

CrossFitter on Fire

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Occupation:

Financial Analyst

When did you join CFSL?

July 2019

What made you decide to try CrossFit?

We were looking for a gym that had classes before work, that could have a variety and make exercise fun.

Have you lost weight? If so, how many pounds? Lost a few pounds on the scale, but down a couple sizes, and gained muscle. Looking a lot less like a loaf of raw sourdough.

What are your current goals? And, future goals? Better cardio, continue to get stronger. Continue working on technique for lifting. I want to be able to do strict pull ups.

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

Consistency - keep showing up. And it's ok to scale things to keep working towards technique and getting stronger.

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

No food plan yet. Wanted to make sure the exercise was a habit before making any changes.

What is your favorite cheat meal?

All of the things.

Hobbies? What are they.

Competitive team skydiving and large formation skydiving.

Favorite CrossFit WOD or movement?

Hang power snatch. Made me realize how fun weight lifting can be.

Least favorite CrossFit WOD movement?

I thought it was burpees. Until we did a bunch of thrusters.

Biggest accomplishment so far?

Not dying during the running/burpees WOD.

What is the best thing about CrossFit San Leandro?

The vibe and the coaching. Coaches are so friendly and knowledgeable - and patient, and can help with scaling or alternatives to make sure everyone gets a good workout, Rx or not. The vibe at the gym is great, so friendly and encouraging. Makes it easy to show up.