

# MemberSpotlight



Aug 2018 - Sabina Llerenas



Athletic Background: Ever since middle school I have been running cross country and track & field. I really like to run!

When did you start CrossFit and what about it drew you in? I started crossfit two years ago and fell in love with it! I remember being nervous for my first WOD because I had no idea what to expect. Thanks to the Posted family, they encouraged me throughout the entire WOD, and that's when I knew crossfit was for me. I love the crossfit community because we are training and encouraging each other to become better athletes. I'm always excited to walk into Posted because I know that I have a family there that will push me to be the best I can be!

Favorite and least favorite WOD/movements? I am a huge fan of double unders! I just learned how to do them! I'm not that great at them, but they are still really fun. I am not a fan of wall balls! I'm only 5'1 and it's hard to throw the ball pass the line when you're short!

Biggest personal accomplishment since starting CrossFit? My biggest accomplishment would be when I participated in the open. I did it for my first time this year and I thought it was fun! I can't wait for the next one!

One Crossfit goal you still have? I have numerous crossfit goals. One of them is to participate in a Murph one day.

One random "fun fact" about you! Fun fact! I became one of the top twelve runners on my cross country team thanks to crossfit!