

CrossFitter on Fire

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When did you join CFSL?

About a year ago

What made you decide to try CrossFit?

I was having some severe orthopedic issues that were giving me a lot of problems at work

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

I feel like I have redistributed my weight. I still have a ways to go to reach my target weight

What are your current goals? And, future goals?

I'd like to be able to do ring muscle ups and hand stand push ups

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

Just to stay consistent and keep having fun. Crossfit does not seem like working out to me its just fun at the end of my work day

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

I try to eat a variety of food. I work out so I can eat what I want

What is your favorite cheat meal?

Anything after 9:00 pm I love eating late even though I know its not a good thing to do

Hobbies? What are they.

Playing with my dog and cat watching my grandson play little league baseball

Favorite CrossFit WOD or movement

I love when we do team activities

Least favorite CrossFit WOD movement?

Burpees

Biggest accomplishment so far?

Being able to do pull ups and to work all day pain free

What is the best thing about CrossFit San Leandro?

The people, the members and staff here are fantastic. There have been so many times that I get to class frustrated with the day, but by the time class is over I'm smiling and laughing at something someone did or said. I get home in a far better mood than I used to before I started