

# SPECIAL EDITION



# LBNC

LOOK BETTER NAKED CHALLENGE

## WELCOME NEWBIES



- Mike Sheehan
- Sal Demarco
- Sondra Chandler
- Marcieli Pastorio
- Jason Kelly
- Leigh Duffy
- David Bararowski
- Elizabeth Loftus
- Shawna McCusty
- Dave Drecchio
- Deb Wahlen
- Adam Castagno (OG)
- Dan Carey (OG)
- Mary Herbert
- Jen Engel
- Anthony Rodrigues
- Greg Kenney
- Christine Kostecki



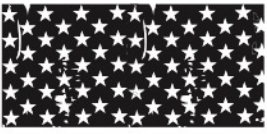
This may have been the most challenging LBNC to date. For 10 weeks you all became expert counters: of macros, calories, water drank, beers not had, workouts completed, and even hours of sleep. And the best part? You did it all by yourself.

Win or lose, be proud of your progress and all you've learned. Because though LBNC may be done, your progress and growth sure as hell isn't.

Keep on the journey!

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## RUNNER UP...

### Beth Cabral

#### What was your favorite part of this challenge?

My favorite part of the challenge was that my entire family got into it. Even though he wasn't in the challenge, my husband also counted macros. That was a huge help because he really understood the whole process. All of the kids learned how to weigh and measure food. There were lots of conversations about accurate portion sizes. We all ate the same thing at dinner every night. I didn't feel like an outcast just because I was tracking my food.

#### What was most challenging for you?

The most challenging part was the social aspect. I really missed going out and spending time with my friends. It was just easier to stay home and prepare my own food. Also, 10 weeks without any alcohol was definitely not easy!

#### How do you feel about your progress?

I feel really good about the progress that I made! I can honestly say that I gave it everything I had.

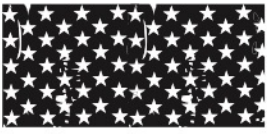
#### What is your next goal?

My next goal is to lose some additional weight. I am planning to continue to track my macros. I would also like to become more creative with my meals. I definitely ate a lot of the same foods because it was easier. I'd like to add some variety to my meal prep.

#### What was your favorite macro-friendly meal?

My favorite macro friendly meal is buffalo chicken flatbread (27 F/28C/51P)





## SPRING LBNC '17 2ND PLACE & POINTS LEADER

### Beth Cabral

#### WEIGHT

186.20 - 170.20  
- 16.0  
8.59%

#### WAIST

38 - 32.75  
- 5.25 13.82%

#### BENCHMARK #1

14:32 (10s) - 15:50 (rx)  
+ 1:18 8.94%

#### BENCHMARK #2A / 2B

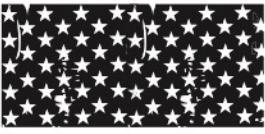
79 - 128  
+49 62.03%  
Same

#### BENCHMARK #3A / 3B

10:38 - 11:23  
+ :45 7.05%

33 - 45  
+12  
36:36%

Beth achieved these results despite having to miss gym time & modifying a large portion of Florian's workouts due to a hamstring injury on 5/21.



## WINNER WINNER CHICKEN DINNER

### Scott Maffei

**What was your favorite part of this challenge?**

I really enjoyed waiting for the weekly challenges to be announced and meeting with other LBNCers to get them done!

**What was most challenging for you?**

I did not enjoy zeroing out my macros.

**How do you feel about your progress?**

I'm excited with the results and looking to see what additional progress I can make this summer. I think it's wise to view this as a mid-point check-in rather than After Pictures and End Results. We'll see what the next couple months bring...

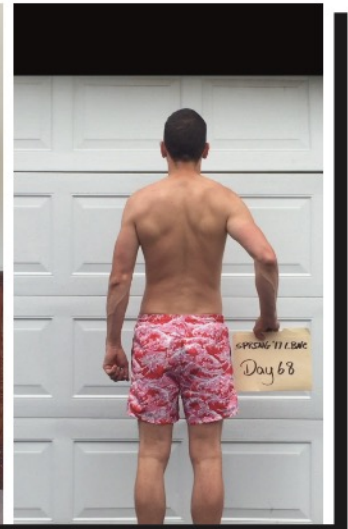
**What is your next goal?**

I like the concept of using the LBNC as an experiment with your body. Last challenge, I explored with different superfoods, and this time I tried a plant-based diet. Going forward, I'll continue tracking macros and want to explore variations of the plant-based diet and how I feel as I try variations of my numbers.

**What was your favorite macro-friendly meal?**

I had a few staples:

- Kodiak Cakes (45 C/ 3 F/ 21P)
- Cauli'flour "Chicken" pizza (26 C/ 25F/ 36P)
- Beyond Burger Patty (6 C/ 22 F/ 20 P)
- b.good West Side Veggie Burger sub bun with veggies (64C / 13F / 17P)





## SPRING LBNC '17 1ST PLACE

### Scott Maffei

#### WEIGHT

167.40 - 151.70  
- 15.7  
9.38%

#### WAIST

34.90 - 31.88  
- 3.03  
8.67%

#### BENCHMARK #1

15:37 - 12:56  
- 2:41  
17.18%

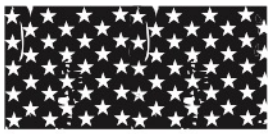
#### BENCHMARK #2A / 2B

Same / Same

#### BENCHMARK #3A / 3B

6:45 - 6:08  
:37  
9.14%

55 - 70  
+15  
27.27%



# HONORABLE MENTIONS

These LBNCers may not have placed, but they definitely won. Looking good, folks.





# CRUSHIN' IT

Mike T  
Murph Rx

Jim P.  
1st Ring MU!  
1st RX WOOD/Ring MU's

Paul C  
Front Squat 255# +20 PR

Tracey:  
Annie RX/6:30

ARAN 100 UB Situps

Kathi #90 FS

CK  
205# Snatch

Scott M  
1 mile  
6:08

Suzi  
Rope  
Climb  
2 T2Bs in  
A MOD!

M+M  
2708P

MATT G.  
107 UNBROKEN  
DUBS  
BACK SQUAT 350#


FAGAN 1 MILE 5/3  
10:02.<sup>54</sup>

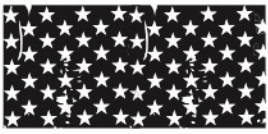
FAGAN 1 MILE 5/4  
9:08

FAGAN 5K  
29:59

Nat:  
Sunbroken  
Bar MU  
Snatch # 140

CHRISTINE W.  
HPC 160#





## THROW IT ON THE GRAM!

Don't forget to use the hashtag **#cffhook** when posting pictures to Instagram. They should be any & every pic you have from around the box, Crossfitty stuff done outside of the gym, social outings etc. If it involves Florian, it's members or CF it should be #.

