

CrossFitter on Fire

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When did you join CFSL?

I joined in August , 2019

What made you decide to try CrossFit?

I wanted to try a new fitness journey and be challenge more than traditional gyms .

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

No I have not , I have gain muscle mass which I'm truly enjoying.

What are your current goals? And, future goals?

I don't have any specific fitness goals , although my main goals with CrossFit is to stay healthy as I'm no longer in my 20's and everything starts to slow down as we get older

Tricks or tips that have helped you with exercising or weight loss? I have found being consistent has truly help me stay on track and if I have a hard time with a CrossFit move it's best to practice also outside of class .

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

I'm not on any type of diet I try to stay away from process food and high sodium meals .

What is your favorite cheat meal?

I found since I've been in California, I enjoy Thai and Indian cuisine the most .



Hobbies?

It's crazy to say , but my favorite hobby is actually working out ... I truly enjoy the feeling after I complete a WOD .

Favorite CrossFit WOD or movement?

Deadlifts and any type of Squats

Least favorite CrossFit WOD movement?

Toes to bars , Kipping, and Burpees , double unders

Biggest accomplishment so far?

Finally able to do at least 10-20 double unders in a workout

What is the best thing about CrossFit San Leandro?

I truly enjoy the way coaching is set up and being able to get assistant from coaches if needed .