

CROSSFITTER ON FIRE!

September 2020

All about Linda:

Occupation - Quality Assurance Rep for U.S. Army Corps of Engineers

When did you join CFSL?

-2015, have been mostly on a punch card until a few months ago

What made you decide to try CrossFit?

- I've always been in to fitness, so when someone back in the military introduced it to me it just fit and has been my favorite ever since.

What are your current goals? And future goals?

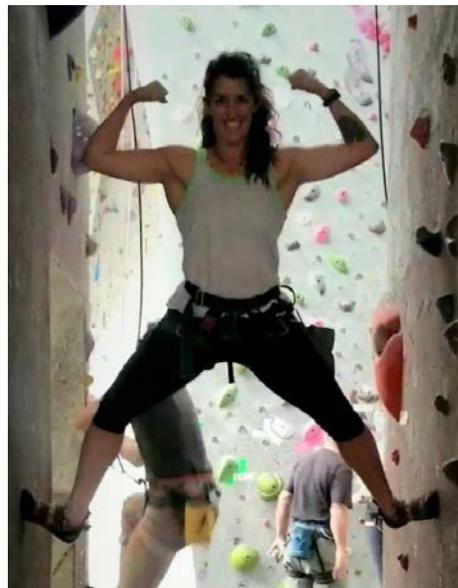
- Just to be functionally fit. I like being able to join in on any activity and know that my physical fitness won't be what holds me back. Anything from rock climbing to spartan races to carrying my kid(s) on a hike to busting out some pull ups in a fair booth to win a prize.
- Future goal: I think I'd like to have a visible six pack someday.

Tips or Tricks that have helped you with exercising?

- Finding the right cues that work for me.
- Sometimes it's as simple as getting my shoes on to kick start the motivation.
- Mentally prioritizing exercise each day, and basically making the decision in advance that I *will* do it.

What are your hobbies?

- CrossFit! Pokemon GO. Friendships. Being outdoors.



Favorite CrossFit WOD or movement?

- Push press. After injuring my back in a heavy PP earlier this year, I've worked to reshape my technique and learn how to engage my core properly. So not only does it feel really good to throw up bigger weights now, but it's also my favorite core workout.

- I also really love flipping tires, which was one of the first CF movements I did. There's actually a youtube video of skinny Linda flipping a 600# tire ;)

Least favorite CrossFit WOD or movement?

- The assault bike. Just kidding, it's single arm db overhead squats.

Biggest accomplishment so far?

- in the gym? being able to RX majority of the wods (this has taken years!)

- in life? learning how to be my best mom self while still honoring who I am without kids.

What is the best thing about Crossfit San Leandro?

- Like everyone says: The Community. And at the risk of sounding like a suck up - Ruth. This recent quarantine mess has shown some true colors, and it has made me proud to call CFSL home.

- More specifically what I like about the community is that despite how different we are outside of the gym, us coming together for the goal of bettering ourselves - which looks different for each individual - provides such an uplifting, accepting, and supporting environment. I haven't been able to find that anywhere else.