

CrossFitter on Fire

# Aaron Smith

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## When did you join CFSL?

I joined CFSL in May 2017.

## What made you decide to try CrossFit?

I decided to switch from lifting weights at 24hour because I recently got out of the military in March 2017 and missed training with my soldiers. When I trained with my soldiers I was motivated by other people to push myself and be better so they know that they can rely on me as a Leader.

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

I think I gained weight and its been muscle. Not sure what I weighed in May.

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

Listening to the coaches at CFSL and asking lots of questions about how to be more efficient at certain lifts. Possibly that annoying guy that doesn't stop talking lol. I like to surround myself around like minded people that are pushing for a better future for themselves.

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

I don't do Paleo. Right now I just eyeball my selection of food when portioning. I meal prep on Sundays and cook chicken, salmon, rice, sweet potatoes, broccoli, Brussel sprouts, and asparagus. Breakfast is eggs, oatmeal, dense hardy bread with peanut butter or avocado, and a protein shake. I have a large lunch box and use containers to portion food. I just eyeball the food. Protein/ carbs and veggies. I drink water all day long and coffee in the morning. Try to stay away from as much sugar as I can even though I like to bake. Usually will have a cheat meal once a week.



## What is your favorite cheat meal?

I like Korean BBQ all you can eat.

## Hobbies? What are they?

I love to snowboard and would like to travel more, but since I'm in the hiring process of the police departments I haven't really gone out just incase they call me for anything they need me to come in for.

## Favorite CrossFit WOD or movement?

I love to do heavy weight WOD's like today's wod with squat cleans and ring ups. My favorite movement is the snatch because it's so technical.

## Least favorite CrossFit WOD movement?

Cardio workouts, wall balls and box jumps

## Biggest accomplishment so far?

Snatching 91kg in 7 months from learning that movement.

## What are your current goals? And, future goals?

My current goal is to get into the Oakland or San Francisco Police academy. Continue school until I get into the academy and get good grades. I also want to save money so I can purchase my own home and live on my own. I also want to always stay on top of my fitness whether I'm busy studying for school or working for the Police department.

## What is the best thing about CFSL?

I love that everyone is so friendly and they are very welcoming at the gym. It's a good environment for all levels of fitness to get motivated and push yourself to things you never thought possible.

