

Hi everyone my name is Joey Comeau and I'm proud to say that I'm a trainer at Compound Crossfit. I was not born with any natural talent or gifted with athletic ability growing up. I've had to work extra hard at anything I've done in my life to be just mediocre. But Ryan and the Compound showed me that Crossfit is not about specializing in one specific thing, but being good at everything across the board. I'll never forget my first workout at The Compound. I felt like my chest was going to explode, my form was terrible, and I didn't even finish it.... As I lay on the floor in a puddle of my own sweat, I asked who to talk to about signing up!

Growing up I was a heavy set kid with a quitter's attitude and a low self esteem. I knew something needed to be done so my parents enrolled me in boxing and I eventually received a black belt, lost a lot of weight, and moved on to be a track and field athlete. Even though I was lifting weights and thought I knew what I was doing, I ate fast food 2-3 times a day, didn't care about my sleep, smoked and chewed tobacco, drank almost every day, and lived a vary unhealthy lifestyle. I thought I was the king because I was young until the day I realized I was sick....

A friend of mine brought me into The Compound and introduced me to Ryan. I started my journey into Crossfit with a blood pressure of 135/90, resting heart rate in the 90's, and frequently being sick at the age of only 20. After working out at The Compound for about 8 months Ryan got me eating clean, dropped all my bad habits, and on a strict training schedule to rehabilitate my health and eventually landed me a spot on the competition team. I love to help people so Ryan encouraged me to get my level 1 Crossfit cert. I left my job in the medical field to become fully involved with the Compound and I have never been happier. I now get to help people in a way that will carry them through life as healthy individuals. Its 120% accurate to say that Ryan, all the trainers, the Compound, and everyone in it have saved my life in a way that words can not describe. I now have a blood pressure of 110/70, resting heart rate of 50, and I feel greater then I ever have in my entire life.

Crossfit is for anyone and everyone. Let me help you the same way

everyone here has helped me. It is your birth right as a human to be healthy and physically fit and I would love to be the one to show you that. I encourage you to come see me at The Compound today!!!