

CrossFitter on Fire

Joey Seltzer

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When did you join CFSL?

About 2 years ago I made the decision to coordinate my life with CFSL's #1 coach/athlete/model/person, Jesseca Reddell. I followed her to the gym one day and I've been coming back ever since.

What made you decide to try CrossFit?

I first started crossfit all the way back in 2006/2007. I was running on a treadmill looking down at a group of men and women frantically jumping onto boxes, swinging around on pull up bars and generally doing uncoordinated things in rapid succession. They fell to the floor in unison and, after squirming around for a few minutes, they eventually jumped up and started congratulating each other. The rest, as they say, is history.

Have you lost weight? If so, how many pounds?

I've shifted between 175 and 200 pounds during my many years of crossfit. Currently sitting at 180.

What are your current goals? And, future goals?

Generally speaking I want to leave the gym each day content with my effort. Other daily goals include not getting lapped by Jon, embarrassing Jesseca and embarrassing myself. Longer term goals include staying healthy, more regular Olympic lifting and beating Jacqueline in the 2018 crossfit open (more of my destiny than an actual goal).

Tricks or tips that have helped you with exercising or weight loss?

This goes more to CFSL and crossfit in general, but I'd say the biggest tip is making the gym / working out, something you enjoy. At the end of the day, CFSL is a relaxing and enjoyable place for me. Many many years ago, I coined the phrase "make the gym the best hour of your day." Make the gym feel like an escape and you'll always make time for it.

What is your favorite cheat meal?

We often make turkey burgers with bacon, avocado and cheese on weekends.

Are you Paleo? If not, what is your diet/ or food plan you follow?

No plan really. Outside of the occasional forkfuls of ice cream, I try to eat reasonably clean. It helps being a master chef.

Hobbies? What are they.

Snowboarding, rock climbing, traveling, hiking....those are the kinds of things I'd say to make it sound like I'm not a huge loser who stays home like a boring old man.

Favorite CrossFit WOD or movement?

I have a weird affinity for burpees. Its what I like to call Joey proof. The movement quite literally starts by falling on your face. All that's left is getting up.

Least favorite CrossFit WOD movement?

Box Jumps. Each rep feels like a car crash. I must admit, however, the box does provide a nice little mid workout resting point.

sitting on the box

Coach: Joey, what was your time?

Joey: I'll let you know in about 10 minutes

Biggest accomplishment so far?

When I reflect back on my many, seemingly endless string of accomplishments, the one that really stands out is a strict ring muscle up. I actually wasn't ever a gymnast, it just seems that way.

What is the best thing about CrossFit San Leandro?

The beauty is, you can't pick. Its everything. its the thoughtful and intelligent programming, its the coaches, its the goofy redhead, its the friendships, its the atmosphere. Its a place where we can be the best version of ourselves. Its my favorite place filled with some of my favorite people.