

CrossFitter on Fire

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When did you join CFSL?

January 2017. I swear it wasn't a New Years resolution! Just happen to be when I was ready to finally change things up.

What made you decide to try CrossFit?

I used to hate on CrossFit for the longest time but always saw so many awesome success stories. People always seemed to just LOVE it. Having done periods of running only or weight lifting only, it peaked my interest as combining the various workouts I liked doing in the past. Honestly CrossFit kind of scared me and I felt the need to overcome that fear.

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

Yes! About 45 pounds so far. Had to buy a whole new wardrobe!

What are your current goals? And, future goals?

Ideally I would like to lose another 10-15 pounds before focusing on gaining muscle and bulking. Want to make Matt look small ;) Also, I want to RX more workouts. Getting there!

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

CICO so far, "Calories In Calories Out". I track all my eating with the Loselt app and just stay under my calorie budget for the day. Makes it easier to have the occasional pizza or mexican food when I can just budget around the big meal. Typically, I only eat two meals a day which helps to save calories. Also, avoid protein shakes if cutting!

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

I'm not, I get too cranky with no carbs! I do try to stay generally low carb/high protein but I mainly just count calories. Are Cheetos paleo?



What is your favorite cheat meal?

Pizza! Mexican food! Fried chicken! Or a dessert of some kind. I love ice cream.

Hobbies? What are they?

CrossFit has taken over as my main hobby! I like to work on personal video creating/editing or graphic design projects. I try to stay pretty busy.

Favorite CrossFit WOD or movement?

Anything with running or rowing! Snatching is fun and I like to get better at it. Deadlift has always been my best lift.

Least favorite CrossFit WOD movement?

Burpees are just soul sucking. Any more than 10 and I just dread it. Thrusters just take it out of me super quick.

Biggest accomplishment so far?

Obviously losing weight has made a huge impact on my life. I am definitely in the best shape of my life. I've ran a lot in the past but wasn't strong. I would lift weights only but wasn't fit. I feel I'm in the best overall shape between being strong and quick.

What is the best thing about CFSL?

Everyone says it for a reason, it's the trainers and the people! I didn't think I would make so many friends and find such an enjoyable group of people when I signed up to work out here. The other members and the trainers have been responsible for getting me to the gym on days where I did not feel like going. Missing the gym would not only mean missing a work out but missing seeing my new found friends! It's always entertaining and positive.

Oh and of course Joanie :)