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Froning and Thorisdottir Poised to Repeat as Reebok CrossFit Games Champions

Carson, Calif., July 14, 2012—The Individual field was trimmed twice today as competitors were eliminated from the 2012 Reebok CrossFit Games. Only 24 will advance to the final day of the competition tomorrow.

At the end of the third day, the 2011 winners, Rich Froning and Annie Thorisdottir, are in first and will attempt to become the first repeat champions in the history of the Games.

The Individual and Team athletes completed four events today, and the Masters athletes completed two events.

For the Individual athletes, the events included a shuttle run, a couplet of rope climbs and sled drives, a ladder of barbell cleans, and a multi-movement workout featuring overhead squats, box jumps, thrusters, cleans, toes-to-bars and burpee muscle-ups.

For teams, the morning events included a yoke carry and a longer workout involving rope climbs, clean and jerks, and sprints. In the afternoon, they performed bar muscle-ups and a workout involving 30 reps of five different movements. Only six teams advanced to tomorrow's final.

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At the end of the day, the overall standings were as follows:

Men

1. Rich Froning (740 points)
2. Matt Chan (652 points)
3. Kyle Kasperbauer (609 points)

Women

1. Annie Thorisdottir (732 points)
2. Julie Foucher (686 points)
3. Talayna Fortunato (667 points)

The teams that advanced to the winner-take-all final are as follows:

1. Hack's Pack Ute (648 points)
2. Diablo CrossFit Anejo (591 points)
3. RAW Training (550 points)
4. SPC CrossFit (518 points)
5. TJ's Gym Mill Valley (518 points)
6. Invictus (496 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>.

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