

CrossFitter on Fire

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When did you join CFSL?

Started 4 days since May

What made you decide to try CrossFit?

Wife and Daughter enthusiasm.

Have you lost weight?

If so, how many pounds? Yes. 10 pounds.

What are your current goals? And, future goals?

Build endurance and all around strength.

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

Build proper forms rather than go max.

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

No. I'm vegetarian half of the year. I try to stay with healthy carbs and minimum sugar.

7. What is your favorite cheat meal? Pizza and cakes.

8. Hobbies? What are they.

Cooking. Travel with old friends around the world and cook together.

Favorite CrossFit WOD or movement?

Split jerk.

Least favorite CrossFit WOD movement?

Burpees.

Biggest accomplishment so far?

Jump rope

What is the best thing about CrossFit San Leandro?

Great coaches and members are friendly.