

DAVE GONZALEZ



Crossfit Certified Instructor

I've been playing volleyball for about 20 years now. About 3 years ago my younger brother and I were playing semi pro beach volleyball down in Santa Cruz, Ca. Up until that point our workouts consisted of 2 hours in the gym doing back and biceps-chest and triceps, and occasionally legs with no cardio what so ever. The first tournament we played in we got about 5 points in and both looked at each other hands on our hips ready to fall over. We had no endurance or flexibility the 2 main components you need in order to run and jump in the sand all day. We ended up going home early and knew we needed to make some changes in our training style.

We researched workouts online and found a place called Gym Jones in Utah that promoted high intensity full body weight workouts - CROSSFIT. We started taking specific exercises like pull-ups, pushups, and Olympic lifts and would time each other through 5 rounds. We immediately saw and more importantly felt the results of our new workouts. In the 6 months before the next season we never repeated a workout. We became the team that no one wanted to play.

It wasn't until last year when I decided to sign up for my CrossFit certification where I started trying out actual CrossFit workouts off the website. Yet another humbling experience! The first WOD I tried was Fran and I couldn't believe how insanely hard doing 2 exercises especially pull-ups (an exercise I felt I was very good at) put me on the floor and I don't think I moved for an hour. What I love about CrossFit is no matter what you think your fitness level is the Workout of the Day lets you know there is always something to learn and improve on.

