

CrossFitter on Fire

Cory Shearin

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When did you join CFSL?

September 2016.

What made you decide to try CrossFit?

I first tried CrossFit in 2015 at CrossFit Danville after winning a raffle. The raffle included a free basics class and one free month of CrossFit classes.

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

I have gained 15 pounds since joining CFSL.

What are your current goals? And, future goals?

My current CrossFit goals include achieving double unders and bar muscle ups. My future goals include participating in the 2018 CrossFit open.

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

Working out on a set schedule has helped me tremendously - It took me a while to figure this out. I started out working out in the evening and I found it hard to get to the gym consistently without giving up my social life. I found myself going to work, going straight to the gym, and not having much time for anything else. I finally tried getting up early and going to the 6 AM classes and I couldn't be happier with the results. I feel a sense of accomplishment and I put my day in the win column first thing in the morning - It's a great feeling.

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

I do not follow the Paleo diet. However, I do eat just about the same things every day during the week. I eat a pretty big meal in the morning after my workout that usually consists of boiled eggs, a lean meat, fruit and Greek yogurt with chia seeds. I snack on more fruit and nuts before I eat my lunch that almost always includes a turkey and avocado sandwich. For dinner, I will have a protein with veggies. This routine works well for me during the week as I usually only workout during the week. All bets are off on the weekend.

What is your favorite cheat meal?

I don't hold myself to a strict diet. I feel that we've all earned the right to eat what we want, when we want. With that said, Fried chicken is by far my favorite unhealthy meal. I don't consider Fried chicken as a "cheat meal" as I feel anyone not eating fried chicken is just cheating themselves.

Hobbies? What are they?

I like playing disc golf, gambling on sports, live music of all types, traveling, and drinking good beer. Not at all in that order.

Favorite CrossFit WOD or movement?

I can't say that I actually "enjoy" any CrossFit movements. I am better at some than others but they all bring pain and agony when combined together for any WOD. I think that everyone can agree that The best part about a WOD is when it's over. The sense of accomplishment and results of the pain and agony is what keeps me coming back.

Least favorite CrossFit WOD movement?

Overhead anything, stretching, and snow angels... Who needs 'em?

Biggest accomplishment so far?

Routine. I have learned how a normal workout routine can improve my life in many ways. Changes or demands through work or life seem easier and more accomplishable now. Everyone has a normal work or daily routine that they "have to do" but putting your mind (and body) to something that changes the way you approach your everyday isn't easy to do.

What is the best thing about CrossFit San Leandro?

You can get a workout in just about anywhere but what sets CFSL apart, are the people. It seems that everyone (trainers and fellow crossfitters) are people that I would hang out with or hold good conversation with anywhere. One thing that everyone seems to have in common at CFSL is success in life. Everyone seems to live their life with confidence, happiness, and success - Who wouldn't want to surround themselves with people like that.

