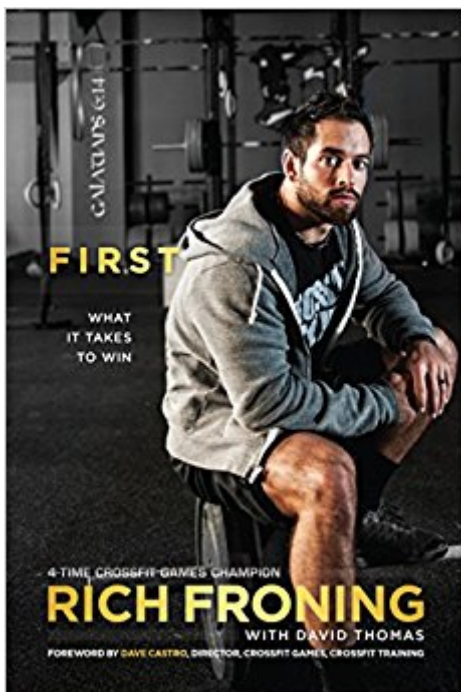


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# First: What It Takes To Win



## Synopsis

Physical Strength Can Only Take You So Far Reigning CrossFit World Champion Rich Froning is "The Fittest Man on Earth." He's fast. He's strong. And he's incredibly disciplined. But it takes more than physical strength to compete and win at an elite level. It takes incredible mental and spiritual toughness as well. And it is the precise balance of all three that makes Rich Froning a champion. In First, readers come alongside Rich as he trains for and competes in back-to-back-to-back CrossFit World Championships. Along the way, Rich shares invaluable training tips, motivational techniques, and spiritual insights that, in keeping with the CrossFit philosophy, will prepare you to respond to any real-life physical, mental and spiritual challenge.

## Book Information

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## Customer Reviews

What does it take to be the best? 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." But it takes more than sheer physical strength to compete and win at an elite level. It takes incredible mental and spiritual toughness as well. And it is the precise balance of all three that makes Rich Froning a champion. 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. From the infamous rope climb that cost him the title in 2010 through his subsequent wins in 2011 and 2012, 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.

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 title, becoming the first man ever to win the Games four times. He lives in Tennessee. David Thomas is coauthor of several books, including the New York Times bestsellers *Wrestling for My Life with Shawn Michaels* and *Foxcatcher* with Mark Schultz. Sean Pratt, a working actor for over twenty-five years, has performed at numerous regional theaters around the country. He is the author of *To Be or Wanna Be*, and he has recorded over seven hundred books in just about every genre, earning eight AudioFile Earphones Awards and four Audie Award nominations. --This text refers to the Audio CD edition.

Hey, it's Rich Froning! Took me longer to get through this book than I had anticipated. Decent book but I learned that Rich was blessed with a sincerely encouraging family and strong athletic work ethics from the get go in life...certainly helps...this is not under our control yet we do have control over our own actions. Ended up being a bit different than I expected but I do appreciate Rich's love and appreciation for life, family and religion.

I am so happy that I took the time to read about the THREE time Crossfit champion. It wasn't the best written book but I have to admit that I really enjoyed it (especially since it was two weeks before the 2013 Crossfit Games). I read it in one long travel day: in the airport and on the plane. Since then I have passed it along to another friend from our box. They said that they liked it also. Again, not the best written book but the story is very inspirational. Note: for a over 40 person I did get some laughs about a 25 year old getting "aches and pains" - just you wait Rich Froning!

I admire the man and his story is very interesting... but his writing is not very interesting or captivating. It is rather shallow and does not make me feel like I know more about him - I do know his story but not HIM. And that is okay - I wish him best of luck and he is an inspiration to many, and I hope he continues to change lives.... But this book left me feeling unfulfilled. Rich isn't a good story teller or a writer, so keep your expectations low. The man might be 5 stars, but the book is 2-3 star territory. If he put as much effort into writing a compelling and colorful story as he does into multiple daily workouts, it would likely come out with a higher rating.

I admire rich Froning, but was expecting more from this book and from rich Froning as one of the greatest crossfire athletes of all time. More motivation versus just saying that he did a workout and that he didn't follow a diet

I wish that everyone could read this book whether your into crossfit or not. Rich Froning Jr. is a great example of how a true Christian should live and act. It is also a great book to show how hard work should be a part of everyone's life. This book proves that you can be very successful and still be humble. Rich Froning Jr. is a man who does crossfit but his identity is not crossfit. I bought two and sent one to my nephew. I can't wait for the sequel!

Crossfit has taken the world in a different area of competitiveness when it comes to sports. Rich Froning is a man who firsthand experienced not only loss in his first crossfit games, but loss in his spiritual life and immediate family as well. This is not a book just about crossfit. Although, there is a lot of talk about that in this book. This is a story about how God changed a heart, and in the process shows what it really means to win. Not in crossfit but in life more importantly. Putting God first is when heart change truly takes place and Rich Froning is just one testimony of that experience. I strongly recommend people read this book, crossfitter or not a crossfitter. It's an amazing story of a life changed by Christ.

I've always wondered how his athletic origins were prior to competing and this book reveals how he was pretty much raised to conquer CrossFit. That he has ALWAYS had a great SUPPORT GROUP - but more interestingly to me - that he developed in FAITH as he became a more established CrossFit competitor. Being an avid Christian myself I could see that he experienced an exponential leap in trusting God over his own will and I couldn't help but smile that he has grasped this spiritually (but more importantly lives His will). As it may become realized by more of us, the greatest (and only) gift that we can give God - is our own will. I'm thankful for being able to get to know 'Rich' more deeply in comparison to other material on the web.

This was a good read if you're interested in Rich Froning's life. He's an amazing athlete and I loved learning more about what makes him tick. Don't expect a great literary masterpiece here, but it written well enough that the writing doesn't distract from the story.

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