



White Bull CrossFit

Bulls! Let us proudly walk... nay, Harlem shake into Pride month... Funnily enough June is also official Men's Mental Health Month. Better yet, is it named after the Roman goddess Juno, powerful protectress of women, childbirth and marriage. The audacity. A perfect blend, the ultimate month to celebrate contrasts, mixity, acceptance, strength and vulnerability, love and hate, tradition and novelty, femininity and manliness, monogamy and polygamy, calmness and craziness :D The Brussels free-spirit way. Soar like pigeons.

Enjoy the read fam! ☺

1. Profiles

- **Ioana** - "Members of the month" – the cheerful perseverer

Similarly to yours-truly, Ioana seems to like change and experiments, whether it is a hair-style or hair colour or a vast display of colourful funky sports clothes. But more than that she displays an unbridled and happy enthusiasm for learning, improving and getting fitter. Whether in Open Gym, crossfit class or one of our specialty classes. She will try, perform and improve in all of the above! Applause is merited!

- **Jão** - "Member in the spotlight" – rookie of the month

An avid 7h30 class goer, our portuguese rookie has in a few months not only worked hard during multiple early morning classes with most bookings for a newcomer but will also regularly show up at late evening hyrox and weightlifting classes. No doubt top-end fitness in the making as the bright WB future will show ☺

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

2. 2026 Agenda

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

- **Running workshop #3 – 20 June**

Another Saturday (hopefully with good weather) to test and improve your running skills with coach Roman at the cinquantenaire athletics/running track! Book your spot in activities/workshops in the app!

- **Summer Comp – 5 July**

It is back! Our summer team competition day just before a lot of you go off on well-deserved break or homeland family-time. Details are now out! Add your team name (M/M or F/F on the sheet in the lobby (entrance door to the box).

- **Summer parc picnic – 8 August**

For the (un)lucky few spending Summer holidays around Brussels (at least you'll have your favourite box/second home to welcome you, rejoice!). Similarly to last year, we'll pick a spot in one of the parcs in the afternoon and send our location to meet-up for snacks, drinks and games ☺

3. News & updates

- **Open-gym** – let's start with the elephant in the room and unavoidable annoying one. As our box continues to thrive we always try to optimise the space and make it as comfortable as possible while being as flexible as possible and keeping a precious balance. That being said as the back of the room gets more and more crowded (particularly during peak evening hours – 6pm and 7pm), it is crucial to keep that in mind and although we will aim to continue to be flexible and for our members to communicate and share the space like adults it seems we might have to be a bit stricter. Please, if you see that it's getting crowded or that some coaches are training (because there is no other time slot for them to train) and that the 2 OG spots are already taken, avoid spending time stretching, doing a finisher etc. Those who want to stay and chat we have space in the lobby and a comfortable couch :) If we end up being 10 people at the back it just makes it much less manageable and comfortable for the classes (they always take priority)
- That being said, and to follow-up on the above, as we are always aiming to improve, go forward and create solutions, we are working on a little project that hopefully will improve the class and OG experience. More to come soon ☺
- As we aim to bring you the most holistic and thoughtful approach to fitness and well-being, we continue to question, discuss and grow in our process as a box and box-owners. Along the way, our offer hopefully evolves too and we are aware of course of physiological differences between men and women working out. Core and pelvic engagement can be difficult to visualise and lead to challenges within a CrossFit workout. Obviously although we and all of our coaches take this into account and we always include exercises in our warm-ups it might not be sufficient if this is a specific weakness or issue that can hinder your performance and comfort in a wod ☺ We will thus be hosting a **"Women Core/Pelvic strength seminar-workshop"** with pre-post natal and women specialist coach Nica **Saturday 1 August**. The 2h will focus on some theory and some practice. If there is demand and response we might host future ones. (BUT, don't say what we didn't say lol core and pelvic engagement are also very important and good for men, whether translated into powerlifting, weightlifting, gymnastics or functional fitness :D so gents although this is mainly for the ladies for now, don't snooze on your tight abs...ooze...?)
- This week we finish the Clean & Jerk cycle with a bang and natural(ly) Grace (CrossFitter joke)... As of next week, we will have a Weightlifting and Gymnastics benchmark week and follow that with a new 5-week cycle focussing on Cardio/endurance

4. Competition Corner

Good luck to all the teams and athletes currently doing the qualifiers for the upcoming **Gent Throwdown** competitions (and **Belgium showdown** competition), if you bump into them in the Open gym, give them a high-five/fist bump ☺

Reminder of the next dates:

- ☐ 14-16 August – **Liege throwdown** (Herstal) – Elite/Rx/Intermediate/Masters – Buddy RX/Buddy Intermediate/Buddy scaled
- ☐ 3-5 October – **Gent Throwdown**

<https://crosstraincomp.nl/wedstrijd-kalender-belgie/>

<https://crossevents.be/events/>

https://wod-open.com/event_loc/belgique

- For anyone interested, a few members/teams will also take part in the **Italia Fall Series Throwdown**:
 - o Registration starts 15 June until July 1st
 - o Online Qualifiers in September
 - o In-person finals Dec 11-12-13

<https://www.fallseriestd.com/>

<https://instagram.com/fallseriesthrowdown>

5. Tips and Tricks (Plyo & Gym series)

- Of the importance of [Plyo and explosivity](#) for weightlifting (and of course gym, goes without saying). Here's your reminder to not skip (or moan when we program) plyometrics.
- A few [Muscle-up prompts](#) for our gym-goers, no doubt our coach Shaun will use these in his classes so don't miss them if you want to get that dreamed-of MU!
- An extra few tips on [Butterfly progressions](#), take your time and time will fly!
- We cannot overlook shoulder health and scap engagement for pull-ups and MU. So here are two cues: [#1](#) & [#2](#)

6. Inspirational content

- No surprise here, we of CrossFit know and (annoyingly) aim to spread the word wide and far ;) Let's say it in French too: "[Muscles make you live better and longer](#)"
- For the CrossFit OGs among us, [James Hobart says it like it is](#), don't go for the quick fix, it never works... Commit, enjoy the ride, share the love and see the results ☺

- For the young guns and the older muskets, an [inspiring bit of wisdom from olympian Eileen Gu](#), we are powerful and our brain and body can dictate who we are, who we want to become and who we aim to be(come)
- We come in all shapes and figures, body types and genetic traits... but [fitness is fitness](#) and can blow your mind regardless ;)
- Our usual "[age is just a number](#)" for the road. Never gets old (pun intended) and we love it!

-- Quote of the month: "*It's not coincidence that four of the six letter in health are heal.*" -- Ed Northstrum --

7. Birthdays

Estelle Pétidis	02-Jun
Marwan Darwish	03-Jun
Bjarke Smith-Meyer	03-Jun
Tristan Signarbieux	04-Jun
Thomas Devos	06-Jun
Lucie Boubault	08-Jun
Stefan Kiryazov	09-Jun
Augusto Sequeiros	09-Jun
Nele Fassnacht	12-Jun
Boris Canu	14-Jun
Isaac Komolafe	14-Jun
Zhiruo Anita Chou	14-Jun
Noé Carrero Torres	18-Jun
Serena Gonzalez	18-Jun
Iva Junakovic	19-Jun
Pieter Van hoeymissen	19-Jun
Rodrigo Garcés	20-Jun
Gabriel Wender	20-Jun
Juanjo Lopez	22-Jun
ALfredo Filadelfio Celsa	23-Jun
David Geeurickx	23-Jun
Giovanni Tufo	25-Jun
THOMAS Roiseux	25-Jun
Abraham Pérez Zapata	26-Jun
Amanda Figueiredo	29-Jun
Brenda Vanmeerbeek	29-Jun
Bert Rand	30-Jun
Arnaud Loman	30-Jun

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

Much love!

Yours truly, WB

Reminders:

- For newcomers or if you missed it, [link to our previous May NL](#) ☺
- Get in touch for any Nutripure, Velites or other F&B/gear orders
- 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](#).

- Use our discount code **WHITEBULL** valid for your first sports massage booking with [Nathalia Vredevelde](#), you will NOT regret it! Once you try her, you will want to go back.
- Make the most of our referral program, free registration fees for your friend, 1-month free for you ☺

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