

Member **Spotlight**



Dec 2018 - Gina



Athletic Background: I played any offered sport as a kid then stuck with soccer year round through high school. Since then, mostly running and various gym rat activities.

When did you start CrossFit and what about it drew you in? I started CrossFit in 2016- I did a trial class and loved that it was intense but structured. My life has gotten chaotic so to walk in, be told what to do to work hard, and then exit- worked great!

Favorite and least favorite WOD/movements? Least- BENCH PRESS- UGH SO BORING. I yawn thinking about it. Favorite- anything with the box (jumps, step overs...) Front squat... and I like the long WODS- 45 minute WOD, I'm IN

Biggest personal accomplishment since starting CrossFit? Toes to bar. After 4 kids it seemed like an impossible movement but one day the toes hit bar and whoa- how did that happen!?!?

One Crossfit goal you still have? Pull up. Someday...

One random "fun fact" about you! I spent 2 years after college only accepting jobs if I would be living on islands. It was awesome!