & Jerk, Snatch, Handstand Push-ups, and Muscle-ups. We will test all of our progress the week of Dec 19th.

VOLLEYBALL TOURNEY TAKE 2 Friday, Oct 21st - 6:30pm

Congrats to the 5am class who took the W in sand volleyball last month, and earned themselves some bragging rights + pizza! We had such a big crowd and fun night that we couldn't help but plan a take 2 for this month.

This time around, we are going to have only one team per class time, with anywhere from 3-6 players allowed to play at the same time. More games, bigger bracket. Now it's up to you guys to get a squad together, determine your rotation, lineup, starters, subs, etc. Show up with 3, or show up with 30, we don't care.. just show up ready to rally for your class time + attempt to beat the coaches...

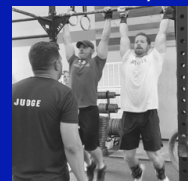
STAY STRONG FUNDRAISER Saturday, Oct 29th - 10:00am

Congrats to Get Stong Minisries who now have an official CrossFit gym in Ocotal! They are currently one of two CrossFit Affiliated gyms in the country of Nicaragua. In effort to attempt to fund their yearly CrossFit Affiliate fees, we will be holding an annual fundraising event. Please join us at the gym as we all do a workout together based on the verse 1 Timothy 4:8, and show our support to Get Strong Ministries!



PARTNER IN HOUSE COMP

Saturday, December 3rd
8am - 12:45pm



Teams of 2 - MM / FF
Scaled and RX Divisions

We will be capping the amount of teams participating, so start thinking about potential partners sooner rather than later! Think OG CrossFit Benchmark workouts + frequent CF Games Open movements. Standards can be found here:

[RX / Scaled Division Standards:](#)

The way this event will run, is you will workout one heat, then turn around and judge the next heat. (Followed by plenty of rest time for you to recover for your next event.)

There will be 4 workouts, and then the top male and female teams from each division will face off in one last surprise WOD to find our two champions!

Will you be the fittest friends in the box?? Registration opens Monday, October 10th!
Spots are limited!!
Click link below to register:

[openprepreetstheladies202](#)
[2.wodifyarena.com](#)