

SPOTLIGHT

Chad Niebrugge

“A little over a year ago, I was on my computer reading something exactly like this.

Someone's story on why they joined CrossFit Effingham, and talking about how it's helped them in multiple aspects of their everyday life.

I honestly didn't believe any of that. I was only trying to get in better shape, and ultimately looking the part. A couple days later I walked into Crossfit Effingham to a group of 9 strangers and Coach Siemer that I was supposed to train with.

After I completed my hardest workout to date, I said goodbye to 10 new friends. The atmosphere was something I definitely wasn't used to. Everyone was running around in the most organized mess I've ever seen all while AC/DC blared through the speakers. I've never been to a place where the other members and a Coach is on the ground next to you to talk you through the last few minutes of a grueling workout.

Now if I said everything just started falling into place, I'd be lying. I've been tested physically and mentally more times than I care to count. Not to mention the times I wanted to walk away from it all together (the coaches talked me out of it every time of course). But I've come to realize, that's when you grow. The moment your mind tells you to quit but your body keeps working is when the real growth starts. Everyday you do this, you become a better version of the person you were yesterday.

In the past year I've learned more about myself, fitness, nutrition, teamwork, attitude, patience, how to have fun during your workout then I have in years at any traditional gym.

When you start having fun and truly enjoy what you are doing, everything will start to click. Well sort of, the workouts don't get easier and catching a barbell with 200lbs or more is still pretty intimidating. However, I am taught how to handle these situations with confidence, and with the correct form, weight isn't the issue. It's all in your mindset. I can't say that mine is exactly where I want it to be, in fact I have a long way to go. But I can say it's noticeably different as compared to a year ago.

The goals I had set for myself that seemed to be unattainable were CRUSHED, and the results I am most proud of are the ones you can't see through a camera lens.

All the aspects of my life that I didn't think needed improvements are by far the best changes. Those "friends" you train with become family and that

family is the group of badassess running around flipping tractor tires on South Banker.

I came to realize that pushing yourself to be the best person you can possibly be is the most rewarding feeling of all, and the physical results I've chasing for so long are merely a good side effect.

1 year in with results that don't need explaining.”

Chad's go to time: 5:30 or 6:30 pm

CrossFit Effingham was established in 2012 Coach Siemer has been training since 2004. He along with his staff of 5 coaches are crushing goal everyday.

Community-Driven-Results

1310 South Banker, Effingham IL. 62401

Sign up for a Free Session to check it out.

www.CrossFitEffingham.com - 217-343-3979

