

# CrossFitter on Fire

## Mike Deglau

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### Occupation:

Software Engineer

### When did you join CFSL?

July 2019

### What made you decide to try CrossFit?

I was looking for a structured workout that was available before work that wasn't the same thing every day.

### Have you lost weight? If so, how many pounds?

My weight has stayed the same, but I have lost quite a few inches, and I'm less doughy.

### What are your current goals? And, future goals?

Current: 120KG sumo deadlift and 75KG power clean.

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

Just show up and do the best I can today.

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

No. I haven't started any special diet yet. I wanted to make sure working out became a habit before making other major changes.



### What is your favorite cheat meal?

Candy

### Hobbies? What are they.

Skydiving

### Favorite CrossFit WOD or movement?

Box jumps

### Least favorite CrossFit WOD movement?

Front rack sand bag carries or burpees.

### Biggest accomplishment so far?

Showing up consistently. Doing Crossfit for the last 6 months has put me in the best shape of my adult life.

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

The coaching staff is excellent. They all have great knowledge, and the ability to teach it in an understandable manner. The community is so welcoming. I never felt like I was an outsider.