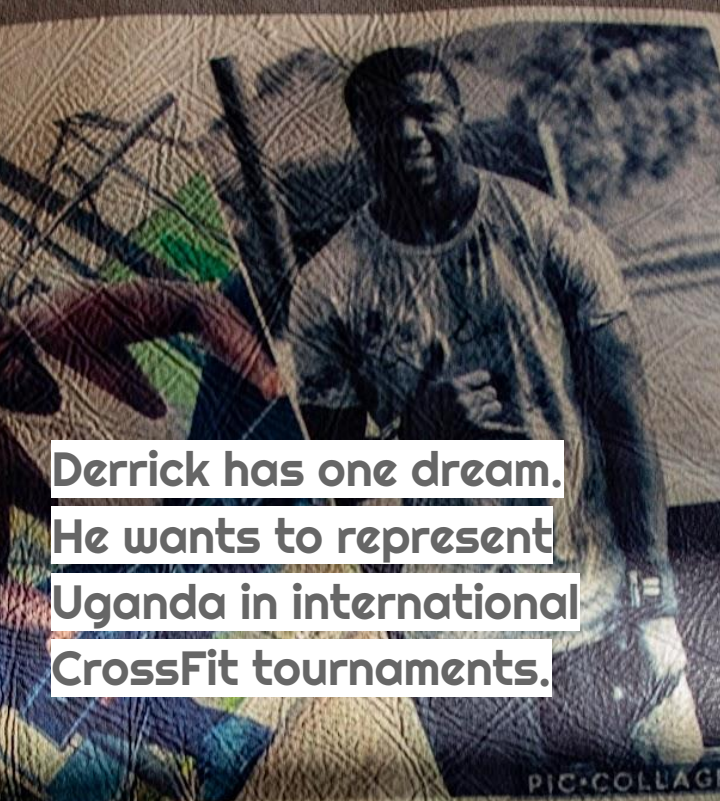




Zahara Abdul

FOREVER
CROSSFIT



Derrick has one dream.
He wants to represent
Uganda in international
CrossFit tournaments.

Forever CrossFit
champion

CrossFit is about gymnastics, lifting heavy weights, running long distances and working out with high intensity.





In 2017, Derrick quit his job in tourism.

"I quit because it needed me to sit all the time, which wasn't good for my back and knees. I was driving long distances upcountry, sitting a lot, and I couldn't find gyms there."



When it comes to working out, Derrick is all business.

He wakes up at 04:00, and works out every day.

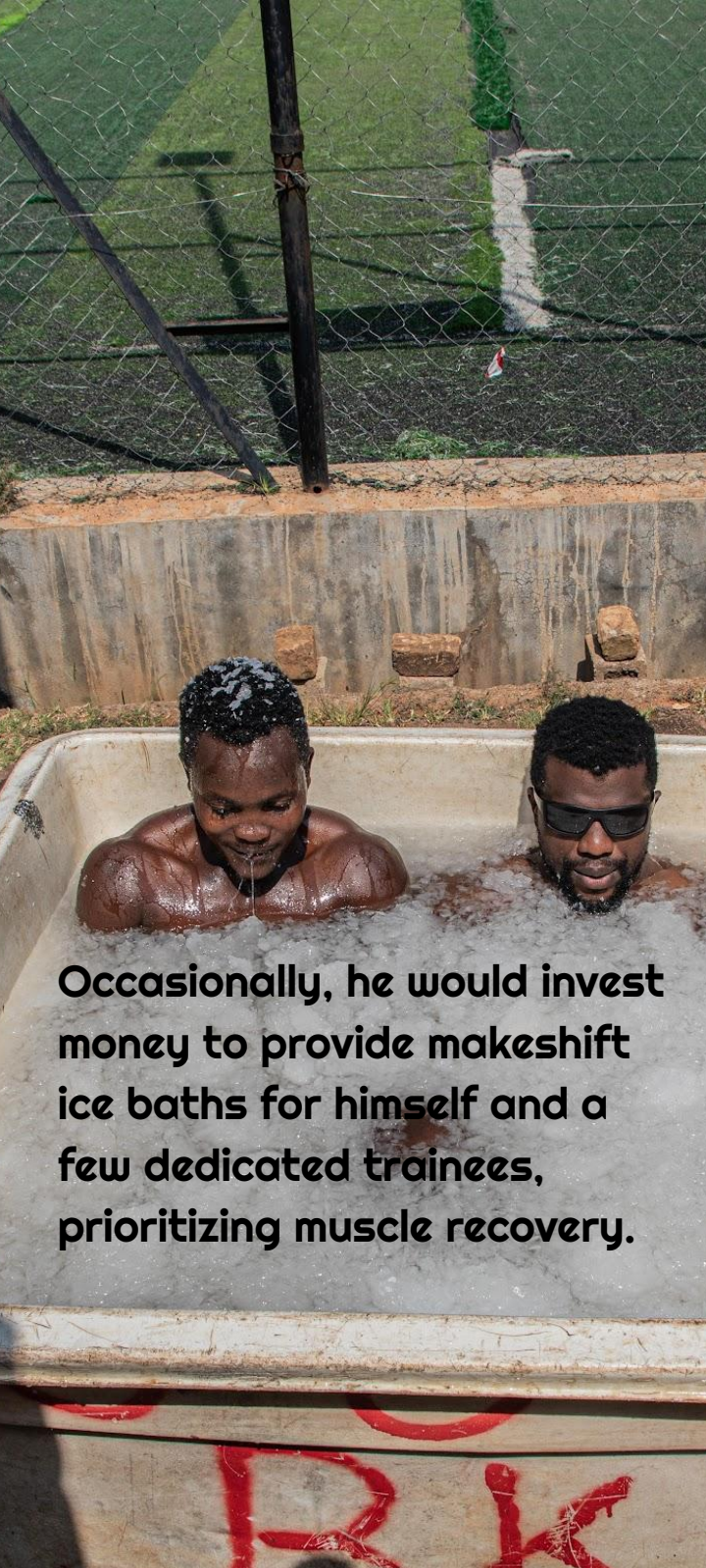


"To be called the fittest person globally, your body needs to be ready for a thorough test."

Over the years, Derrick has had to purchase or make his own equipment







Occasionally, he would invest money to provide makeshift ice baths for himself and a few dedicated trainees, prioritizing muscle recovery.



Derrick eventually relocated to the United States, where Crossfit originated from.

"The U.S. provides more competition, a larger pool of competitors, and better training equipment", he says.

Training with people of higher skill levels has allowed Derrick to push himself beyond his comfort zone.

Derrick's ultimate dream remains unwavering: to represent Uganda at regional and global CrossFit tournaments



I am Zahara Abdul, a freelance documentary photographer and filmmaker based in Uganda.

I love documenting daily life events. I have worked with organizations like UNICEF, Getty Images, the Africa Climate Mobility Initiative, AWDF Ghana, ChapterFour, Oxfam International and others.

My most cherished images are those that authentically capture the humanity of my collaborators, reflecting their strength and grace.



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