

My workout experience at CrossFit 7220 over the last 3 years have transformed my body and my outlook on life. I was topping the scale at 270 pounds with a whopping 50-inch waistline. Due to my cardio induced asthma I have always been obese, fat, or overweight and unable to physically participate in most to all activities. Over the years I have tried every weight loss boondoggle there was under the sun, but nothing seemed to work. One December evening I was complaining to my sister in law, who at the time was going to 7220, about my weight. As a late Christmas present she bought me the boot-camp for January and a subscription for February as a birthday present. I started slowly but regularly attending 5-6 days a week, as well as, going on the Paleo diet. With the combination of dieting and regularly going to classes, I accomplished my goal to lose 110 pounds and decrease my waistline by 20 inches.

The combination of a proper diet, regularly working out, and the theory of muscle confusion really changed my body. I feel I'm in the best physical shape of my life and really look forward to my daily classes. There is a place to start for everyone at Crossfit 7220 no matter age or skill level and I would recommend this to anyone looking to get healthy and change their body image. If it worked for me, it can work for you.