

CrossFitter on Fire

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Occupation: Chemical Engineer

When did you join CFSL?

June 2017 (after moving to the Bay Area, I started crossfitting in 2013)

What made you decide to try CrossFit?

I had a personal trainer who encouraged me to try it

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

I've gained 15 lbs since starting crossfit 4 years ago

What are your current goals? And, future goals?

I want to get stronger in all power and olympic lifts and

I want to get my muscle up!!! (It's been a long long time coming)

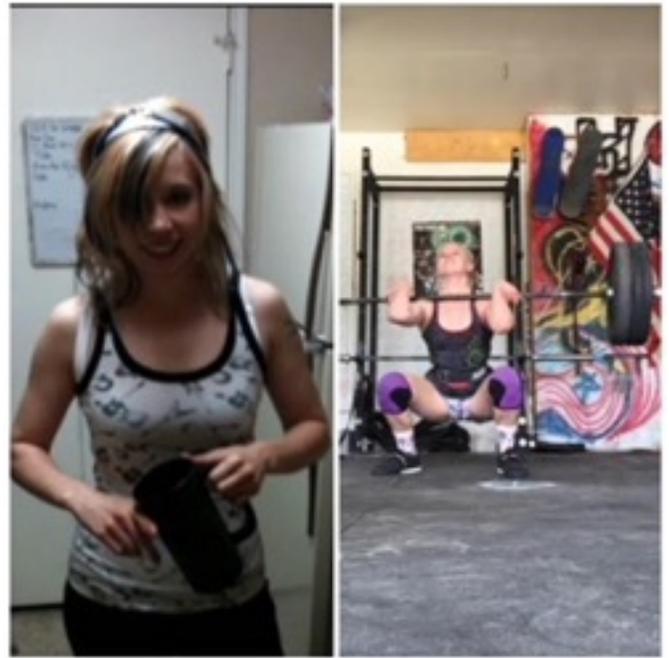
After that I want to do the workout Amanda RX...one of my long term goals for the past few years

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

I've found it's a lot easier to create a habit than to continually find willpower. My rule is if I plan to get up and work out, I do it.

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

Not paleo, I am vegetarian though. I really like Renaissance Periodization, it's more focused on performance than any other nutrition plan I've tried.



What is your favorite cheat meal?

Pizza and/or Chocolate Cake

Hobbies? What are they.

ummm working out probably doesn't count here... I really like music, I've been getting back into playing guitar which is fun.

Favorite CrossFit WOD or movement?

I can't pick one! Favorites are: Annie, 16.4/17.4, Diane, DT, Morrison... anything that involves a light barbell and bodyweight movements

Least favorite CrossFit WOD movement?

Squats and Thrusters

Biggest accomplishment so far?

PRing my Snatch for the first time in 2 years (thanks Ruth!!)

What is the best thing about CrossFit San Leandro?

The people, its hard to have a bad day when I start it with the CFSL group.