

CrossFitter on Fire

Byron Miranda

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**Occupation: Business Owner,
Audio-Visual-Lighting Company**

**When did you join CFSL? Nov 12th,
2018**

**What made you decide to try
CrossFit? I had a personal trainer
while doing crossfit for the first 3
months but i felt a lot better doing
the crossfit.**

**Have you lost weight? Yes If so, how
many pounds? 20 lbs**

**What are your current goals? Get to
150lbs and Run 30 Miles And, future
goals? Have a six pack and get
better at pull ups.**

**Tricks or tips that have helped you
with exercising or weight loss? Be
consistent and clear about what i
want to achieve**

**Are you Paleo? NO If not, what is
your diet/ or food plan you follow? I
don't really have a diet yet. Although
it will change once i get to my final
weight and i start the second phase.**

**What is your favorite cheat meal?
Fettuccine Alfredo**

**Hobbies? Yes What are they:
Running - Movies - Traveling**

**Favorite CrossFit WOD or
movement? Box jumps - Pull ups -
Handstand push-up**

**Least favorite CrossFit WOD
movement? Clean and jerk**

**Biggest accomplishment so far?
30" box jumps - pull ups - 8 mile run
everyday**

**What is the best thing about
CrossFit San Leandro? The people
and the friendly environment**

**Nov 8th, 2018 = 185lbs
Jul 1st, 2019 = 162lbs**