

CrossFitter on Fire

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Occupation: **Full Time Speech Pathology Student**

When did you join CFSL? – **May 2017**

What made you decide to try CrossFit? – **My co-worker told me to try it since I was complaining about not getting results from doing my own workouts at a regular gym.**

Have you lost weight? **If so, how many pounds? – About a good 10 lbs.**

What are your current goals? And, future goals? - **Current goals are to do a strict pull up without bands. I've always been strong in my legs but never in my upper body. Future Goals would be to do muscle ups! They look so bad-ass!**

Tricks or tips that have helped you with exercising or weight loss? – **Eating right, cook for yourself and make time for cheat meals or else the cravings will hurt you in the long run. Definitely eat something hardy (like an apple or banana) before working out!**



Are you Paleo? If not, what is your diet/ or food plan you follow? – **No, I tried it for a week but became too hangry. During the week I eat lean meats with veggies, brown rice, pastas, salads, and fruits and leave the weekends for cheating 😊**

What is your favorite cheat meal? – **Zachary's Special Pizza with Beer!**

Hobbies? What are they. – **Basketball, Swimming, Tennis!**

Favorite CrossFit WOD or movement? – **Cleans**

Least favorite CrossFit WOD movement? – **Thrusters**

1Biggest accomplishment so far? – **Deadlifting at 210 lbs!**

What is the best thing about CFSL? – **The Camaraderie! The community I've built at CFSL is beyond what I have ever seen from any gym. I've never left unhappy, it's humbling.**

