Name: Angela Nieto

Current City: Cedar Falls

Occupation: Manufacturing Engineering Supervisor for the 6R tractor at John Deere

How long have you been at CrossFit Kilo? 2.5 Years

Why were you nominated as athlete of the month? Because I work hard, I am consistent and I don't give up on my goals.

What made you start CrossFit in the first place? I had never lifted weights in my life so I wanted to try it. I also liked the variety of movements and was intrigued by many of them.

Biggest Accomplishment since joining CrossFit Kilo? Convincing Armand to start a 4:30AM class ☺

In all seriousness, I think my biggest accomplishment has been to let go of wanting to be skinny and embracing the journey to become stronger.

Favorite lift? All Squats, but Overhead is my favorite

Favorite WOD? I love long WODs (30 mins plus). I feel I can get my mind in a really good place when I do them.

You're halfway through a WOD and want to quit, what do you tell yourself to keep going? I never think about quitting. I always tell myself, "one rep at a time" and "I am going to finish this thing to matter what!"

What is the next goal on your list? Bar muscle ups and that darn heavy deadlift!