

# On-Ramp WOD Log-Sheet

Date 10/24/11 WOD Ryan

Athlete Name	Results
Link	2 Round 21 MU
Annie	4 + 19 MU (5)
Darrell	3 rounds + 10 mu's
Chris S	4 + 7 mu
MARVIN	3 RDS + 8 mup
Nicole	3 rds 4 burpees
Hui Jen	4 rounds
Selam	3 rounds   2 burpees
Hollybooboo	5 rounds
Jamie	4 rds Green Land
Johanna	4 rds, flat back, 12 burpees
Kyle	4 rds
DAVID	18:25 RX / NANCY 15:58 RX
TRAC	12:13 (PK) "Ryan"
(Carol (Mudiy) #25	3 Row 3 Press AB (2) fewer Burpees (4) + 9 Burpees
Mang	4 rds + 17 ground mup
Mei	24:44, ground muscle UPS
Dave	3.5 rounds x3 pullup/dip
MIKE TUNG	15:28" RX
VIRA	5 <sup>th</sup> Round 3 x 3 pullups & dips.
Michelle	4 RDS - 1 x 3 Row ups/dips
DUC	NANCY 20:48 #45/row
Edgard	Nancy 22:30
Shawn	"Nancy" 16:02min
Alice	Nancy 19:25 45#
KYLIE	4 RDS + 1.5 M
Huy Nguyen	Ryan 3 rds + 12 burpees
Brian	Ryan 2 RDS 5 M.U
Erica Vu	Ryan 3 RDS

# WOD Log-Sheet

Date 10/24/11 WOD Ryan/Nancy

Athlete Name	Results
Jewelsphambers	Ryan 4RDS (S)
Keel	Ryan 3rds + 7
Yoshi	Ryan 4RDS (S)
TAM	<del>RYAN</del> NANCY 5rds / 42lbs 20:15
Erwin	Nancy 22:12 @ 95#
TRI	RYAN 4Rds. 10 mu (scale)
K2	RYAN 11:55
Caritlyn	Nancy 5RDS / 42lbs 23:00
Brittany F	Nancy 5RDS / 45lbs 15:26
Daryl O	Ryan 16:08 / scale down
LEVEL	NANCY 5RDS / 45 lbs 22:40
XZAOPEG	NANCY 5RDS / 65 CBS 18:01
DANNY	"RYAN" 3 rds 1 mu
Shendeeal	NANCY 65# 21:30
ANT	NANCY #42 20:23
Marianne	Ryan 3rds 2 jump m/u
Kevin <sup>icu</sup>	Nancy 19:43
LEETZ	"RYAN" 3RDS + 4 scaled M/U
K3	RYAN 3RDS + 21 <sup>mu</sup> /box dips
Crystal	Ryan. 23:40; scale → scaled Muscleup <sup>X3</sup>
Elgin	Ryan 4RDS + 2 JUMPING M/U
Marcial	Ryan 20:14 M.U. → Ring → Box
EDWIN	RYAN 23:01(S) PU'S, ED'S
TONDA	RYAN 3RD + 10 Burpees
Yuan	Ryan R x d 16:44
Vikram	" R x 4 25:00
Jeh	Ryan 24:45 (modif. dips)
Mychal	Ryan 18:34 Nancy 14:04
Sid	4 rds. 136lb Park

