



FOR IMMEDIATE RELEASE

Contact: Tim Chan
press@crossfitgames.com
619-944-3302

CrossFit Games website: <http://games.crossfit.com/>
Twitter: <https://twitter.com/CrossFitGames>
Facebook: <https://www.facebook.com/CrossFitGames>.

Bridges On Top, Women In Tight Competition, Invictus Still No. 1

Del Mar, Calif., May 18, 2013—Josh Bridges is back. After military duty called and then a serious knee injury, Bridges did not compete in 2012 after finishing second at the CrossFit Games the prior year. Now he's at the top of the leaderboard at the Southern California Regional. Meanwhile, the women's competition is tight with no more than one point separating the top three women. Invictus, meanwhile, is the picture of consistency as the team continues to hold the No. 1 spot at the end of the second day of competition.

All told, individuals completed two workouts on the second of the three-day event, as did teams.

For the individual athletes, the day kicked off with a long workout: 100 wall balls at 14 lbs. for women and 20 lbs. for men to a 10-foot target, 100 chest-to-bar pull-ups, 100 one-legged alternating squats and 100 one-armed dumbbell snatches at 70 lbs. for men and 50 lbs. for women. The second and final event of the day was 21, 15 and then 9 repetitions of deadlifts at 205 lbs. for women and 315 lbs. for men, with box jumps at 24 inches for women and 30 inches for men.

For the teams, the morning started in a similar fashion with some twists. Each member of the six-person squad had to complete 30 wall balls, 30 chest-to-bar pull-ups, 30 one-legged alternating squats and 30 one-armed dumbbell snatches. The second team event also mimicked the individual workout except one man on

the team completed 21, 15 and then 9 reps of deadlifts and box jumps, then a woman followed suit.

Men

1. Josh Bridges (15 points)
2. Kenneth Leverich (24 points)
3. Taylor Yaffee (37 points)

Women

1. Valerie Voboril (14 points)
2. Rebecca Voigt (15 points)
3. Lindsey Valenzuela (15 points)

Teams

1. Invictus (10 points)
2. Team CDR Redlands (17 points)
3. Brick Nation (21 points)

For complete results, visit <http://games.crossfit.com/leaderboard>.

About CrossFit

CrossFit Inc. is the world's foremost developer of functional fitness programming and a leading accredited certificate issuer for physical training professionals worldwide. Founded by Greg Glassman, CrossFit® is the principal strength-and-conditioning program for hundreds of accomplished and professional athletes and hundreds of thousands of individuals seeking to achieve elite fitness. CrossFit offers specialty certificate courses and programs, including the CrossFit Kids program; publishes the *CrossFit Journal*; and created and operates the CrossFit Games, an annual event that seeks to find and crown the Fittest on Earth™. There are currently more than 4,000 affiliated gyms in the global CrossFit training network. For more information, please visit www.CrossFit.com or <http://www.youtube.com/user/CrossFitHQ>.

Press Package: <http://games.crossfit.com/about-the-games/press-information>