

**Name:** Brandon Bueter

**Current City:** Waterloo

**How long have you been at CrossFit Kilo?** Since August 2013, a little over a year

**Why were you nominated as athlete of the month?** Over the last several months, I've really been working on identifying my weaknesses and working on them in and out of class. Whether it's being lacking the technique or being weak in certain lifts, movements, or skills. The extra work and effort during my workouts got me nominated.

**Biggest Accomplishment since joining CrossFit Kilo?** Just reaching the level of strength and fitness I am at now feels great. Prior to joining Kilo, I had just started getting back to the gym after doing almost nothing regularly for exercise for many years. Also, finding that competitive drive that I had in sports during my younger years has been great, too!

**Favorite lift?** It used to be the clean & jerk, but I've been working on the high amount of technique and form during the snatch and that difficulty is enjoyable and motivating to me.

**Favorite WOD?** I don't really have a favorite WOD...I try to look at each as an opportunity to work on pushing myself in that situation and set of movements. That being said, I'm excited to do Diane again at some point. I enjoy having deadlifts in a WOD and I've struggled with handstand push ups, so I've been working on the strength and technique for those and getting better at them. That workout has crushed me a couple of times, so I'm excited to give it another shot soon.

**You're halfway through a WOD and want to quit, what do you tell yourself to keep going?** Mentally, I focus on completing smaller sets of reps to get to the total. It's a mental trick Armand told us about a while back. Otherwise, I know that I'll never get better by quitting and that competitive part of me wants to get better.

**What is the next goal on your list?** I've got a few goals that I'm working toward right now including strict muscle ups, a 100kg snatch, and 120kg C&J. I think it's important to have goals, both short term and long term.