

CROSSFITTER ON FIRE!

February 2021

All about Yiping:

Occupation - Manage outsourced manufacturing for a biotech company

When did you join CFSL? - Mar 2017

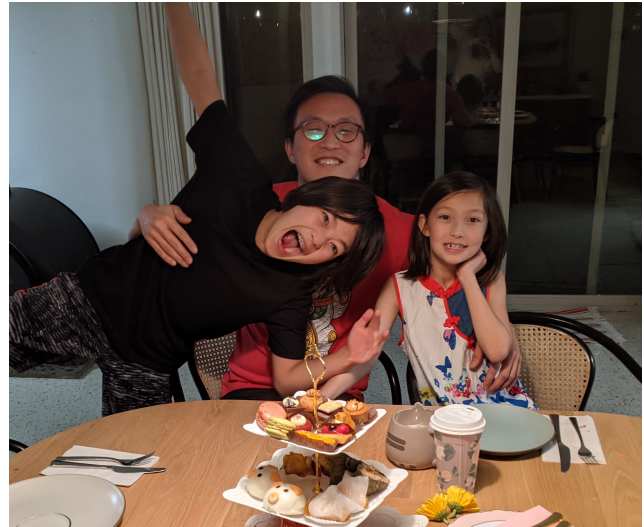
What made you decide to try CrossFit? -

Was tired of running and it was a timely introduction to CrossFit by a friend to try something different

What are your current goals? And future goals? - Current goals are to eat healthier and get more sleep... Future goals are, maybe at some point, a bodyweight shoulder press and a strict ring muscle up

Trips or Tricks that have helped you with exercising? Focus on form, not weight

What are your hobbies? Hiking, reading, traveling



Favorite CrossFit WOD or movement? WODs that do not have heavy hang power cleans

Least favorite CrossFit WOD or movement? WODs that have heavy hang power cleans

Biggest accomplishment so far? Continuing to show up after starting almost 4 years ago

What is the best thing about Crossfit San Leandro? The people, the community