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Jan 19, 2014 Don't get me wrong, I thoroughly enjoyed this book. As an avid CrossFitter and one with a deep respect and admiration for Rich Froning, I loved the insight

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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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**Rich froning, learning first what it takes to win**

Jun 30, 2013 First: What it Takes to Win is the much anticipated book by two-time CrossFit Games champion, Rich Froning.

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