

# Noah's Courageous Farm

March 4th, 2017

Well... it's time. Class starts at 10 am. and since it was my first day I wanted to be a bit early. I arrived a little early. I arrived a little after 9 A.M. and walked into a gym sized gym. It smelled essentially like a warehouse. The gym was black and blue themed, so I automatically knew it would look like it. There was a man at work doing his own workout. He was a rather large & fit man. He introduced himself to be Brian, one of the coaches. He had to be in his forties. What I found really strange is that he was listening to classical music when I walked in for his workout. But then what you do you. We shook hands & told me to just hang around till class after I filled out a waiver. Eventually Zach walked in and asked which workout I wanted to do or if I would be doing both workouts? So I reluctantly said "Both". Not knowing what both was. He meant Class Workouts & The Crossfit Games Open Workouts. I told him both but he suggested I do one.

Why Would You Ask?

So me, Zach, and another girl named Sheridan waited till after the workout class to do the workout. I probably should have gone the class but I wanted to show off some skill.

Complete as many rounds and reps as possible in 12 minutes:

- 2 rounds of:
  - 50-ft. weighted walking lunge
  - 16 toes-to-bars
  - 8 power cleans
- Then, 2 rounds of:
  - 50-ft. weighted walking lunge
  - 16 bar muscle-ups
  - 8 power cleans
- Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

Men use 50-lb. dumbbells

The entire gym watched us do this workout which was strange weird and cool. They didn't know I had a gymnastics background so they thought me doing muscle ups was a huge deal.

July 2017  
Competition time.



First Competition

3rd place

This dude power cleaned 300 lb out of the blue.... To tell him not to cause hell miss it... I was wrong

The Crossfit Farm party that night was the god thing about being a broke College student is everyone offered to pay for my drinks which ultimately had to

The next day



I Felt  
AWFUL

# The Photo After The Competition

The Crossfit Courageous Crew



David BCO #2

Bro. #1 Tim

Alex

Bomb ASS Guacamole

Liv

Freakishly Strong And young

Baby sits every Child in the gym  
and arguably closest friend in  
gym

Sheri

Boss Lady (Joey's Wife)

Has dog named Cash  
young pup lot  
only one obsessed With flat chicks  
more than me

Joey  
The main man, own gym and  
buys me drinks!!!  
AKA uncle Joey

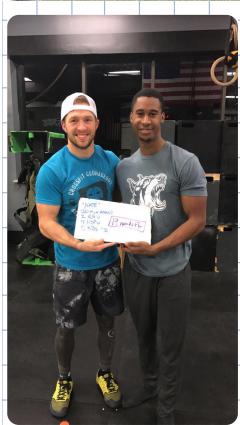
Zach Head Coach

Extremely cool Photographer  
Joy



So... I got paid to fitness model. I got \$200+ too!  
Joy hooked me up!!! I even got offered a  
job at a yoga studio!!! I declined though too  
busy.

This Lady has way too much energy, but I love her to death though  
She's buff too!



Dec 2 2017

Why would anyone in their right mind want to perform a workout  
Every hour for 24 hours? I really have no idea. Our head Coach did it  
Crazy right? Although he did each workout with a partner  
it's still ridiculous.  
I did my workout with him at 2 a.m. and while he  
was hurting I quite enjoyed it.  
The workout was then workout named Nate:

20 min AMRAP of:  
2 Ring Muscle Ups  
4 Hand stand Push ups  
8 kg kettle bell swings



Feb. 2nd 2018  
Friend VS. Foe

For this years open Zach invited me to go head-to-head  
With my my Broth2, David. I was gonna beat him,  
and so thought everyone else as well guess what??  
**Not!!!** The final score David: 258  
Noah: 254 😞



## Summer Fun or Summer Pain Summer of 18



Three things always happen over the summer at CrossFit Courageous. The 1st is Murph. Murph is the most known WOD to man. It was made in honor of a Navy SEAL who gave his life in - . It was his favorite WOD.

1 mile Run  
100 Pull Ups  
200 Push Ups  
300 Air Squats  
1 mile Run  
(With a Weighted Vest)

I never thought any of those movements would hurt as much as they did that day. It was horrific. It took me over an hour to do this workout.



2nd The Courageous Gym Anniversary  
I'm always known for bringing Hot Cheetos So that's all I typically worry with. I just love off the free food fun Workout, & the Slip and Slide! →  
and it seems to be tradition that we play a drinking game with the water slide and party it up afterwards.



3rd CrossFit Courageous Hosts arguably the biggest CrossFit Competition in all of Knoxville. The Big Orange Brawl



If Was fun, it was hot, it was humid! I don't know if there was a hotter day that summer. I just know I volunteered all day for this event. We were understaffed but somehow we pulled it off. Not to mention I got a bunch of free stuff. Not Some cool CrossFitters from all over the south. And DB beat me up after it was over. I don't know why. And KALON came back!!! Although it was just to be head Judge of

the Competition. Poor Ryan had to fix 1000 bloody hands.  
And Jay got hit in the face with a barbell. Thankfully it was not that bad, but still OUCH.

October 20th 2018  
Forever in Depth

WTF!!! I now owe the bank \$1,000 and have no idea how I'm going to pay it back my credit will be ruined... I won't be able to get another bank account anywhere how TF am I going to buy a car, a house, ANYTHING. My parents are going to flip their shit!!!

Well I told them... it didn't go well and had to skip english 355 because of it. But I'm slightly more relieved. And Jay is going to help me pay back the money, I think....



Sheridan is one whom which I shared all of. I have no idea why but her and her family always took GREAT care of me. They always offered to pay me for work. Would randomly invite me over for dinner and bring me food if I needed help with anything they did not hesitate. When I owed the bank the \$1,000, Sheridan wasted no time aiding me in some way, whether it was giving me rides because I did not have gas, or fixing food for me because I had nothing due to extra work, or simply because I had no money.



Lastly We Cannot Forget,  
the infamous Uncle Jay!  
Jay always paid for meals and  
drinks whenever we went out to have fun. I almost never had to ask. He'd say "I know how it  
is in school, I got this." He always made sure that when events were over that I got the  
left over food. When it came for me to fork over \$1,000, he had me work for his 2nd  
Company in order to make a little extra cash. I'm grateful for these opportunities  
he's given me in and out the gym.

## **The Courageous Fam**

**March 24<sup>th</sup>, 2017**

Well...it's tim. Class started at 10am and since it was my first day I wanted to be a bit early. I arrived a little after 9 A.M. and walked into a quite small gym. It smelled essentially like a warehouse. The gym was black and blue themed, so I automatically knew I would like it. There was a man at work doing his own workout. He had to be in his forties. What I found really strange is that he was listening to classical music when I walked in for his own workout. But hey man you do what you gotta do. We shook hands and he told me to just hang around until class after I filled out a waiver. Eventually Zach walked in and asked which workout I wanted to do or if I would be doing both workouts. So I reluctantly said "Both? "Not knowing what both was. He meant the class workout and the CrossFit Games workout. I told him both, but he suggested that I do one workout. (why would you ask then?) So, me, Zach, and another girl names Sheridan waited till after the workout class to do the workout. I probably should have done the class, but I wanted to show off some skill in the workout.

((The workout is listed in the Diary) FIRST CROSSFIT WORKOUT THE SHIT HURT!!!!!! But I kinda like it)

The entire gym watched us do this work out which was strange, really weird , yet cool. They didn't know I had a gymnastics background, so they thought me preforming muscle ups was a huge deal

## **July 2017**

Competition Time!

(picture of me and David) First competition. 3<sup>rd</sup> place. This dude power cleaned 300 lbs out of the blue. I told him not to attempt cause he'll miss it....I was wrong.

### **The next day**

The CrossFit Fam partied that night. The good thing about being a broke college student is everyone offered to pay for my drinks which ultimately led to....

I felt awful (picture of me passed out in a chair In joeys clothes)

## **The Photo After the Competition**

### **The CrossFit Courageous crew**

Tim (Bro #1)

David (Bro #2)

Alex(Bomb ass Guacamole)

Liv (Freakishly strong and young)

Sheri(Baby sits every child in the gym and arguably closest friend in gym)

Boss Lady (Joey's wife)

Zach (head coach)

Joey( The main man, owner of gym and buys me drinks)

Kelly (has dog named cash young pup lol and the only one obsessed with hot Cheetos other than me)

Joy (Extremely cool photographer)

## **October 2017**

So I got paid to fitness model. I got \$200+ too! Joy hooked me up !!! I even got offered a job at a yoga studio!!!! I declined though too busy.

(arrow pointing to Andrea) this lady has too much energy, but I love her to death though. She buff too.)

## **December 2 2017**

Why would anyone in their right mind want to perform a workout every hour for 24 hours? I really have no idea. Our head coach did it. Crazy right? Although he did each workout with a partner it's still ridiculous. I did my workout with him at 2 am and while he was hurting I quite enjoyed the workout. The workout was named Nate:

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2 ring Muscle ups

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## **Summer Fun or Summer Pain summer of 2018**

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Murph is the worst workout known to man. It was made in honor of a Navy SEAL who gave his life. It was known as his favorite workout

Murph:

1 mile Run

100 pull ups

200 pushups

300 air squats

1 mile run.

I never thought any of these movements would hurt as much as the did that day. It was horrific. It took me over an hour to do this workout with a weighted vest.

## **2<sup>nd</sup> the Courageous Gym anniversary.**

I'm always known for bringing hot Cheetos so that's all I typically worry with. I just come for the free food and fun workout and the slip and slide! It seems to be tradition that we play a drinking game with the water slide and party it up afterwards as well.

3<sup>rd</sup> CrossFit courageous host arguably the biggest competition in all of Knoxville. The Big Orange Brawl.

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100 bloody hands and joy got hit in the face with a barbell. Thankfully it wasn't that bad but still ouch.

**October 20<sup>th</sup> 2018 Forever in Depth.**

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