



Fédération Luxembourgeoise de Fitness Fonctionnel Announced as the National Governing Body for Functional Fitness in Luxembourg

Belval, Luxembourg October 19, 2023:

Today, the International Functional Fitness Federation (iF3) announced its recognition of the Fédération Luxembourgeoise de Fitness Fonctionnel (FLFF) as the national governing body for functional fitness in Luxembourg.

Mandy Loes, President of the FLFF announced, *“we are very excited about being a part of iF3. We feel it is the right move for us in order to grow the sport on national as well as international territory. We are hoping to achieve inclusion through sport and joining the iF3 will help us realize this.”*

Loes went on to explain that, *“our immediate goals are to make the Iron Showdown an iF3 approved competition, to widen our stance in adaptive functional fitness in competitions throughout Europe and to hopefully get one or the other gym affiliated to the federation in the coming year.”*

FLFF is now eligible to register athletes for iF3 international events. This season they will have quota spots allowing them to send athletes to Worlds in Norway. More information about the work of the FLFF is available at www.flff.online or on Instagram: [flff_lu](https://www.instagram.com/flff_lu)

Loes expressed her excitement about the future saying, *“we cannot wait to get to work and are thrilled to have IF3’s support in our endeavours.”*

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, *“Luxembourg may be a small nation, but they have a large and well experienced team behind the development of their federation, and we are very excited to have them as part of the iF3. The team behind the FLFF is very well versed in in athlete inclusion and has a lot of knowledge on adaptive athlete development, and we particularly look forward to incorporating that knowledge into our work at the international level.”*

More Information:

The Fédération Luxembourgeoise de Fitness Fonctionnel is the national governing body for competitive functional fitness in Luxembourg. It is a non-profit organization headquartered in Belval, Luxembourg.