



June 2018 - Mary Becerra



Athletic Background: I have no athletic background. My brother received all the athletic genes of our family. :)

When did you start CrossFit and what about it drew you in? I started Crossfit in September 2016. I began crossfit because I wanted a harder workout than I was receiving at the regular gym. and at that time my husband was already doing crossfit and the way he was describing it to me I wanted to finally try it. And after I did try it, I fell in love with it. But I do have to say it's just not the the great workouts that keep me coming it's the great friendships you create that helps. It's a great feeling when you accomplish a goal and you have your gym there cheering you on.

Favorite and least favorite WOD/movements? Favorite move is kettlebell swings and least favorite is burpees.

Biggest personal accomplishment since starting CrossFit? I feel that any new movement I accomplish at the gym is a big accomplishment because as I stated above I was never an athletic person before and to be able to do some of these movements in my forties is an accomplishment to me.

One Crossfit goal you still have? My goal for this year is to get double unders.

One random "fun fact" about you! Fun fact is I started crossfit to spend more time with my husband, but ended up loving doing it as much as he does.