

**TEAM WORLD VICTORIOUS AT 2013 ‘CROSSFIT INVITATIONAL, USA VS. WORLD, PRESENTED BY REEBOK’**

***Team World comes from behind to take final event and CrossFit Invitational title***

**Berlin, Germany, October 26 2013** – Team World emerged victorious at the 2013 ‘CrossFit Invitational, USA vs. World, Presented by Reebok’ after defeating a team of the finest male and female CrossFit athletes from the USA in front of a sell-out crowd at Berlin’s Tempelhof Airport. The all-star teams went head-to-head in a gruelling 75 minute series of workouts, with Team World coming out on the top, with a final score of 24-19.

Led by three-time CrossFit Games champion Rich Froning Jr. and 2013 Fittest Woman on Earth Samantha Briggs, the elite athletes were tested to the limit in a number of demanding feats of physical fitness. Broadcast LIVE on Eurosport, the teams competed in a series of workouts in a bid for the title. In the end, Briggs’ team, which consisted of Camille Leblanc-Bazinet, Kara Webb, Albert-Dominic Larouche, Chad Mackay and Frederik Aegidius, proved triumphant against Team USA which included Rich Froning Jr., Jason Khalipa, Ben Smith, Lindsey Valenzuela, Valerie Voboril and Talayna Fortunato.

*“I am extremely proud of the team. We were definitely the underdogs and it’s a fantastic feeling to come out on top,”* said Sam Briggs. *“This was a difficult event, with a lot of work in a short amount of time but the team pulled through with the help of the crowd.”*

Team USA athlete Rich Froning Jr. said, *“It was a tough competition tonight with it going right down to the wire. We gave it our all and, of course it’s disappointing to have not come out victorious, but real credit must go to Team World.”*

*"This is the second year we’ve held the CrossFit Invitational, presented by Reebok, and this year was bigger and better,”* said Dave Castro, director of the CrossFit Games and co-director of training for CrossFit Inc. *“We couldn’t have achieved this without the fans, athletes and the community support. Not only did we push the athletes further this year, but we were also able to increase the number of spectators, which created an electric atmosphere. As we’ve witnessed tonight, CrossFit is all about being prepared for anything and underdogs Team World shocked a lot of people with their strength and team spirit to come out on top - it certainly makes for great viewing.”*

*“CrossFit continues to grow year on year around the world,”* said Chris Froio, Head of Training at Reebok*. “This event is not only a great example of how fit these athletes are but also a great example of how amazing the CrossFit community is. At Reebok, our goal is to provide the CrossFit community with the very best footwear and apparel to go further in their workouts. By working together with CrossFit we want to expose as many people as possible to this form of fitness and the CrossFit invitational does exactly that. We look forward to what 2014 brings.”*

Reebok has been the title sponsor of the CrossFit Games since 2011 and is constantly working with athletes to produce footwear and apparel that is designed to perform for them. All athletes competing at the CrossFit Invitational, presented by Reebok will be given specially designed gear, including the Reebok CrossFit Nano 3.0. The shoe is a competition-level evolution of the popular platform, and was worn by all 600 athletes, including winners Rich Froning and Samantha Briggs at the 2013 Reebok CrossFit Games.

The Reebok CrossFit Nano 3.0 is available at <http://shop.reebok.com> and www.shopcrossfit.reebok.com<http://www.shopcrossfit.reebok.com.

For more information about the CrossFit Invitational, USA vs. World, presented by Reebok, go to <http://games.crossfit.com>.

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**NOTES TO EDITORS**

The CrossFit Invitational, USA vs. World, Presented by Reebok involved five events.

**EVENT 1 - \*\*TEAM WORLD WON 11–10\*\***

Consisted of mixed-pairs ‘Jackie’ for total time—the same workout performed to open the team competition at the 2013 Regionals. The twist for the Invitational saw three Team USA pairs compete at the same time as three Team World pairs, and all were ranked against each other. The winning pair took 6 points, second 5, and so on, with the sixth-place pair earning one point.

‘Jackie’ consists of the following;

* 1000 meter row
* 50 x 45lb barbell thrusters
* 30 x pull ups

**EVENT 2 -** \*\***TEAM WORLD WON 3–0\*\***

Featured the three females from each team working as a unit. They performed the same workout for total time with different loads; the winning team received 3 points:

* 15 dumbbell burpee box jumps (70/50 lb., in unison)
* 30 pairs deadlifts (585/405 lb.; two athletes on a single bar, with the third rotating in)
* 30 overhead squats (225/135 lb.; each athlete 10 reps max per set, and each had to do at least one rep per set; transitions permitted in the air)
* 15 muscle-ups each (not in unison)

**EVENT 3 - \*\*TEAM USA WON 3–0\*\***

Featured the three males from each team working as a unit. They performed the same workout for total time with different loads; the winning team received 3 points:

* 15 dumbbell burpee box jumps (70/50 lb., in unison)
* 30 pairs deadlifts (585/405 lb.; two athletes on a single bar, with the third rotating in)
* 30 overhead squats (225/135 lb.; each athlete 10 reps max per set, and each had to do at least one rep per set; transitions permitted in the air)
* 15 muscle-ups each (not in unison)

**EVENT 4 \*\*TEAM USA WON 6-3\*\***

Was a mixed-pair test of power: max combined clean weight. Before the workout, the coach of each team selected one pair to compete for 4 points, one to compete for 3 points, and one to compete for 2 points.

**EVENT 5 - \*\*TEAM WORLD WON 7-0\*\***

In the final event, each team completed the following:

* 100-foot handstand walk
* 20 Worm thrusters at three different stations
* 100-foot overhead fat-bar walking lunges (165/100 lb.)

The handstand walks and lunges did not have to be in unison, but athletes had to work in a single-file line and were not allowed to pass each other. The thrusters involved the Worm, a segmented log joined by lengths of rope. The Worm, last seen at the CrossFit Games, weighed 405lb. in total, with each 24-inch segment slightly different in weight: 80, 65, 75, 60, 70 and 55lb. Athletes had to reach full depth in a squat as a team before standing up and switching the log to the opposite shoulder.

**\*\*TEAM WORLD WON THE 2013 CROSSFIT INVITATIONAL 24 - 19\*\***

**About Reebok**

Reebok International Ltd., headquartered in Canton, MA, USA, is a leading worldwide designer, marketer and distributor of sports, fitness and casual footwear, apparel and equipment. An American-inspired global brand, Reebok is a pioneer in the sporting goods industry with a rich and storied heritage in running, training and fitness. A subsidiary of the adidas Group, Reebok operates under the multiple divisions of the Reebok brand, Reebok-CCM Hockey and the Sports Licensed Division.

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**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 which seeks to find and crown the Fittest on Earth™. There are currently more than 3,000 affiliated gyms in the global CrossFit training network. For more information, please visit www.crossfit.com<http://www.crossfit.com>,

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