

CrossFitter on Fire

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When did you join CFSL?

First week of July

What made you decide to try CrossFit?

A lot of my friends and co workers are Crossfitters and they've always said I would love it. I had 2 feet of my intestines removed last December and wanted to get back into great shape and decided to really go for something outside of my normal workouts. CrossFit was the perfect fit

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

Weight has stayed the same but have lost fat and gained a lot of muscle. My body is changing weekly

What are your current goals? And, future goals?

Get stronger and faster every week and ultimately the best shape of my life

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

Positive mindset and future goals in mind

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

Not Paleo, just a well rounded diet and count the calories the best I can. This holiday season has been brutal and looking forward to cleaning up the diet after the holidays



What is your favorite cheat meal?

I have a sweet tooth like none other! So bad

Hobbies? What are they.

Love to travel and cook

Favorite CrossFit WOD or movement?

It's not pretty but Clean and Jerk

Least favorite CrossFit WOD movement?

Wall balls or Burpees. They just suck!

Biggest accomplishment so far?

Becoming a part of the CFSL family

What is the best thing about CrossFit San Leandro?

The camaraderie we all have is amazing!