

CrossFitter on Fire

Pamela Liang

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Occupation:
Pediatric Physical Therapist

When did you join CFSL?
May 2017

What made you decide to try CrossFit?

I was looking for a new sport or activity to pick up so that I could get strong and fit again. I had started feeling more pain at work from doing the simplest things, and knew I had to protect my body by getting strong again. I briefly tried CrossFit a long time ago and remembered liking it. So when I came across CFSL and learned it was run by two PT's, I knew I had to try it! Now, I rarely get hurt at work and don't get headaches from tension in my neck anymore.

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

I'm about the same weight as when I started, but losing weight wasn't my goal. I'm more interested in lean mass. I have been doing the hydrostatic body fat testing, and between 6/2017 (pretty much when I started) and 2/2018, I gained about 2 lbs of muscle and lost 1 lb of fat. I like to pretend I've gained more muscle than that though ;) My 10/2017 gains were a lot better, but I guess it is what it is since I don't follow any food plans! =)

What are your current goals? And, future goals?

I'd like to keep getting PR's, any PR's, and keep trying for the more difficult skills. I'd love to be able to do double unders, bar muscle-ups, ring muscle-ups, etc. And also just get better at things I suck at, like thrusters, snatches, overhead squats. If I can eventually get to the point where I Rx most WODs, that would be amazing.

Hobbies? What are they.

Re-watching my favorite shows on Netflix, surfing the web, playing video games.



What is your favorite cheat meal?

Can't cheat if there's no diet =) I eat yummy stuff when I wanna eat yummy stuff! There would be too many yummy foods to list them all...but in general I love to eat burgers and Korean food.

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

No special food plan. I eat whatever I want to eat, but generally just make sure I eat the unhealthy options less frequently. I also make sure I have carbs, protein, and veggies for each meal.

Favorite CrossFit WOD or movement?

Clean and jerk.

Least favorite CrossFit WOD movement?

Overhead squat, because I suck so much at it.

Biggest accomplishment so far?

I think the fact that I've stuck this out so long and continued to get PR's is my biggest accomplishment. I'm also very proud of myself for recently learning how to do kipping pull-ups, toes to bars, and getting better at double unders.

What is the best thing about CrossFit San Leandro?

All the people here are amazingly supportive and fun to be around. Everyone does their best, and is serious about their own fitness, but there is never any judgment. We help each other out, share, and cheer each other on. I also appreciate that the coaches take note of your injuries and will follow-up with you. You really can't ask for a better community.

