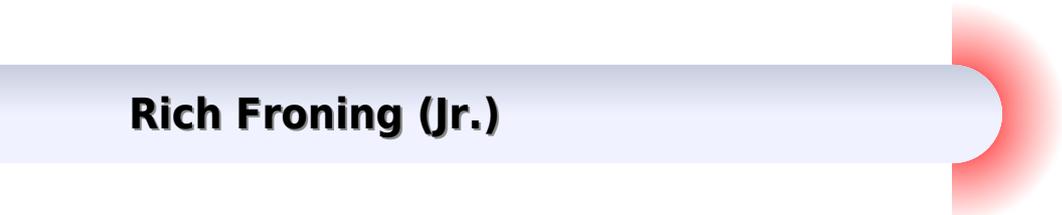




# Whats Rich Doing Programs Crossfit Mayhem

**Rich Froning (Jr.)**



## **Whats Rich Doing Programs Crossfit Mayhem:**

First Rich Froning, 2013 Strength Endurance Skill Discipline Those are the qualities that made Rich Froning a two time CrossFit Games champion and earned him the title of The Fittest Man on Earth In First readers come alongside Rich as he competes in back to back to back CrossFit Games and get an inside look into the CrossFit phenomenon that is sweeping the world as well as a personal glimpse into the life of the down to earth champion Rich shares invaluable lessons priorities and insights that have transformed his life and career and ultimately underscore what CrossFit is all about Most important Rich shares the secret to his own success both in and out of the gym when God comes first everything else falls into place from back cover Best Life ,2007-12 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **First** Rich Froning (Jr.), 2013

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