

# CrossFitter on Fire

## Terry Martinez

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Occupation: **Real Estate Broker/Owner**  
When did you join CFSL?  
**Feb. 2011**

What made you decide to try CrossFit?  
**My husband had joined to prepare for the Tough Mudder. There was an in-house throw down that used to be a Friday night thing for awhile at the old gym. I went to watch and saw women doing pull ups and thought I really wanted to try!**

Have you lost weight? If so, how many pounds?  
**No, in fact I have gained. But I also know I was semi-skinny-fat when I joined. I have tons more muscle than I used to.**

What are your current goals? And, future goals?  
**I recently decided that I was going to RX the weight in any wod, even if I can't do the gymnastics part (T2B/double unders/pull ups). I used to think that if I couldn't rx the whole thing, it wasn't worth it to use the heavier weight. Future goals: getting a handle on weight/fat loss to go with the increase in muscle**

Tricks or tips that have helped you with exercising or weight loss?  
**The best thing is to have someone you are truly accountable to, and motivated by. Surrounding yourself with people who sabotage your fitness efforts (even indirectly) is a no-go!**

Are you Paleo? If not, what is your diet/ or food plan you follow?  
**Not paleo, but have tried it for extended periods of time. I love nutrition as a whole, and am currently working (loosely) at macro counting**

Hobbies?  
**What are they. Honestly, owning a company and having a family there isn't a ton of time, but I'd probably say Crossfit and caring for my home**



What is your favorite cheat meal?  
**Cheese and cocktails**

Favorite CrossFit WOD or movement?  
**Deadlifts for sure, followed by any squat movement**

Least favorite CrossFit WOD movement?  
**Burpees, hands down!!**

Biggest accomplishment so far?  
**2 fold: With Adrianna's help, I have been putting in extra work...I have consistently come 4-5 times a week for 2 years, with the only "breaks" being vacations. Pretty proud of that consistency especially in my busy work seasons. As a consequence, the last 6 months or so I have PR'd pretty much every movement.**

What is the best thing about CrossFit San Leandro?

**The best thing is how inclusive the community is. As a 47 year old, non athlete, to be able to come into a place like CFSL and not feel intimidated is pretty amazing. Additionally, being part of our gym has increased my confidence to try other new things I never would have tried before.**