

CrossFitter on Fire

Adrianna Johnson

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Occupation: Fulltime Mommy :)

When did you join CFSL?

When I was in college I would come visit and train at CFSL so 2010 but then moved back here in 2016 and it became my home gym

What made you decide to try CrossFit?

In college(2009)! our conditioning coach was CF L1 so he trained us using mostly Crossfit WODs

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

My weight has fluctuated from being a college athlete, to having a sideline surgery (shoulder), to getting pregnant and gaining almost 50lbs, now down to my last 10lbs from being pregnant! Not focusing on a number just trying to be fit and healthy!

What are your current goals? And, future goals?

My current goal is to be an example to not only my daughter but to whoever is watching that being fit and healthy is a lifestyle and also a choice! I have complete control over my attitude and my effort every single day in the gym and out of the gym so my goal is to continue to remember that daily! And to get a ring muscle up!

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

I know I am just an over all a better person when I workout and eat well, I see a huge benefit in every area of my life so I try to just stay consistent! And compete with yourself and not with other people...don't get caught up in all the numbers!



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

Used to be! I count my Macros and meal prep EVERY WEEK for me and Matt!

What is your favorite cheat meal?

Depends on the day! I love a good margaritas and chips and salsa!

Hobbies? What are they.

Jesus,Wife,Mommy,Cooking,Pretties, & Crossfit.

Favorite CrossFit WOD or movement?

Burpees! Pistols! Box Jumps!
Any Hero WOD

Least favorite CrossFit WOD movement?

ROWING! & power cleans.

Biggest accomplishment so far?

Doing Murph 3 months Post baby and doing the Contra Costa Throwdown RX'd with Jen 4 months post baby!

What is the best thing about CrossFit San Leandro?

That I am able to bring Reagan to the gym and everyone loves on her and Coach Joanie! She's the bomb and makes me do stuff I don't always think I can do!