



January 2017 - Andy Brook



I've been a swimmer my whole life, from middle school through college, and I also ran Cross Country in both high school and college. Soon after school, I started coaching swimming, but only swam a little bit myself. I found that I couldn't write workouts for myself. I would modify them while I was doing them to make them easier. As I stopped swimming, I also stopped running. This became very difficult for me as time went on.

I started Crossfit right after Anne and I got married. A very good friend of mine was already working out at CF312 and I decided to join. The intensity of the workouts combined with my not needing to develop the workouts themselves(I just needed to show up and do what was prescribed) really drew me in.

Favorite movements: Rowing and Wall Balls. These are movements that I'm really good at and can just do.

Least Favorite Movements: Anything bodyweight, i.e. pull-ups, HSPUs(not that I can do them), etc....Burpee's really top this list.

One my proudest crossfit moments was when I was able to actually do pull-ups during the open this year. I'm still not very good at them as I need to pull a lot of mass, but I was able to do them.

A crossfit goal that I still have is to get to the point that I can do these bodyweight movements the same way I can throw weights on a bar around. While not easy, at least doable. Specifically I'd like to be able to a Hand Stand Push up. A Muscle up is the very stretch goal, but I think the doable one is HSPU.

One random fun fact about me: in college, my nickname on the cross country team was ducky, a swimmer who could run if needed.