

CROSSFITTER ON FIRE!

January 2020

All about Lucianne:

Occupation - Montessori Primary Teacher

When did you join CFSL? - I was looking for a place to workout that had a good community and would make working out fun again. I was tired of working out by myself.

What made you decide to try CrossFit? - I had tried it before and knew I enjoyed it.

What are your current goals? And future goals?- Right now is to get fitter/stronger and not get injured. :)

Trips or Tricks that have helped you with exercising? - One thing that I have heard from all the coaches was practicing and being consistent, so I just try to be consistent and try to work hard one day at a time.

What are your hobbies? - does CrossFit count as one of my hobbies? Hehe. I enjoy hiking, reading, binge watching on tv shows.

Favorite CrossFit WOD or movement? - I enjoy the gymnastics movements.



Least favorite CrossFit WOD or movement? -it is not necessarily a movement, but the assault bike is my least favorite thing to use.

Biggest accomplishment so far? - Being consistent and working out almost everyday.

What is the best thing about CrossFit San

Leandro? - The coaches and community. Everyone is encouraging and helpful, it makes it fun to come to the gym.