

# CROSSFIT *East Auckland*

## ACCEPT THE CHALLENGE

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**Athlete of the Month: Warren Lowe**

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***By Warren***

**May 2016**

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**How did you discover CrossFit and why did you decide to give it a go?**

Seeing the varied routines and challenging CrossFit exercises on TV

**What were you doing sport/exercise wise before CrossFit?**

Running and also tried Gym but found this to be a little boring and same old routine.

**What is your favourite CrossFit exercise?**

Power Cleans

**Most hated?**

Skipping

**What changes in your health and performance have you noticed since starting CrossFit?**

Since starting CrossFit, my fitness levels have increased immensely which has had a very positive impact on my day to day living.



**What is the song that gets you pumped up for a workout?**

Anything with a good beat to it.

**What is one word that people use to describe you?**

Smiler

**What is your Favorite activity outside of CrossFit?**

Spending the day on my dirt bike at Woodhill.

**What is your favourite place to eat in Auckland?**

Wildfire

**The last thing you ate?**

Sushi



***And the coaches thoughts.....***

“A top bloke” Warren has an awesome attitude to his training. Smart but still challenges himself every session.

He has been known to visit the box in the morning and then again in the evening, or perhaps that’s Warren and then Warren’s brother? ;-)

**Proudest accomplishment at CrossFit?**

Two second handstand.

**What are your goals for 2016?**

Stay out of trouble!

**Which CFEA member inspires you the most?**

The Team of CFEA Coaches. They are very supportive and encouraging.

**What advice would you give to someone with regards to starting CrossFit?**

To start slowly and not to feel intimidated by how many of the exercises you can’t do, because as you progress, the rewards of being able to conquer those difficult exercises is truly rewarding.

Not only does he train hard but it’s also down to his specialty skills that we have lights in the new Howick box.

Warren we love having you as part of our CFEA Community and your grandkids are gorgeous!

