

CrossFitter on Fire

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Occupation: SFPD Specialist

When did you join CFSL?

03/2016

What made you decide to try CrossFit?

It's more like "WHO"... Mrs. CrossFitter on Fire 04/2014. Prior to Crossfit, I herniated a disc while working as an Alameda County paramedic. It made me hesitant to do any type of serious workouts. Once she started opening up my jars, I knew I had to try.

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

I lost 10 pounds when I first started but I found them early this year. Hopefully I can misplace them again.

What are your current goals? And, future goals?

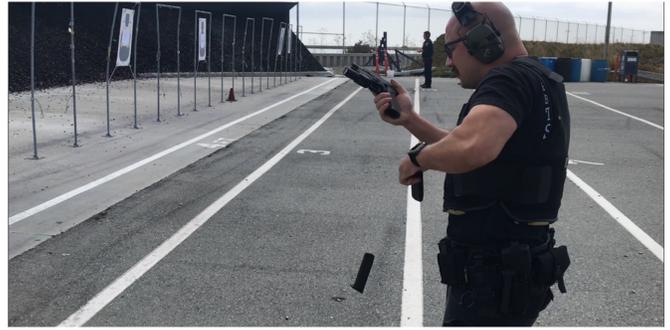
I want to build more muscle and increase my cardio. My future goals include keeping my back strong and stable.

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

Just go... Even if you don't want to or feel like it. You will feel better when its done.

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

No, not Paleo. I work nights so I try to eat whenever I can. I just try to limit the amount but sometimes its hard. That's probably how I found those pounds in #3.



What is your favorite cheat meal?

Super burrito from the Mission

Hobbies? What are they.

My biggest hobby is shooting guns. As a firearm instructor, I enjoy teaching skills and technique to others. I also enjoy tinkering with my cars.

Favorite CrossFit WOD or movement?

I am starting to enjoy overhead squats but my shoulder has pulled me aside and said otherwise.

Least favorite CrossFit WOD movement?

It's a tie between Thrusters and Wall balls.

Biggest accomplishment so far?

Ring Muscle up

What is the best thing about CrossFit San Leandro?

The folks... Everyone pushes each other to be their best.