

First: What It Takes To Win By Rich Froning

By Rich Froning

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In 2011, Rich Froning took first place in the CrossFit Games, earning him the title of "Fittest Man on Earth." In 2012, 2013, and 2014, Rich successfully defended his

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Rich Froning Jr. (born July 21, 1987) Some of Froning's methods are discussed in his 2013 memoir, First: What It Takes to Win. Biography . First:

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