

CrossFitter on Fire

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When did you join CFSL?

May 2019 (six months ago)

What made you decide to try CrossFit?

My sister and her wife are both CrossFit coaches in Oregon. She's been trying to get me to go for years. Coach Ceci was the push I needed when she told me about CFSL and how amazing it is. Thanks, Ceci!

Have you lost weight? If so, how many pounds?

I've maintained my weight but gained muscle.

What are your current goals? And, future goals?

Working on strict pull ups. And completing my first Open.

Tricks or tips that have helped you with exercising or weight loss?

WARM UP! STRETCH! Nothing else matters.

Are you Paleo? If not, what is your diet/ or food plan you follow?

I've tried paleo, keto, whole30, CICO. If anyone knows the magic answer, let me know! I mostly try to stay under 2000 calories a day.

What is your favorite cheat meal?

Forge Pizza in Jack London Square. Those cheese curds are amazing!

Hobbies? What are they.

Raising My five-year-old daughter Olivia is my main hobby. When she's asleep, I play video games.



Favorite CrossFit WOD or movement?

I like back squats and kettle bell movements.

Least favorite CrossFit WOD movement?

Burpees can suck it.

Biggest accomplishment so far?

Showing up three times a week for the past six months! And competing in the Open.

What is the best thing about CrossFit San Leandro?

The coaching team is amazing. Everyone is different, but they're all committed to helping the members meet their personal goals and having fun. I'm excited for the WOD no matter who is coaching, because they are all awesome.

I also want to call out how kid-friendly the gym is. It means the world that Olivia has her own community when she comes with me to work out. It's great that there's a kid area, but everyone makes her feel welcome and she absolutely adores the coaches and members that have made a point to talk to her or play with her.