Ramping up the ranking

Normal workouts do not cut it for Jayme Winter.
So she started CrossFit eight months ago - and is now ranked third in Queensland for her age.

The Year 10 Charters Towers High College student had an event at the weekend and is also preparing for a bodybuilding competition in August.

Jayme, 15, said she was attracted to CrossFit's high-intensity workouts.

"It was a lot more fun because of how intense it was," she said. "I also think because of how tough it is, you interact with others a lot more and I've made a lot of friends through it as well.

"Just going to the gym and doing normal stuff wasn't very fun. I really enjoy CrossFit even though it's incredibly hard. I don't think I predicted how hard it would be but it's the challenge that excites you."

Despite doing up to six sessions per week, the Sweters resident said it was not hard balancing school and her hobby. "After a while, when you get used to it, it's fine," Jayme said.

"It's all about having routine and once I did that it was quite easy to adjust to."

Jayme also plays touch football and does track and field and said her other sports benefited from CrossFit. "It gives me the proper endurance and other things I need to be able to compete at those other sports."