

CrossFitter on Fire

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Occupation: Law Enforcement

When did you join CFSL?

I joined CFSL in late 2013. My family moved from Fremont to San Lorenzo, just before my son was born. While in Fremont, I was a member of CrossFit of Fremont.

What made you decide to try CrossFit?

I decided to try CrossFit because I wanted to be challenged both physically and mentally. I also enjoy the team atmosphere and friendly competition. Having played many teams sports during my years, CrossFit has allowed me to reconnect with some of those team aspects.

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

Have I lost weight...the answer is no. I've actually gained weight since starting CrossFit. I like to tell myself that I've gained mainly muscle, but my pot belly tends to show in my tight shirts lol.

What are your current goals? And, future goals?

Currently, my goal is to continue improving and just have fun! I would like to improve my cardio capacity and Olympic lifts (i.e. snatch and clean & jerk).

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

I do not have any tricks or gimmicks to help me stay fit. It's simply hard work and discipline. The best way to help yourself when it comes to exercising and weight loss is consistency and determination. If it was easy, everyone would be able to do it.

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

I'm definitely not Paleo. My diet is something I constantly struggle with. I try to eat as clean as possible, but I certainly have moments of weakness. Sometimes I feel like I simply workout to eat lol.



What is your favorite cheat meal?

My favorite cheat meal would have to be a pepperoni and black olive pizza with ice cream for dessert.

Hobbies? What are they.

My hobbies are spending time with my family, working out (no brainer here), watching movies, and spending time at the range.

Favorite CrossFit WOD or movement?

My favorite CrossFit movement would probably be the ring muscle up. I think the ring muscle up is my favorite movement because I put so much time and effort into mastering it. I spent countless hours before and after workouts to master the muscle up.

Least favorite CrossFit WOD movement?

My least favorite CrossFit movements are burpees and thrusters. No explanation needed.

Biggest accomplishment so far?

My biggest accomplishment so far would be the two strict muscle ups I got earlier this year. They were tough.

What is the best thing about CrossFit San Leandro?

The best thing about CrossFit of San Leandro would be the community. I enjoy the coaches, the athletes, and everyone in between. I've met a lot of great people at CrossFit of San Leandro and I hope to meet plenty more.

