
THE CrossFit LIFE

Trunk Full of CrossFit

Derik Ledesma turned the trunk of his Honda CRV into a mobile CrossFit gym—and still made room for his kids' car seats. Hilary Achauer reports.

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All images: Derik Ledesma

The most common places to do CrossFit are in an affiliate, a home gym or a Globo Gym.

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Derik Ledesma does CrossFit out of his car.

Ledesma is graphic designer who works for an ad agency in Omaha, Neb. He has two children, ages 2 and 1. A lifelong athlete—Ledesma played college football at Concordia University—he used to work for a business where he would hit up the company wellness center every lunch break.

“This was two years ago,” Ledesma said. He worked out with a group of friends, and “we kept each other accountable and could not see ourselves sitting at our desk through lunch.”

Ledesma went through a few rounds of P90X in October 2008. He finished 89 of the days, missing the last one because he was in the hospital welcoming his daughter Ava into the world.

“I started another round of P90X a few months later and kept some of the workouts going at the gym with my buddies. We stuck to the traditional style of training since we never really knew of much else. One of the workers at the gym noticed our workouts and mentioned we should try something called ‘Barbara.’ So we came in the next day and decided that would be our workout. I was hooked immediately and started to incorporate some WODs in our routine,” Ledesma said.

Ledesma loved the beatdown from CrossFit. He and his friends switched to a gym with more equipment so they could do more CrossFit workouts, but it was still a typical Globo Gym setting.

“We definitely got some weird looks as we were carrying 45-lb. plates overhead while running and doing all the other fun stuff,” Ledesma said.

He quit the gym when he had accumulated enough bumpers, bars and kettlebells. He installed a pull-up bar in his garage, covered the wall with dry-erase paint, and gathered sleds and his own tractor tire.

“It was a great feeling!” Ledesma said.

Even though Ledesma had a fully equipped garage gym, his lunch break was still the best time to work out, especially with two young children at home. Ledesma was addicted to CrossFit and had all the equipment. How could he continue to do CrossFit at lunch without an affiliate near his work?

One day, Ledesma had an idea. He decided to load the equipment he needed for the day’s WOD in the trunk of his Honda CRV. A new routine was born.

“What I usually will do is check the main-site WOD or some other affiliates I follow. Based off of what they post, I load my car in the morning before heading off to work. One day I did heavy deadlifts and had 450 lb. of bumpers and bars in my small Honda CRV!” Ledesma said.

His kids love riding surrounded by his CrossFit toys on their way to daycare. His daughter often asks about his workout for the day.

“Someday I’ll get a truck, but for now the equipment fits in my car, and I even use the side of my car to do handstand push-ups. I don’t ever want to have an excuse for why I cannot get a workout in,” Ledesma said.

Equipment Loaded in Ledesma’s Honda CRV

- Bumpers: four 45s, two 35s and two 15s
- Rogue bar
- 11-foot rope he braided himself
- Olympic-lifting shoes
- Chalk bucket
- Squat stand
- PVC pipe
- Jump rope
- 1.5-pood kettlebell
- 2 rubber pads to save his seats and for bumpers to land on instead of concrete
- Two toddler car seats





Sometimes, Ledesma treats himself to an indoor WOD. But only sometimes.

Another essential element in Ledesma's car CrossFit routine is **WODstack**, loaded on his iPad. WODstack is a free application developed by CrossFitters that includes a WOD log, sorting and tracking features, and the ability to keep WODs private or share them with an affiliate or other people using WODstack. WODstack users can also follow other users on Twitter, which is how Ledesma discovered the application.

"I try to follow several people within the community to stay connected to the latest news and get support from them to help me become a better athlete," Ledesma said. "I use it (WODstack) to track my benchmarks while away from my garage. Before I would have my wife snap a photo of it if I forgot some of my numbers and text it to me so I knew what to shoot for during my lunch WODs. Now I just pull it up on my iPad, start the timer and go!"

In addition to his lunchtime car workouts, Ledesma just joined an affiliate, CrossFit 402 in Omaha, Neb., to get help with his Olympic-lifting form and put himself into a competitive environment. Ledesma is looking forward to doing the 2012 Reebok CrossFit Games Open WODs there; last year he had to get someone to film and judge them for him.

"What I love most about CrossFit is the community and the feeling you get after seeing yourself and others push each other to the limits. I never had this feeling doing biceps in the gym for an hour. I think the other part I love most about CrossFit is the Olympic lifting. Perfecting technique and then increasing your load on the lifts and hitting a PR is an awesome feeling!"

