

I am a 57 year old male and have been exercising since I was in my early 20's. I have gone from "The Nautilus" work out –similar to cross fit, running with some upper body exercises, weight training exclusively with a couple days of cardio thrown in, spin classes and finally Cross Fit.

Cross fit has me in the best shape of my life. I am doing things I would not even consider prior, like dead lifts and back squats (back surgery 5 years ago). I have arthritis in my hips and have gained a lot of flexibility which enable me to perform most if not all the WADS fairly good for my age.

I feel that Todd the owner and head trainer has a great grasp on cross fit and especially the dieting aspect of overall fitness. He does a good job of pushing just the right amount, while understanding each person as an individual and treating you as such.

After training the Cross Fit way for about a year and a half, I could never go back to any other way of training. Thanks Todd for all your support, and thanks to the cross fit family which I feel is getting closer all the time with lots of support for each other.

Sincerely
Albert Daly