

Rich Froning

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Rich Froning Jr. was dubbed the Fittest Man in History after winning four back-to-back individual CrossFit Games championships (2011-2014). He is an expert in the field of health and wellness and holds a Bachelor of Science degree in Exercise Science with a concentration in Fitness and Wellness from Tennessee Tech University. Rich has been featured on notable outlets including *Men's Health*, *Outside Magazine* and *Men's Journal*. He also hosts his weekly podcast, *Froning and Friends*, where he speaks with guests on the most pressing issues and topics in the industry. Rich owns and operates the CrossFit Mayhem gym in Cookeville, Tennessee where he also resides with his wife, Hillary, and their three children: Lakelyn, Trice, and Violet.

Why Rich Froning?



- Rich Froning is the only CrossFit athlete to carry the title of the “Fittest Man in History,” after breaking records as the first competitor to win four back-to-back CrossFit Games Championships and the Worldwide Open three consecutive years. When retired from individual competition after the 2014 season, he captained his affiliate’s team, CrossFit Mayhem Freedom, to two back-to-back Affiliate Cup championships in 2015 and 2016.
- He launched a business driven by his passion for fitness, CrossFit Mayhem, and as a coach pours himself into inspiring others to achieve maximum health and fitness.
- A husband and father to three children he exemplifies a disciplined life prioritizing faith, family, fitness, and service.
- Rich and his wife Hillary navigated the challenges and heartbreak of infertility that led to the adoption of three beautiful children that changed their lives.
- When faced with failure, disappointment, and depression, he leaned into his faith, finding that real strength through Christ – a discovery that centered his life and catapulted him to record-breaking achievements.

“If you want to launch business inspired by your passion, surround yourself with people who are smarter than you. You need to have access to people you can ask questions to any time you need to, people that have done it before and failed before. I found people who are better than me in certain areas. You have to enjoy what you do. If you don't enjoy it, it is going to be hard.”

- Rich Froning



Rich can discuss a variety of topics, including but not limited to:

Business and Entrepreneurship



- Creating a business out of your passions
- Transforming your fear into excitement while chasing your goals
- How my failures helped launch my success
- Staying disciplined while chasing your dreams

Navigating parenting, adoption and marriage

- The one step you can take to ensure a healthy lifestyle for your child
- 3 under 4: How the Froning's parent while prioritizing faith, family and fitness
- What Rich and Hillary have learned through their adoption journey and how it transformed their life
- Five Ways to prioritize your marriage
- The need to inspire a passion for health and fitness in children and steps parents can take to raise strong men and women

Health and Wellness

- Seven foods says you should eat to boost your wellness
- Simple ways to motivate yourself to start a fitness routine
- How to balance your health, career and family
- Five modifications to make in support of a new health journey
- The steps to choosing the perfect fitness environment for you
- A day-in-the-life the Fittest Man in History



Igniting Faith in All Seasons of Life

- Disciplines that are key to achieving maximum physical and spiritual fitness
- The importance of purposefully prioritizing faith and family
- Finding strength through faith when struggling with depression