



White Bull CrossFit

The march to spring and summer has begun. Glorious sunny days are (hopefully...partially) back, granted it's always touch & go belgian style but at least it keeps us on the edge of our seats, ready to sprint out for a quick Vitamin D slap in the face and hop back in to keep it in. We've had fun so far in 2026, 3 Open Workouts that challenged you, made you grow and motivated you while we watched the fun unfold as you inspired us and entertained us ;) As we enter into the light (not the death kind, the lighter/sunnier days kind, although one never knows with CrossFit), we have much to look forward to together!

Enjoy the read fam! ☺

1. Profiles

- **Bert(rand)** - "Member of the month" – the 'Bust-a-Move' Godfather

He is unmissable, our grey bearded motivational dancer and suave mover. We have shared the CrossFit floors for quite some time and to have him part of the WB family is such a privilege and a blast. He favours the 8pm slot nowadays but you cannot miss him busting out moves whether during a wod or at one of our events. Give it up for the dancing 'Bust-a-Move Godfather'.

- **Manu(ell)** - "Member in the spotlight" – rookie of the month

Manu, another one of our impressive newcomers who moves like butter and gives it 100%. His technical abilities are clearly on show as he discreetly yet efficiently kills the WODs whether at lunch or evenings.

After the two early birds last month, the gauntlet was laid, the challenge laid bare and not only accepted but successfully owned by the evening members as both our members this month are night WODers. Will we have parity next month... time will tell..

Check out their story in our [monthly member video](#) or our insta post ☺

2. 2026 Agenda

Check out our Q2 events [here](#)!

- **Hyrox Simulation – 22 March**

Calling all hyrox fans and addicts ;) Save the date. Don't miss the opportunity to test yourself in a "full" immersive hyrox race situation at the box. Sweat and tears (of joy). Only a few spots left - please make sure to register **BOTH** on the app and the [sign up excel sheet](#).

- **Monthly Thursday night drinks – Tuesday 26 March**

Let's get together to celebrate Spring with our usual evening drinks, first one on us, bring your favourite beverage and let's mingle til we tingle ☺

- **Easter hunt – 04 April**

Sweat and chocolate, what more does one need to celebrate Easter the WB way. First a themed workout then a little egg hunt for extra bonus points ;)

- **Weightlifting Seminar – 25 April**

The usual workshop led by our top-tier coach Julien to elevate your game and bring you to new Weightlifting heights

- **Murph Day – 25 May**

Join us for our annual fun day of suffering through this legendary workout. Time to test your squat, pull-ups and push-ups endurance... and let's not forget the runners' delight buy-in and buy-out miles ;p (we see you running haters hiding behind the AB machines... come out and plaaay).

3. News & updates

- We are so excited and privileged to introduce [Nathalia Vredeveld](#), a talented sports massage therapist, whom we are now collaborating with. Her parlour is 5min walk from the box down chaussée de Wavre. She really has magic hands and a keen eye for what needs to be worked on. Both Boris and I concur in saying it really is a unique experience and no doubt all our members (not just if you have an injury or nagging issue) will greatly benefit from it. We will be sharing a link to a discount code soon if you visit her as a WB member. We're thrilled to bring you this add-on as part of our continued desire to offer you a holistic premium package.
- For those who attended our 2 annual anniversaries and the 3 Open Saturdays you will no doubt have tasted the delicious products prepared by our friend and former member Méni. If you are in need of catering for corporate events or specific parties, do reach out to [menicatering](#). He has also just opened a salad bar. Drop him a visit at some point ☺
- Most of you will have hopefully already read our post via the Whatsapp group but please do pay extra attention to not dropping weights, plates and barbells. We get some complaints from the offices above and would really like to keep an amicable rapport ;). (uhlala fancy words). So, please keep that in mind and let's all make as little noise as possible (accidental drops happen of course) but if anything more control will make your grip and hold stronger ;)
- Reminder for all new joiners, we offer discounts and bulk orders on various items. **Nutripure** for protein and performance supplements, **Stamina** for hand grips and other useful gear, **Tyr** for apparel and **GoWod** if you want to work on your mobility. Ask about it at the desk or reach out online/via email.

4. Pictures

If you missed it and were there on the first Saturday killing 26.1, follow the link for Adri's most recent pictures: <https://adriansh.pixieset.com/261/>

5. Tips and Tricks

- About [squat depth](#) (or any movement) and how far to go. When is hyperflexibility an issue? When you lose that muscle engagement that allows muscle growth or maintenance. An interesting post for for flexies out there ☺
- Staying in the squat department and another good post about morphology and [short vs long femurs](#) and how to adapt and still go for a textbook strong range of motion in a movement
- More tips and tricks for [perfect squat stance](#) by our usual hero and inspiration ;) (if you've been following us for a while, you know)
- Of the importance of [glute activation](#) for better joint stability in bottom receiving positions
- Ending it with our next [burpee challenge](#)? :p

6. Inspirational content

- This next 'reversed' [age is just a number](#) goes out to our younger generation, so impressive! Little warrior! ☺
- Oldie but goldie, [sports and fitness unite and elevate!](#) General physical preparedness is the key to unlocking your best self and we don't take that for granted fam ☺
- An [inspiring journey](#), anyone can make it happen, patience and trusting the process are key (cliché, yes, but true). And for the ladies afraid of getting "too bulky" or "too big" you only get in return what you put in ;) No one starting to ride a bike on a weekly basis became Lance Armstrong, or someone lifting every day/week suddenly turned into Arnold :p So many components are required. Stay strong, fit, healthy and sexy, boys and girls <3
- About [aging, physique, self-image and happiness](#) and where that fits in a healthy lifestyle. We aim for balance between being happy and fit and esthetically content, The whole episode is a very interesting listen ☺ Forget influencers we do us!
- Some crazy people out there, a [lunging](#) "fail" but a glorious one... :D

-- Quote of the month: "*I try to stay out of the mindset of needing to fix myself. I do whatever seems fun to me.*" Taylor Schilling --

7. Birthdays

Daniel San Art	01-Mar
Kris Boelen	02-Mar
Veronica Favalli	02-Mar
Juliette Sochacki	02-Mar
Jesus VALLES	03-Mar
Tatiana Debrabandere	03-Mar
Iban Roca	04-Mar
Riley Kennedy	04-Mar
Alfred Pallarca	04-Mar
Tatiana Bahous	04-Mar
Paulette Bucyana	05-Mar
Jan Verheyen	05-Mar
Florian Gorqaj	05-Mar
Rhys Astoralli	07-Mar
Chara Koudouni	08-Mar
Florian Weindel	08-Mar
Marco Zarzana	09-Mar
Victor Bouteiller	10-Mar
Kieran Chandler	10-Mar
Santiago Alvarez	10-Mar
Jolana Frisova	11-Mar
Houssain Uriadde	12-Mar
Ronan Breen	12-Mar
Julia Molero	13-Mar
Daniel Cuetos Suarez	14-Mar
Oleksandra Bolhar	14-Mar
Marijana Dujmovic	15-Mar
Stéphanie Horeau	18-Mar
Zoé Boland	18-Mar
Sébastien Cayotte	19-Mar
Sasha Anton	19-Mar
Olivier Boulenc	19-Mar
Antoine Simon	24-Mar
Thomas demolder	24-Mar
Louisa Geismannnn	25-Mar
Stan Nerincx	26-Mar
Anais Boniface	26-Mar
Sarah Collings	26-Mar
Epimitheas Georgitzikis	27-Mar
Jennifer Moore	27-Mar
Jan Stefanko	28-Mar
Joana Mendes	29-Mar
Oliver Crook	30-Mar
Mélanie Fouché	30-Mar
Pauline FREZAL	31-Mar
Matteo Cuvelier	31-Mar

Happy (future) birthday to all our Mar members! :)

Much love!

Yours truly, WB

Reminders:

- For newcomers or if you missed it, [link to our previous Nov NL](#) ☺
- Please leave us a **little review** on **google** or **apple**.
- For the "100 sessions heroes", don't forget to come and collect your special sticker, list of names [here](#). Let's see who the first person to get to 500 sessions is! :D #raceto500
- Below links to our live Whatsapp groups. Gain access to all the latest updates and communicate with us directly. Request to be added by clicking on the links below:
 - [**White Bull - Important info, updates, and news**](#) (receive messages only)
 - [**White Bull - Endurance Class**](#)
 - [**White Bull - Yoga Class**](#)
 - [**White Bull - Weightlifting Class**](#)
 - [**White Bull - Hyrox Class**](#)
 - [**White Bull - Gymnastic Class**](#)
 - [**White Bull - Competition**](#)
 - [**White Bull - Open Gym +***](#)

* Only experienced members (6 months of training) who have demonstrated the ability to train independently SAFELY. We reserve the right to accept / refuse any member based on our knowledge of your training experience! For both unlimited AND limited members (it will count as a used session). You will receive the code to the key box to open the door of the gym / locker rooms. All members who want to make use of this privilege will have to sign our [waiver](#).

- Disclaimer - if you no longer wish to receive our newsletters - please write to us at info@whitebullcrossfit.com -