

# CrossFitter on Fire

## Miguel Marquez

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Occupation: Wildlife Refuge Ranger for the U.S. Fish and Wildlife Service

When did you join CFSL?

April 2019

What made you decide to try crossfit?

Little brother Javier persuaded me (I've tried Crossfit while living in Arkansas but stopped due to wrists and shoulders)

**Have you lost weight, if so how many pounds?**

I did not weigh myself prior to starting Crossfit but it seems like I lost a few pounds.

**What are your current goals? Future goals?**

I want to lose weight (stomach) and hopefully get lean muscle and ripped! I would like to do a bar muscle up.

**Tips or tricks that have helped you with exercising or weight loss?**

I think what has helped me is bike riding and getting my cardio up.

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

Not Paleo. I do not follow a food plan/diet. I would like to get on a better eating plan. I love beer and tacos.



**What is your favorite cheat meal?**

Pizza, burgers, fries.

**Hobbies. What are they?**

I like to go camping and hiking while also birding. I like mountain biking with friends. I enjoy nature and wildlife. I would like to do more fishing. I love to cook and always on youtube looking at new recipes.

**Favorite Crossfit WOD or movement.**

Power Cleans.

**Least favorite CrossFit WOD or movement.**

Barbell overhead squats.

**Biggest accomplishment so far?**

Sticking with it for 6 months with a minor shoulder injury, lower back stiffness due to car accident, and wrists not being flexible.

**What is the best thing about CrossFit San Leandro?**

I enjoy the team and how the coaches are very supportive. Everyone is friendly and approachable