

February Chris Kenney



**FLORIAN
MEMBER
OF THE
MONTH**



Chris "CK1" Kenney won the 1st LBNC, so it is only fitting that as we wrap up LBNC3 we honor CK1 as our newest member of the month. You can find him WODing with Luigi at the 7am with the world's loudest jump rope.

Hometown: Born in Norwood, currently residing in West Roxbury

Age: 30

First start at Florian: December 7, 2011

Chris Kenney

Favorite WOD: Grace & Baseline. If I ever designed my own WOD it would be just like Grace, a moderately heavy weight, that didn't involve much

movement and only took a few minutes. The Baseline is something we used for LBNC1 and it is one of the few workouts that I can do as a full out sprint from the row all the way through the pull-ups. Plus it was one of the main reasons I was able to win LBNC1.

Least Favorite WOD: Elizabeth, CF Football and Buck Furpees. Elizabeth has way to many squat cleans, CFF football took me too long and my arms and back were so sore I needed 2 days off. 20 minutes of Burpees, enough said.

Tell us about your sports & fitness background: Played every sport growing up and through high school, but decided not to play football in college. I graduated high school at about 285 pounds and by the end of my freshman year of college I was 320 pounds. Over the years I was able to slowly reduce my weight to between the range of 255-285lbs through all different types of diets and workouts. I did the traditional weight lifting routine, played basketball, softball and flag football to stay active. Eventually I moved onto P90x which provided me a pretty strong baseline to transition into Crossfit.

How did you first get exposed to CrossFit? Luigi, Sheehan (Sheezy) and myself are buddies from high school and I had known that both of them had joined and really loved what they were doing. Also, my brother Tim had joined at Craic for a month and really liked the workouts. So when I got laid off, I thought it was the perfect time for me to join.

Take us back to your first WOD... what was it, and how did it feel? The first WOD I ever did was the intro class which was a 7 min AMRAP with 7 wall balls, 7 burpees, 7 sit ups and a 75m row. Normally the workout was supposed to be 10 minutes but I was with two other large bodies (including Nick S.) so they cut it down for us. At the end of 7 minutes I was so winded, but so excited that this was the thing that was going to completely change my life. I signed up that day and have never looked back.

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? Other than the physical changes in appearance and health (lower blood pressure, been able to manage my gout), I think it has made me mentally tougher, more patient and very passionate about exercise that always seemed like a chore for me. Now that I have gotten Mrs. CK1 to join it has really helped us grow closer and gives us something that we can always do together that we really enjoy.

Please share with us any favorite CrossFit moments: Winning LBNC1 was probably the best highlight for me to date because it showed me what I could accomplish by working hard and eating right. A lot of the strength accomplishments have been very rewarding for me because it shows how much I improved and that I can be stronger at 30 than I was at 20 even though I am 60 pounds lighter.

Any advice for people just getting started? Yes – focus on technique, write down all of your workouts and take photos of yourself! To me weight was the only number I ever cared about, now it is secondary to me, it is all about how I look and feel. If I don't have the reminders of how much stronger, faster or leaner I am getting than weight can be a very misleading guide.

What are your hobbies, interests and/or talents outside of CrossFit? I love sports whether I am playing, watching or talking about them.

I also really enjoy business and at some point in the near future I want to be my own boss. I am really interested in tech and gadgets, seeing how the technology is making life better virtually every day.

I love reading biographies and non-fiction books mainly about sports.

My main talent before starting at Crossfit was my incredible ability to eat. I love pizza and virtually anything with sugar on it, although I have dramatically changed my diet and am a shell of my former eating self. I just went the entire month of January without having any ice cream.

What is the origin of CK1? When I started Bill and Beau would always write the names on the whiteboard. Beau called me the 'Beard' and Bill always wrote CK1. I didn't really want people referring to me as beard because it was only temporary so I stuck with CK1. Plus it would separate me from anyone else with the initials CK, which I still don't think there is another member with those initials. Most of my friends or family members call me fufa or shrek.