

FCF Friday Night Lights Week 1

Theme:

BLACKOUT!

Wear as much black as possible from head to toe during the Friday Night Lights event.

Weekly Challenge:

MAX KBS in 1:00

- Standard: Using a 32/24/16kg bell must pass through legs and elevate higher than chin-level.
- Valid from Thursday 10/10 at 5pm to Monday 10/14 at 5pm
- Proof is a video put on social media (use all three hashtags below) or sent in to our email info@foundationcrossfit.com

EVENT DETAILS

- You don't have to be officially registered to participate.
- You don't have to be officially certified to judge.
- Gym doors open at 3:30pm.
- RSVP for your class time!
- General and specific prep will be written on a whiteboard. Attack at your own pace!
- First heat at 4:30pm- plan is multiple heats per hour.
- Prize raffles at 5:30pm, 6:30pm, and 7:30pm. Must be present to win.

POST-EVENT DETAILS

- Champagne Friday! Bring something to celebrate.
- BBQ: We'll fire up the grill and provide burgers and hot dogs. Bring something to share!

GOOD LUCK!

#HYFRsquad

#20point1

#fcfFNL