

# **Froning: The Fittest Man in History**

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- **Rich Froning Jr.** (born July 21, 1987) is an American professional Cross-Fit athlete known for his achievements in the Cross-Fit Games.

# FROVING

- He became the first person to win the title of "Fittest Man on Earth" four times with his first-place finish in the 2011, 2012, 2013, and 2014 Cross-Fit Games.

**CrossFit**

- Froning has competed in the Cross-Fit Games since 2010. Nowadays he never lost.
- Rich couldn't devote much time to his family because of he spent all his time to training, so he decided to go in the team competitions, where don't required so much time.
- For one year he collected a super team and won the team tournament at 2015 and 2016 years.

# Professional career

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- Froning was born in Mount Clemens, Michigan. He moved to Cookeville, Tennessee. There he attended Cookeville High School where he played baseball. Upon graduating in 2005, Froning received a baseball scholarship to Walters State Community College.
- Soon after, Froning decided to end his baseball career, and began working at the Cookeville Fire Department, while continuing his studies at Tennessee Technological University.



- Young Rich

# Early life

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- Froning in his garage-gym



- Cross-Fit Games in 2014
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- Froning does not adhere to the Paleolithic diet, both of which are popular in the Cross-Fit community.
- He eats a lot of peanut butter and drinks whole milk, because there are a lot of calories.
- He's drinking protein shakes very much, which helps to restore to him between trainings.
- Rich doesn't eat a regular food so much, because it takes some time from the training process.

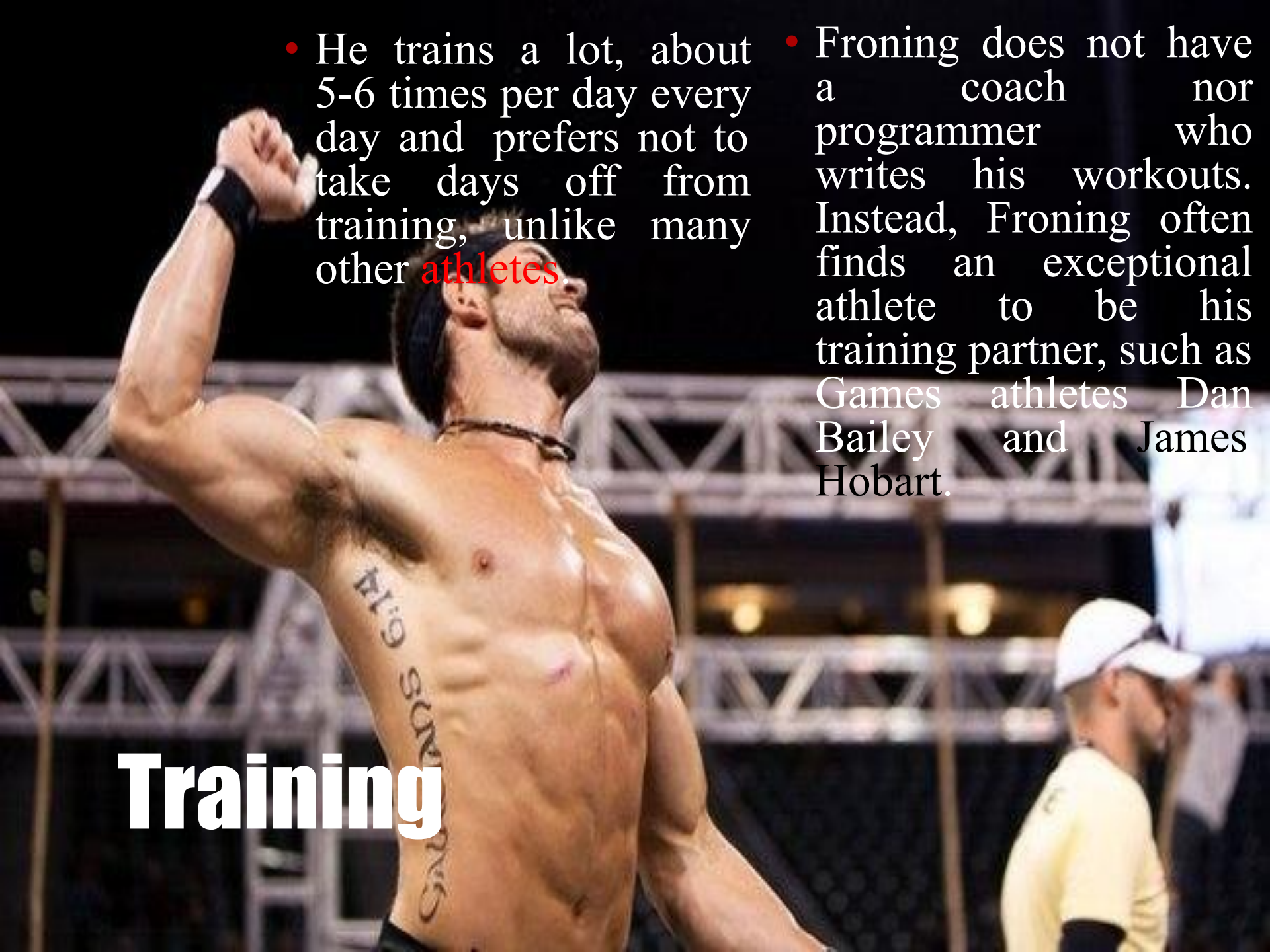
# Diet

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- He trains a lot, about 5-6 times per day every day and prefers not to take days off from training, unlike many other athletes.

- Froning does not have a coach nor programmer who writes his workouts. Instead, Froning often finds an exceptional athlete to be his training partner, such as Games athletes Dan Bailey and James Hobart.

**Training**



- Clean and Jerk: 170 kg
- Snatch: 139 kg
- Deadlift: 260 kg
- Backsquat: 215 kg



# The best result exercise



- <https://www.youtube.com/watch?v=D1ze-f7jS2A> - Official Trailer.
- [https://www.youtube.com/watch?v=\\_b8jc0tUiLA](https://www.youtube.com/watch?v=_b8jc0tUiLA) - motivation.

# Video

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