

CrossFitter on Fire

Sam Cooper

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Occupation:

I am a first-year special education teacher at Montera Middle School in Oakland

When did you join CFSL?

I joined CFSL sometime last May

What made you decide to try CrossFit?

I got tired of being unhappy and unhealthy with where I was at in life, so I started making moves. I had been curious about crossfit for a long time and would constantly try and pick the brain of anyone I knew who did crossfit, but had never actually signed up. It also helped that I knew a few people here already.

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

Yes. So far I've lost 10lbs, but it took around 4 months for that to start happening because I started as an actual couch potato, so my body composition changed a lot early on.

What are your current goals? And, future goals?

Current goals are bar muscle ups, double-unders, and making Joanie fear for my general safety and the safety of others less during technical lifts

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

Nope, no tricks, just keep showing up! You'll be able to see results before you know it

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

No, not paleo. I don't really follow a strict diet or food plan. I eat a lot of lean meat, fruits, and vegetables and try to steer clear of refined foods. I don't really count calories or macros or anything but am considering going the macro route in the near future



What is your favorite cheat meal?

All of them.

Hobbies? What are they.

I've always read a lot, and lately I hike/backpack as often as possible in addition to hanging out with friends and family as often as possible.

Favorite CrossFit WOD or movement?

I like the majority of them, but I guess cleans have gotten the most attention from me lately and are slowly but surely getting better.

Least favorite CrossFit WOD movement?

Overhead squats, I'm not the most well-balanced guy around so those are tough for me even without weight.

Biggest accomplishment so far?

I quit smoking shortly after starting crossfit, and it was 100% because of crossfit. Those first few sessions I thought I wasn't going to make it.

What is the best thing about CrossFit San Leandro?

Everything. Duh. But if I have to choose, it's definitely the people and sense of community which extends way beyond things WOD related.

