



## The CrossFit Games have arrived!

By Jen Wielgus | Posted: Thursday, September 15, 2011 8:00 am

Did you happen to flip over to ESPN2 at all last night? Do you know what you were watching?

Yes, it was the most impressive display of fitness and skill known to humankind.

It was the CrossFit Games. Well, actually a *replay* of the CrossFit Games, which happened at the end of July out in Carson, Calif. Apparently, despite the existence of CrossFit "boxes" everywhere you turn, CrossFit hasn't blown up enough that it warrants a *live* broadcast on a normal cable channel. But this is a start!

ESPN2 is showing portions of the Games every Wednesday night for the next three weeks.

I got home from my own CrossFit class just in time to watch last night's show, and let me tell you, it did not help ease me into dreamland. On the contrary, it got my blood pumping even harder.

I can't remember getting so geeked up about a televised sporting event since, oh, Super Bowl XLI (and Rex Grossman was the Bears QB, so I couldn't get *that* excited.) I even loved the CrossFit-themed commercials that aired during the ESPN2 broadcast; they were almost as inspiring as the actual Games action.

The first workout -- CrossFit competitions require that you complete an assigned workout for time, or for total reps or rounds -- involved a swim in the open ocean, running on soft sand, pull-ups, pushups, squats and more running on soft sand. The second workout involved rope climbs and clean-and-jerks with really heavy barbells.

I got especially excited about the second workout, because I had just made it up the rope for the first time in Wednesday's class. I picked up a few much-needed pointers for getting *down* the rope from the Games competitors.

People were asking me on Twitter if what they were seeing on TV was what I do three, four times a week and write and tweet about incessantly. Answer: Yes and no. I do CrossFit, which is adaptable to any age group or fitness level, but I am not a real-life superhero like Chris Spealler or Iceland Annie (pictured).

But the cool thing about CrossFit is that pushing yourself through a workout makes you *feel* like a superhero. The more you do it, the stronger you get, and that feeling intensifies. There are few other (legal, healthy) pursuits in life that give you that kind of buzz.

Some random viewer tweeted last night that "CrossFit affiliates better turn on their answering machines, because they're going to get lots of calls" after the first airing of the Games. My class this morning had three people in it, so I'm not sure the effect was that dramatic.

But now that I've written this blog, y'all will come flocking, right?