

CrossFitter on Fire

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Occupation: Systems Manager

When did you join CFSL?

07/17/17 - 08/01/17 (I did basics, two regular classes, then quit.)

10/18/18 - present (hopefully this time will stick)

What made you decide to try CrossFit?

The first time was Britt.

The second time, Andrew made me go.

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

30 lbs

What are your current goals? And, future goals?

My current goal is to weigh 89 kg and snatch 100 kg.

My future goal is to weigh 81 kg with total of 275 kg.

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

Carpool with a friend or friends; it helped me feel less social awkward and kept me accountable.

Eat less calories than you use.

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

Intermittent fasting or OMAD with calorie counting while using my macros to guide what types of food I need to eat.

What is your favorite cheat meal?

Candy (gummy candies, chocolate candies, caramel candies, etc.) If it was more socially acceptable, I would just eat candy my entire cheat day.

Hobbies? What are they.

Making stuff out of leather (e.g., wallets, purses, satchels)

Cooking

Drinking

Favorite CrossFit WOD or movement?

Snatch

Least favorite CrossFit WOD movement?

Pull-ups

Biggest accomplishment so far?

80 kg snatch

What is the best thing about CrossFit San Leandro?

I like the people and enjoy hanging out with them in and outside of the gym.