



First: What It Takes to Win

Rich Froning

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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.

First: What It Takes to Win Details

Date : Published July 1st 2013 by Tyndale House Publishers (first published June 1st 2013)

ISBN : 9781414386782

Author : Rich Froning

Format : Paperback 284 pages

Genre : Nonfiction, Biography, Sports and Games, Sports, Fitness, Health, Autobiography, Memoir, Self Help, Biography Memoir, Adult



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Charlie says

I have an enormous amount of respect for Rich Froning and his crossfit accomplishments, so it was very hard to give this book a poor rating.

Unfortunately it was poorly written, and not very entertaining at all. It took a few odd turns as well. I'm a crossfit fanatic, and a Froning fan, but I'm going to have to say pass on this one.

Judah Cofer says

Rich is awesome! Loved reading his story and thoughts.

Val Shameless ?? Steamy Reads ?? says

3 to 3.5 Stars

More later

Giedrius Padriezas says

This was my tribute to CrossFit.

Enjoyed it throughout. This is of course relaxing and free-flowing read, just not the one from which you can learn a lot, beside being relentless when it comes attacking your goals, which include your largest weakness.

'Think about your body and let it to develop as much as it can for the glory of God' Rich says (I'm paraphrasing). Completely agree. But it takes quite a lot of discipline to achieve that. As in crossfit - you cannot specialize in this too much as you will leave some other areas of life not covered enough.

A little too much of religion here. But quite a half-full glass of spirit(uality) as well.

Tyler King says

I absolutely love this book! Rich Froning is the champion of the Crossfit Games four years in a row. He explains his ups and downs of his career and just how he kept going on his journey to be....First!

lucie says

'It's about the community.'

Obviously, Rich Froning is one of the best crossfit athletes in the world and his book is truly inspirational and motivational. It was interesting to read about his mindset and see how he approaches this sport. Loved the inside look to the crossfit games, which I know only from youtube videos.

Janis Knecht says

If you are looking for a well written novel, this isn't it. It's written as if Rich was speaking. An easy read and good insight into CrossFit. The book is in 2-3 star area. If Mr. Froning put as much effort into writing a compelling and colorful story as he does into his multiple daily workouts, it would likely come out with a higher rating.

Shannon says

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 into Rich the son, father, husband and coach. I especially enjoyed the details of his struggle to determine his purpose and his stories regarding his faith. Yet, the book is written at a very basic level, presumably to be attainable to a wider audience. If the prose were a bit more colorful, it would have been a 4 star-since I rarely give 5. If you are into CrossFit or just interested in the sport, it's a must read. Rich had challenges with some basic CrossFit skills and his method of tackling them was definitely inspirational and shows that even the 4 time champ works his butt off in the box.

Ron S says

Crossfit'n for Jesus,
Crossfit'n for Jesus,
Makin' all my lifts...

The Crossfit icon details his rise in the sport, along with his Christian faith.

Taylor Sherrill says

Rich is a normal guy. I relate to him in that sense. He does extraordinary things but at his core he is a man who sweats blood and tears to get what he gets. Love his premise of Faith is what brings out the winner. Not because you ask God to make you a winner but because through a relationship with Him you become a winner by default, not always in a way that you intended however. You are a winner in the way God wants to

use you.

Kent Keifer says

The author isn't really a writer and you can tell. Since I'm interested in physical fitness and enjoy watching the crossfit games, it held my attention. I enjoyed getting an inside look at the training and competition from one of the champions of the sport. The book is more of a short synopsis of the author's two championships with a bit about his life and how he uses crossfit to share his Christian beliefs. There is also some detail about crossfit terminology and workouts. This would be a good book for someone that is considering crossfit training and wants to be inspired to participate in that specific realm. There are much better books on athletes overcoming obstacles and winning against all odds, so I wouldn't recommend this for readers looking for that sort of book. It's better for the crossfit audience or those who enjoy seeing Christians have an impact through sports.

Shelby Kenville says

Such an awesome book. I loved learning about how Rich got started and how his main focus is to glorify God in all that he does. He has been my inspiration for making CrossFit my greatest ministry. Rich isn't an author, but this book kept me enthralled. He was able to recall every detail of his competitions and it felt like I was sitting there watching him. Great job Rich, and God bless.

Mike says

Full disclosure: I am a card-carrying crossfitter. So, yes, I quite liked this.

His background and the crossfit games birds-eye stuff was great. Likable, hardworking, crazy-talented individual.

He has a lot in there on his faith and how it relates to his crossfitting. I have a difficult time relating to that perspective, but I understand his better now.

Maybe I will get a tattoo as well.

Paul Amerigo says

If you ever wondered what goes on in the mind of a two-time CrossFit champion then this is the book to read. Rich Froning Jr. could have been a three-time CrossFit champion if he had known how to climb a rope with his legs. What this book reveals however is how that rope challenge served as a kind of personal Rubicon for the author and how that weakness led to many changes in his life. A very interesting read on how faith and hard work worked together for a CrossFitter like Rich.

Paul says

Summary: Rich Froning walks you through his life growing up, discovery of Crossfit and how he became (at the time) two time Crossfit Games champion.

Rich Froning has of course gone on to win the Crossfit Games four times as an individual - a feat which to date is unmatched by any Games athlete.

What is most intriguing about this book is how humble Rich comes across. You get a sense of his upbringing and the nurturing of his competitive nature—at the hands of his cousins and uncles—as well as the development of his work ethic—at the hands of his parents who are very much his example in diligence.

This is a great read for any fan of Crossfit. There are lots of stories of his journey in Crossfit as he went from a relative unknown to a Crossfit celebrity. More than that this is good reading for the Christian Crossfitter/athlete as Froning makes some very salient points about what it means to be a Christian athlete and find one's purpose not in winning alone but in glorifying God in all that he does.
