

CrossFitter on Fire

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When did you join CFSL? I joined CFSL in April 2019.

What made you decide to try CrossFit? I became interested in CrossFit while I was attending cross training/ kettle bell classes at a gym. I realized that I really enjoyed workouts that involved heavier weights and I was also noticing a bigger difference in my physique. I wanted to do more with weights and challenge myself further. I like that CrossFit is so scalable, and love (and hate) that its always challenging. Because there's so many workouts and movements, it's a nice balance between getting better at what you practice, but also doing something new.

Have you lost weight? If so, how many pounds? Though I haven't tracked my weight, I'd say I've lost about 5 lbs since I first started. I lost more initially, then I gained some weight back in muscle. Not a big number, but I can tell that my body composition has changed significantly since I first started.

What are your current goals? And, future goals?

Generally, I just want to continue to get stronger, be fit and healthy, and push myself. I remember thinking I would never be able to do a pull up! Now I can. I'd like to continue to see this type of progress, especially with respect to should to over head movements and some of the gymnastics movements that I really struggle with.

Tricks or tips that have helped you with exercising or weight loss? Eating well definitely makes a big difference! When I eat poorly, I find getting through the workouts much harder. Also, prioritizing proper form and scaling the workouts as you build your strength really helps. I've also learned that stretching is really important and makes a huge difference as well. There will be great days and not-so-great days, just keep pushing and have fun.

Are you Paleo? If not, what is your diet/ or food plan you follow? I'm not Paleo but I try to eat as many whole foods as possible (and avoid sugar). I do also track macros.



What is your favorite cheat meal? I have many! Right now I've been loving caramel and cheddar popcorn mix (though it's a snack food, I can easily eat a whole bag). But I also love pasta, ice cream and cake, burgers, and most southern food.

Hobbies? What are they. Aside from CrossFit, I really enjoy playing tennis as well.

Favorite CrossFit WOD or movement? Pretty much any leg movement--all squat variations, cleans, and I've grown to like thrusters as well!

Least favorite CrossFit WOD movement? Push ups and any shoulder to overhead movement. Ugh.

Biggest accomplishment so far? I'd say pull ups. The gymnastics movements are really difficult for me, so getting my first pull up was nice.

What is the best thing about CrossFit San Leandro? I really like the people, and the coaches are really great! I also love the variety of classes offered and the programming.