

## INTRODUCTION

Even though we currently have no trainings and some of the upcoming activities have been cancelled, we still have the Hercules Monthly. In the months February and March we've had some nice activities which we will look back to, together with some (old) members who were willing to share their experiences with us.

## ACTIVITIES

### Gymnastics Workshop

On the 9<sup>th</sup> of February we had a workshop on gymnastics by Elwin at the CrossFit Twente church. The goal of this workshop was to improve the skills of a kipping pull up and handstand push up. The first hour was focused on the pull up, which was built up step-by-step. We started by getting a good feeling with the swing and finding the rhythm to kip later. This was done by the guidance of a partner and swinging with one leg on a box. This were steps which a not normally during a training and therefore really helpful. In the end of the first hour we could try a few. After a few successful swings I could



feel my blisters ripping open and knew that was my final try. Luckily we went on with the next movement: kipping handstand push-ups. Again, we started with the basics; being able to do a handstand against a wall. In the end a lot of us were able to do a kipping push-up all by themselves and some with a bit of help from another member. All in all, it was a successful workshop where all of us have learned a lot which will definitely help us during workouts!

### Ski Trip – by Tim Kraai

On the 29<sup>th</sup> of February a group of 11 Hercules members decided to test the slopes of Winterberg, Germany. In the very early morning, we gathered at 5:45 am in front of the Spiegel for a 2,5-hour drive to the snow. There we arrived just in time to take one of the first lifts. The group of people was mixed with experienced skiers, boarders and some people that had never been on skies before. Around the coffee break most people were used to the feeling of the snow and we started to discover the area. Since Winterberg is not that big almost all slopes, also the partly grassy ones, were skied and everyone safely arrived at the lift. With a change of weather, we decided to go back to Enschede after a full day of



### DID YOU KNOW?

You can see photos and videos of the past activities on Stacks via [hercules.utwente.nl](https://hercules.utwente.nl)

If you don't know the password, think about the sandwich spread that was founded by John Harvey Kellogg in 1893.

skiing with mostly good snow and some sore butts. The day was finished with a pizza party at the Happy Italy in Enschede to share experiences and nice videos!

### Lowlands Throwdown – by Marjolein Velthuizen

In the morning of the 7th of April I woke up super stoked and excited. Today was the day of the Lowland Qualifiers. I didn't do any CrossFit competitions in the past year, so as you can imagine I was super hyped to see if I made any progress. After my breakfast I cycled to my favorite place in Enschede, the CrossFit Twente Church. In the middle of the church the competition area was all set for the first workout of the day. After a few minutes Corné, Stijn, and Kristyna arrived and we started to discuss tactics. As always, Steve gave us some good advice: Just go as fast as you can, tactics or pacing isn't necessary. After a short introduction it was time for the first heats of WOD 1. The first WOD consisted out of alternating rowing for calories and C&J, the weight of the C&J increased after every round, time cap was 15 min. The combination of the rowing and the cleans killed me. I wasn't able to finish with only 2 reps left. However, I gave it all I had. Stijn was able to finish the workout within the 15 min. After the workout, we had a small break in which we were able to eat all the amazing snacks everyone made (excepts for Stijn, since he didn't receive the emails). Steve made the most amazing chocolate cake ever. Even though I still had to do two more workouts, I decided to just go for it and a big piece. In the end it just gave me fuel for the next two workouts. WOD two was a short 7 min AMRAP, starting with 3 toes to bar (or knee raises), 3 OH squats, and burpees over the bar. Every round the reps increased by three. The burpees were of course the worst part of this workout, but we all killed it by finishing at least the 15 reps round. Thereafter, it was time for the last workout of the day. The workout was a long list of multiple movements and high amounts of reps: 60 box jumps over, 60 alternating DB shoulder to overhead, 30 chest to bar pull ups, 40 box jumps over, 40 handstand push-ups, and 20 bar muscle ups. We all had to finish this in 12 min, which of course meant we were not able to finish it. After all the insane workouts, we were all tired but satisfied. Meaning that it was all over, it was time for after workout snacks. Most people went home quickly after the final workout. Except for all the diehard Hercules members. We stayed till 9, had a couple of beers, had many laughs, and discussed all the workouts and scores. The soreness of the next week was totally worth it.

### Lasergaming – by Pranav Chobdar

Each year Hercules organizes a laser gaming night at De Tapperij, Hengelo. This year, the game night was on 10th March. Most of the participants gathered at university letters at around 7.30pm and from there we bicycled together to de Tapperij at Hengelo. To cool off the bike ride, we had unlimited drinks and pool waiting for us there. Our



participant group was quite big, so it had to be divided into 2 subgroups.

While one group played the laser gaming, the rest were having drinks and playing pool. After a while, our team went inside to play the game, we were given instructions on how to play the game and we could choose our own names, teams for the game were made randomly. There was an aura of excitement and fun as we wore our



gaming gear and headed straight into the gaming arena. The game was thrilling and somewhat intense, both teams were trying their best to get the winning edge. Shooting across the hidden corners, through holes in the walls, all while escaping shots from the enemy. After the game, the winning team and the scores of all individual players scores were announced, and we were given ranking based on our scores. All in all, we had 2 rounds of the laser gaming. We also played Hercules dart game, where if you missed all 3 shots on the number on the board, you had to do the same number of burpees to compensate. At last we spent rest of time socializing, playing pool and Hercules dart. It was an amazing night and there are more activities coming!

## **Upcoming activities**

In the following months we have some nice activities planned for you all, such as the Throwdown, Batavierenrace and the Weekendtrip. With the Coronavirus we are not sure which activities can continue and when the trainings will continue again. During the wait on news from the RIVM, UT and CrossFit Twente we are providing workouts to do at home in the Whatsapp Group. Keep yourself fit and try to make the best of this period! We will keep you informed!

## **MERCH**

All of the merchandise has been picked up by the members and the Merchandise Committee is proud to see everyone training in the shirts, sweaters, shorts and leggings! If you feel sad about not ordering or if you're a new member and missed the order poll, we have some extra merch for you! We still have shirts and sweater from size S and M available, if you're interested, ask one of the committee members or send a mail or text.

## **DO YOU HAVE ANY SUGGESTION FOR ACTIVITIES, WORKSHOPS, OR JUST IN GENERAL?**

Make Hercules even better! The board is open for all the input of you as a member. If you have any super cool ideas for activities, workshops, or anything else, please contact us! Send an email to [board@hercules.utwente.nl](mailto:board@hercules.utwente.nl) or approach one of the board members during a training.