

CrossFitter on Fire

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October 2018

Occupation:

I manage outsourced manufacturing for a biotech company.

When did you join CFSL?

Around April 2017.

What made you decide to try CrossFit?

Was tired of the monotony of running, and a friend who had been a regular of CFSL for many years recommended that I try the basics class. Haven't looked back since; it's been a great form of therapy.

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

Instead of losing weight, I've probably gained about 10-15 lbs?

What are your current goals? And, future goals?

Keep showing up to class... Would like to get a strict ring muscle up at some point in the distant future.

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

Sleep and rest well. And mix in other activities such as running, hiking, swimming, etc.

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

No real food plan. My kids say I eat too many eggs. I do try to eat healthy, get in a salad a day and avoid too much sugar.

What is your favorite cheat meal? **Fried chicken and waffles.**

Hobbies? What are they.

Hiking, reading, cooking, and traveling (for pleasure).



Favorite CrossFit WOD or movement?

I think I enjoy overhead squats? And strict pull-ups.

Least favorite CrossFit WOD movement?

Thrusters, thrusters and thrusters.

Biggest accomplishment so far?

Stringing together ~30 double unders without looking like I just came out of a lashing.

What is the best thing about CrossFit San Leandro? The entire community: the people, the 5am class, and the coaches.

