

CrossFitter on Fire

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Occupation: Assistant Controller at GoPro

When did you join CFSL?

I joined CFSL in May 2017

What made you decide to try CrossFit?

I told Matt about my want to get back into working out, but the challenges with going to a traditional gym. He invited me to watch one of the classes and everyone was so willing to answer any questions that I had.

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

I did not initially set any weight goals, but I know I have lost 2 inches as I had to buy some new jeans.

What are your current goals? And, future goals?

My next goal is to continue to increase my mobility and drop 15 pounds.

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

No tricks or tips, just keeping my self accountable.

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

Not following Paleo, but working with my nutritionist (my wife) on meal planning to ensure I just eat smart foods.



What is your favorite cheat meal?

BBQ, cheeseburger, or chocolate chip cookies fresh out of the oven (Please no burnt cookies).

Hobbies? What are they.

Spending time with my family and playing video games

Favorite CrossFit WOD or movement?

Squats and wall balls

Least favorite CrossFit WOD movement?

Thruster & burpees and please do not add them in the same WOD

Biggest accomplishment so far?

Signing up and completed the open was by far my biggest accomplishment

What is the best thing about CrossFit San Leandro?

Everyone as CFSL wants to see you succeed and they invest the time to ensure that you do