

CrossFitter on Fire

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Occupation:

Prevention manager for The RealReal an e-commerce luxury consignment company.

When did you join CFSL?

I joined CFSL back in January of this year.

What made you decide to try CrossFit?

I've always been into working out. I had heard that CrossFit was a whole different level of working out, and I wanted to challenge myself. I wanted to get into the best shape and health I possibly could.

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

Since joining CFSL I have lost around 30lbs and counting, I have never felt so good.

What are your current goals? And, future goals?

My current personal goals are to keep pushing myself and push some serious weights. I'd like to get stronger and as healthy as can be. My future goals are to keep pushing myself and maintaining a healthier lifestyle

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

I don't follow any specific diet, I watch what I eat and allow myself a cheat meal which if I had to choose is always a BBQ burger with fries.

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

I don't follow any specific diet, I watch what I eat and allow myself a cheat meal

What is your favorite cheat meal?

BBQ burger with fries

Hobbies? What are they.

On any time off I'm always out and about with my fiancé we are huge Disney fans so you'll always catch us in Disneyland.

Favorite CrossFit WOD or movement?

I've enjoyed each WOD we've had. My favorite movement is the power clean and push jerk.

Least favorite CrossFit WOD movement?

can't say I have a least favorite, I'm always up for the challenge.

Biggest accomplishment so far?

My biggest accomplishment so far has been my weight loss and the level of fitness I'm getting to, I never would have thought I could get here this quick.

What is the best thing about CrossFit San Leandro?

The best thing about CFSL is the environment, the coaches and all the people. The level of comfort and motivation is what makes me keep coming back.