

## F3 Charleston Eastside Welcome Letter

### Workout locations

<https://f3charlestoneastside.site/workout-locations>

- Start times, dates and directions are listed on each Area of Operation (AO)

### Fellowship locations

<https://f3charlestoneastside.site/fellowship-locations>

- Start times, dates and directions listed.

## Coordination

We communicate using Slack. The link to sign up on the F3 Charleston Slack site is listed below.

[https://join.slack.com/t/f3charleston/shared\\_invite/zt-29mslevb8-ib6G8Cy6EzU\\_D\\_xre6StfQ](https://join.slack.com/t/f3charleston/shared_invite/zt-29mslevb8-ib6G8Cy6EzU_D_xre6StfQ)

Enter your email with your new F3 name and hospital name (the name your Mama gave you 😊) example Big DIF (Jed Wiseman).

Once you have signed up in Slack, the following channels represent each of the F3 Charleston Eastside AOs.

Type in the name of the AO into the search window. For example, type #parkwest and the Park West AO Slack channel threads will display. This can be replicated for any of the channels listed below:

### 1st F Fitness Channels

South of the IOP Connector

#thebridge

#Ironsides

#the Pitt

North of the IOP Connector

#wile-e-coyote

#parkwest

#thephoenix

Sullivans Island

#sandpitt

#eastbound-and-down

Daniel Island Clements Ferry

#thegrove

#kings-cross

### 2nd F Fellowship

South of IOP Connector  
#1-coleman-coffeteria

North of the IOP Connector  
#beer-summit  
#not-just-franks

Sullivan's Island  
#the-coop-op

### **3rd F Faith**

North of the IOP Connector  
#the-hills-3rdf

#### **Resources on the F3 Nation website links:**

1). What is F3 all about

Explanation Link: <https://f3nation.com/getting-started/>

2). Common F3 Terms

Lexicon link: <https://f3nation.com/lexicon/>

3). Common F3 Exercise names

Exicon link: <https://f3nation.com/exicon/>

4.) Workout Locations F3 Nation

- Scroll to location on the map
- select the day you want to work out.
- Click on the flag for details.

Location Link: <https://f3nation.com/workouts/>

5). F3 Q source Leadership course

Link:

<https://f3nation.com/q/>