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Filing date: **02/26/2016**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91213057
Party	Plaintiff Hybrid Athletics, LLC
Correspondence Address	MICHAEL J KOSMA WHITMYER IP GROUP LLC 600 SUMMER STREET STAMFORD, CT 06901 UNITED STATES mkosma@whipgroup.com, litigation@whipgroup.com
Submission	Testimony For Plaintiff
Filer's Name	Michael J. Kosma
Filer's e-mail	mkosma@whipgroup.com, litigation@whipgroup.com
Signature	/Michael J. Kosma/
Date	02/26/2016
Attachments	<p>~ Not Cover Pt. 4.pdf(98135 bytes)</p> <p>Exhibit 3.pdf(653023 bytes)</p> <p>Exhibit 4.pdf(222010 bytes)</p> <p>Exhibit 5 - Cover Sheet.pdf(83219 bytes)</p> <p>Exhibit 6.pdf(2479748 bytes)</p> <p>Exhibit 7.pdf(5590035 bytes)</p> <p>Exhibit 8 - Entire Reduced.pdf(1687973 bytes)</p> <p>Exhibit 9 - Cover Sheet.pdf(83023 bytes)</p> <p>Exhibit 10 - Cover Sheet.pdf(83146 bytes)</p> <p>Exhibit 11 - Cover Sheet.pdf(83230 bytes)</p> <p>Exhibit 12 - Cover Sheet.pdf(83142 bytes)</p> <p>Exhibit 13.pdf(3565372 bytes)</p> <p>Exhibit 14.pdf(1477941 bytes)</p> <p>Exhibit 15.pdf(884225 bytes)</p> <p>Exhibit 16.pdf(1424269 bytes)</p> <p>Exhibit 17.pdf(1936518 bytes)</p> <p>Exhibit 18.pdf(1677905 bytes)</p> <p>Exhibit 19.pdf(1755981 bytes)</p> <p>Exhibit 20.pdf(1330265 bytes)</p> <p>Exhibit 21.pdf(1590379 bytes)</p> <p>Exhibit 22.pdf(1570753 bytes)</p> <p>Exhibit 23.pdf(1498975 bytes)</p> <p>Exhibit 24_Part1.pdf(5425996 bytes)</p> <p>Exhibit 24_Part2.pdf(5059364 bytes)</p> <p>Exhibit 24_Part3.pdf(1292770 bytes)</p> <p>Exhibit 25.pdf(4275420 bytes)</p> <p>Exhibit 26.pdf(3988072 bytes)</p> <p>Exhibit 27 - Cover Sheet.pdf(83239 bytes)</p> <p>Exhibit 28 - Cover Sheet.pdf(83035 bytes)</p> <p>Exhibit 29.pdf(920380 bytes)</p> <p>Exhibit 30 - Cover Sheet.pdf(83033 bytes)</p>

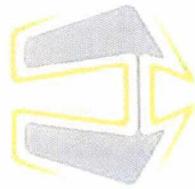
Hybrid Athletics

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Versions	Jun 4, 2008, 8:50 AM	--	Folder
HA_3x6_Sign_proofs.pdf	Jun 3, 2008, 4:00 PM	248 KB	Adob. urnent
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3x6_sintira	Jun 3, 2008, 3:08 PM	64 KB	File's...rawing

PENGAD 800-631-6989
DEPOSITION
 Hybrid Athletics U.
 No. 91213057
 Robert Orfanos

18x24_coroplast.pdf (1 page)

Printer Back/Forward Zoom In Zoom Out Tool Mode



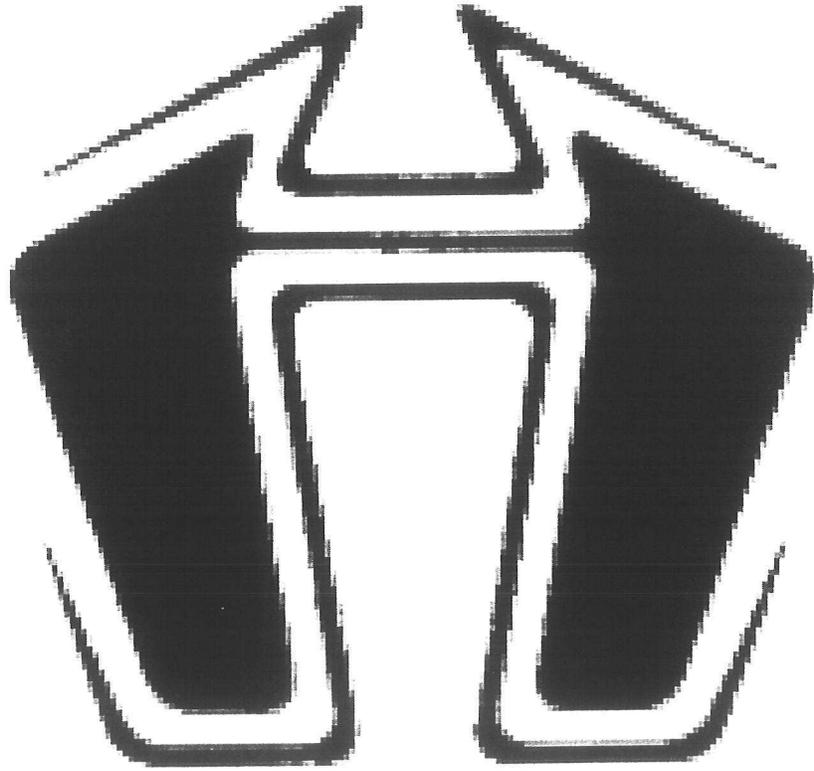
HYBRID ATHLETICS

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1_18x24 double sided step stake

Proofs for e-mail

DEPOSITION *Hydr*
Hydr **EXHIBIT** v. *LLC*
Hydr *LLC*
No. 91213057
Robert Orlando Y



REDACTED DEPOSITION EXHIBIT 5
TO DEPOSITION OF ROBERT ORLANDO
TAKEN SEPTEMBER 3, 2015

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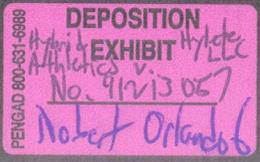
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ADS

www.adstactical.com



Athlete Profile: Rob Orlando

June 4, 2009 10:41 AM

Posted in **Competitors** »
4 Comments » on this entry

Rob Orlando

Height: 5' 8"
Weight: 196

Date of Birth: 4/28/1975
Place of Birth: New York
Started doing CrossFit: About a year ago

Affiliate: Owner, **Hybrid Athletics**

- Cindy: never done it
- FGB: never done it
- Fran: 2:23
- Grace: 1:35 with 135lbs and no squat cleans...2:40 @ 155lbs and squat cleans
- Helen: 7:54 @ 70lbs KB
- Nancy: never done it
- Freddy's Revenge at 200lbs from the ground...4:54
- Deadlift/Thruster...5,4,3,2,1 @ 500/250 in 11:47
- Deadlift: 1 RM 600 or 500 x 10
- Back Squat: 475
- Press: 254
- Clean: 300+

Favorite WOD: King Kong x 2
Least Favorite: Murph
Favorite Lift: Doesn't matter
Least Favorite Lift: Also doesn't matter
2009 Northeast Regional Finish: 5th



4 comments on this entry.

1. lance uppercut wrote...

June 4, 2009 1:03 PM

alright! i cant wait to see this guy at the games hes been my hero ever since the thruster/deadlift video

[Reply to this comment](#)

[Permalink](#)

2. kathryn wrote...

June 24, 2009 6:46 PM

Kick ass Rob!!!

[Reply to this comment](#)

[Permalink](#)

3. kathryn wrote...

June 24, 2009 6:57 PM

Kick ass Rob!!!

[Reply to this comment](#)

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Affiliate teams go head-to-head

THE WEEKEND
Directions, logistics & more

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4. Greg wrote...

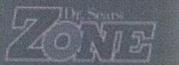
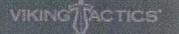
Bring it home to Hybrid, Rob.

[Permalink](#)

July 8, 2009 5:17 AM

[Reply to this comment](#)

[Permalink](#)



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1 of 10

1. JESSIE PALMISTO
2. Scott Fluhrey
3. ...
4. CrossFit tribe
5. CrossFit Milford
6. CrossFit USA

They have all secured the opportunity to vie for the title at the CrossFit Games. After the fantastic display they put on this weekend, you can expect them make a valiant effort when we see them in Los Angeles.

As for the Masters, they still have to wait to see how they stack up against the rest of the competitors around the nation.

A big thank you goes out to all the volunteers and judges that contributed so much this weekend, the event would not have been the same without you. Your hard work and cooperation made this a wonderful experience for all the athletes and spectators. Your time and dedication has shown how amazing this CrossFit community is and we deeply appreciate all you put in to these Qualifiers. That's all from the Northeast Regionals, good luck to the athletes in your next conquest, the 2010 CrossFit Games!

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25 comments on this entry

1. Dan Rxd wrote...
Some photos from this weekend are posted here
<http://www.flickr.com/photos/crossfitnep/>
Permalink
24 May 2010 / 9:18 a.m.

2. Jason Ackerman wrote...
Thanks again to everyone for coming! We couldn't have done it without all of the volunteers and judges, you were such an integral part of this event and the CrossFit community as a whole. Thank you!
Permalink
24 May 2010 / 9:51 a.m.

3. k Malz-FitMom wrote...
UH-MAZING WEEKEND!
Permalink
24 May 2010 / 9:59 a.m.

Thank you Albany CrossFit, judges, volunteers, athletes, and spectators for making it so successful!

BEST WISHES to our 6 athletes and 6 Affiliate Teams going to the Games in July!

Best,

Kim Malz

4. Je wrote...
Awesome weekend! Thanks to everyone who helped out this weekend. Thanks to all
Permalink
24 May 2010 / 11:00 a.m.

DEPOSITION
EXHIBIT v.
No. 9143057
Robert Orlando

- the awesome people yelling and cheering on the sidelines. What an outstanding group of people!!!
jen
5. **sevan** wrote... Permalink
ROB ORLANDO! You are reason enough for me to go to the Home Depot Center this summer. BAD ASS!
24 May 2010 / 11:17 a.m.
6. **D** wrote... Permalink
To Gregg from Guerrilla Fitness:
24 May 2010 / 11:28 a.m.
- First off great event this weekend to all who programmed, but back to Gregg. People complained about the programming at the Sectionals saying it wasn't heavy enough and everything was longer time domains. I think its clear that in this weekends events being strong was a serious advantage. For the most part the top guys from the Sectional were the top guys at this weekends events (aka strong guys).
- So all the people who complained that the Sectional programming wasn't going to be heavy enough to put the best/strongest crossfitters through were totally wrong. Aka great job programming at sectionals and great job to all the organizers this weekend. It was a great event. Good to the athletes going to LA.
7. **Mike Bissatton** wrote... Permalink
Jason, Great event, great programming and an even better time. My hats off to all the volunteers who worked their butts off, we couldnt have had all that fun without your hard work. Thanks again!
24 May 2010 / 11:53 a.m.
8. **Scott Lewis** wrote... Permalink
@ Peter Isky Rob O. did dominate this event, with his humble demeanor as well as his strength and conditioning, but... I bet a lot of the athletes that competed this weekend will take issue with your statement. I know a lot of the competitors personally, and everyone who competed this weekend deserved to be at this event because they were "in shape".
24 May 2010 / 12:03 p.m.
- Jason Ackerman...awesome event! You and your crew really put together a great weekend and the programming was "on point".
- Congratulations to all the athletes...superhuman efforts by all.
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Peter understood. He is/was quite the mythical anomaly this weekend
24 May 2010 / 12:46 p.m.
10. **gregg arsenuk** wrote... Permalink
First, hats off to Jason A. Dave O, and whoever else was part of the team that put together this extraordinary event. The WODs were creative and exactly what should be expected at the regional level. Congratulations to all competitors for great performances all around.
24 May 2010 / 1:42 p.m.
- To 'D'.. Thank you for the mentor.
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Congratulations to all athletes who are advancing after this weekend, but especially to Lauren Plumey who made an impression on me personally. I have never met you and I didn't witness any of this past weekend other than scores, but to come from 8th and absolutely crush the final wod to earn your spot in the top 3...amazing. Way to put so much heart into it. You deserve it. Mad respect.
24 May 2010 / 1:55 p.m.
12. **Cool Video from Weekend** wrote... Permalink
<http://www.flickr.com/photos/37790978@N08/4654335406/>
rob orlando 300 x5
24 May 2010 / 2:30 p.m.
13. **john wopat** wrote... Permalink
It's difficult to express to "civilians" what Crossfit is or how special and unique an event like this weekend's regional competition was. Crossfitters don't compete against each other, they compete FOR each other. The great athletes we're sending to the Games owe part of their extraordinary performances to those other men and women who were a second slower, or who lifted a pound or two less. So, we're all going to LA. And, by the way, Jason Ackerman should run for Governor! Great job everyone!
24 May 2010 / 3:04 p.m.
14. **Pat Sherwood** wrote... Permalink
Congrats to everyone who competed. Special shout out to Heather! Way to train smart during those couple weeks before the event. Your patience paid off.
24 May 2010 / 3:04 p.m.
15. **lelak** wrote... Permalink
You're a machine, Mr Orlando. Well done!
24 May 2010 / 3:35 p.m.
16. **Malcolm Spittler** wrote... Permalink
More photos up at
<http://www.flickr.com/photos/48324345@N04/sets/72157624130176900/>
24 May 2010 / 5:31 p.m.
17. **Tom** wrote... Permalink
Great Job Jessica! I saw your 145 Serious 7 at the NE qualifier and thought you would do well at the Regional Games. Good Luck in Cali!
24 May 2010 / 6:06 p.m.
18. **BK** wrote... Permalink
Jay!
Awesome event run super smoothly...well done mate.
Rob, that 300 lift was the moment of the games, spinechilling to watch live. The final minute of the ladies Triplet was off the chain with Heather and Jessica going toe to toe and Lozza Plumey crushing the final WOD was a few of so many insane moments over a memorable weekend.
24 May 2010 / 6:45 p.m.

19. Jason Ackerman wrote...

Thanks again everyone for the compliments, but really I was just on the mic; it's all the people behind the scenes. Like I said earlier, behind any good man is a team of badass CrossFitters!

Permalink
24 May 2010 / 8:14 p.m.

Maybe I'll run for Governor!

20. Lauren Plumey wrote...

Thanks to Jay and his team of volunteers and judges this weekend for a FLAWLESS event. After judging at the Sectionals, I have a new found respect for all of the judges of this event. I found this job more difficult than competing. Thanks to all who judged me. You were more than judges...you were coaches, cheerleaders, etc. And congrats to all the teams and athletes going to Cali esp. to my extended CrossFit family at Performance, in Milford, and Heather, James, and Rob.

Permalink
25 May 2010 / 5:44 a.m.

21. Owen Satterley wrote...

To Jay and all the volunteers:

Permalink
25 May 2010 / 8:28 a.m.

What an awesome weekend - the event seems to run like clockwork! Great job!

To the athletes:

Superhuman tekkers was shown by all, with special mention to Rob D for going to town all weekend and to Lauren for crushing The Crippler. What an absurdly determined performance! Great work guys! I only wish I was fit enough to have taken part!

See you next year!

O*

22. Julie Migliaccio/Crossfit performance wrote...

Anyone who saw Rob Orlando CRUSH the workouts knows what an incredible athlete he is but more impressive is what a humble and awesome guy he is to everyone. Always encouraging, to others, always supportive and for someone who could have an huge ego doesn't. He just quietly annihilates any task put in front of him. We loved watching him compete and Win, you are a great friend Rob. We Love ya!

Permalink
25 May 2010 / 11:25 a.m.

23. Denise Thomas wrote...

A big thank you to Jason, Gregg, all the judges and volunteers that made the Northeast sectionals and regionals happen. Great events that definitely tested us in all capacities! To the six athletes going West...good luck, guys! Represent and have a BLAST!! Rob, if you work on that C&J you may have a good shot at winning this thing :) Finish what you started!!!

Permalink
25 May 2010 / 2:59 p.m.

24. Aaron wrote...

AWESOMENESS Rob! JUST AWESOME! I don't know you quite obviously, but this guy man was nothing short of inspirational. Rep it up in LA!

Permalink
25 May 2010 / 5:54 p.m.

25. nick wrote...

Hey Owen,

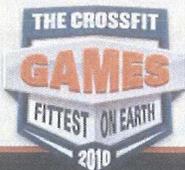
Permalink
01 June 2010 / 7:02 p.m.

what happened to you - were you injured?

I was following your progress and figured you'd give things a good shake

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Northeast Regional

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NORTHEAST REGIONAL

Photo Credit: Malcolm Spitzer

Event Recap: Northeast Regional

Final results in from Albany

What a wild finish that unfolded here at the Northeast Regional Qualifiers. After a fantastic conclusion in the Affiliate Competition, the individuals stepped up to their last obstacle of the weekend, and what a test it was.

After making cuts following the 3rd workout, the top 18 men and women hit a monster chipper: 10 power cleans (185/115), unload outside weight and carry one plate 30 meters and load it onto a sled (45/26), ski for 20 calories, sprint back 30 meters, 30 power snatches (95/65), carry the other weight (45/26) 30 meters and load it onto the sled, 40 burpees, push loaded sled (90/50) 30 meters on high bars, 50 kettlebell swings (85/55), push loaded sled back 30 meters, 60 double-unders, and then one final sprint back 30 meters to the finish line. If that doesn't sound exhausting to you, you are probably not human.

These phenomenal athletes did not disappoint. Lauren Plumey put on a show for the Women's finale, blazing through the workout as she pulled away from the pack, finishing in 12:49, over a minute ahead of the next closest time. The Men's finale proved just as electrifying, as Austin Malieolo and Rob Orlando gave the fans their money's worth, battling for tops in the heat until the bitter end, before Rob secured his third 1st place event of the weekend with a time of 11:51. The 'Albany Crippler' will not soon be forgotten.

The Northeast Qualifiers proved nothing short of spectacular, as the greatest athletes of the region came out in full force to produce epic performances that those in attendance will cherish for a life-time. When all was said and done and the results were tabulated, 3 men, 3 women, and 6 affiliate teams proved they were the best of the Northeast and will move on.

Qualifying Men

- 1. Rob Orlando
- 2. James Hobart
- 3. Austin Malieolo

Qualifying Women

- 1. Heather Bergeron
- 2. Jessica Pamanian
- 3. Lauren Plumey

Qualifying Affiliates

- 1. CrossFit New England
- 2. CrossFit Performance
- 3. CrossFit USA

They have all secured the opportunity to vie for the title at the CrossFit Games. After the fantastic display they put on this weekend, you can expect them make a valiant effort when we see them in Los Angeles.

As for the Masters, they still have to wait to see how they stack up against the rest of the competitors around the nation.

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3. k Maltz-FitMom wrote... Permalink
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BEST WISHES to our 6 athletes and 6 Affiliate Teams going to the Games in July!

Best,

Kim Maltz

4. Je wrote... Permalink
Awesome weekend!! Thanks to everyone who helped out this weekend. Thanks to all 24 May 2010 / 10:00 a.m.

View Athlete Profiles & Games Scores >



Photo Gallery



FOLLOW US ON twitter

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the awesome people yelling and cheering on the sidelines. What an outstanding group of people!!!
jen

2010-05-24 11:11 AM

5. **sevan** wrote...

ROB ORLANDO! You are reason enough for me to go to the Home Depot Center this summer. BAD ASS!

Permalink

24 May 2010 / 11:17 a.m.

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Permalink

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Permalink

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Permalink

24 May 2010 / 2:30 p.m.

rob orlando 300 x3

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Permalink

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16. **Malcolm Spittler** wrote...

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24 May 2010 / 8:14 p.m.

Maybe I'll run for Governor!

20. Lauren Plumey wrote...

Thanks to Jay and his team of volunteers and judges this weekend for a FLAWLESS event. After judging at the Sectionals, I have a new found respect for all of the judges of this event. I found this job more difficult than competing. Thanks to all who judged me. You were more than judges...you were coaches, cheerleaders, etc. And congrats to all the teams and athletes going to Cali esp. to my extended CrossFit family at Performance, in Milford, and Heather, James, and Rob.

Permalink
25 May 2010 / 5:44 a.m.

21. Owen Satterley wrote...

To Jay and all the volunteers

Permalink
25 May 2010 / 6:28 a.m.

What an awesome weekend - the event seems to run like clockwork! Great job!

To the athletes:

Superhuman tekkers was shown by all, with special mention to Rob O for going to town all weekend and to Lauren for crushing The Crippler. What an absurdly determined performance! Great work guys! I only wish I was fit enough to have taken part!

See you next year!

O*

22. Jatie Migliaccio/Crossfit performance wrote...

Anyone who saw Rob Orlando CRUSH the workouts knows what an incredible athlete he is but more impressive is what a humble and awesome guy he is to everyone. Always encouraging, to others, always supportive and for someone who could have an huge ego doesn't. He just quietly annihilates any task put in front of him. We loved watching him compete and Win. you are a great friend Rob. We Love ya!

Permalink
25 May 2010 / 11:25 a.m.

23. Denise Thomas wrote...

A big thank you to Jason, Gregg, all the judges and volunteers that made the Northeast sectionals and regionals happen. Great events that definitely tested us in all capacities! To the six athletes going West...good luck, guys! Represent and have a BLAST!! Rob, if you work on that C&J you may have a good shot at winning this thing. :) Finish what you started!!!

Permalink
25 May 2010 / 2:59 p.m.

24. Aaron wrote...

AWESOMENESS Rob! JUST AWESOME! I don't know you quite obviously, but that my man was nothing short of inspirational. Rip it up in LA!

Permalink
25 May 2010 / 5:54 p.m.

25. nick wrote...

Hey Owen,

Permalink
01 June 2010 / 7:02 p.m.

what happened to you - were you injured?

I was following your progress and figured you'd give things a good shake

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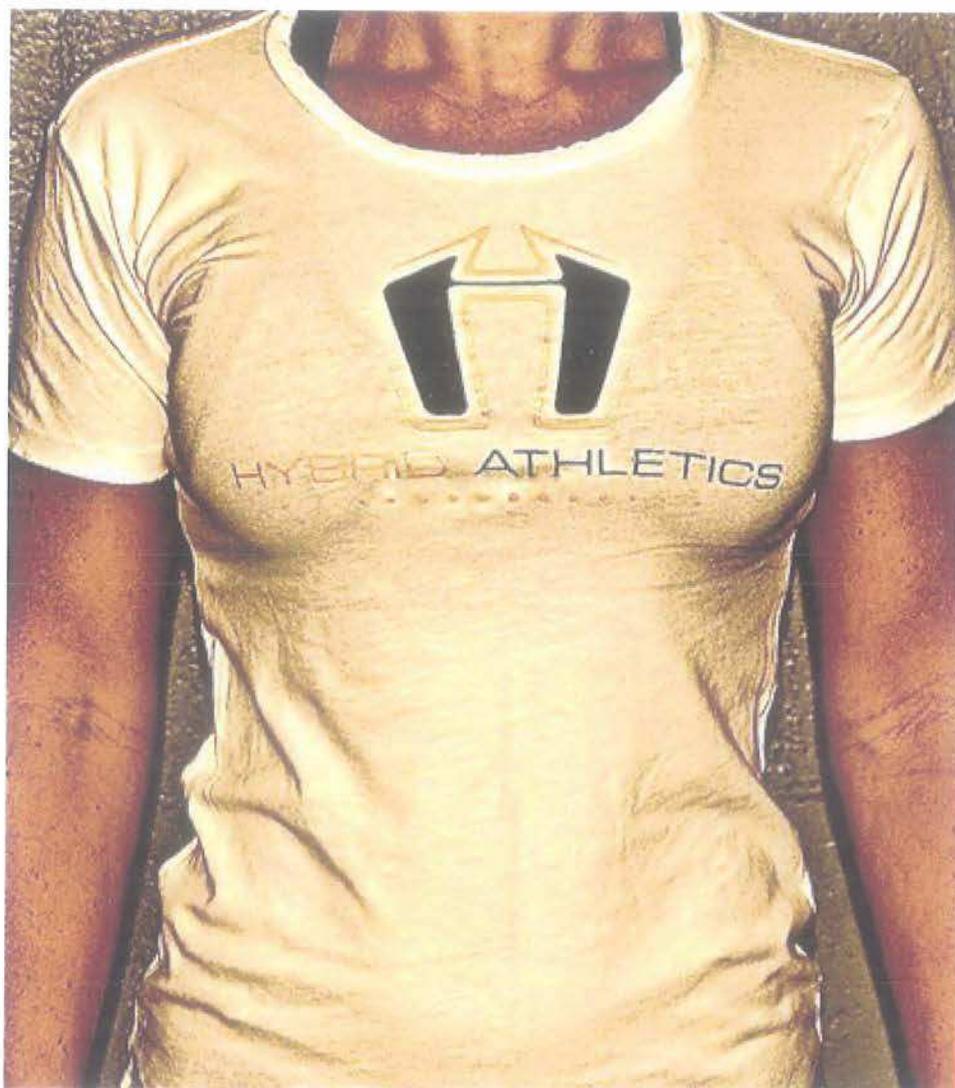


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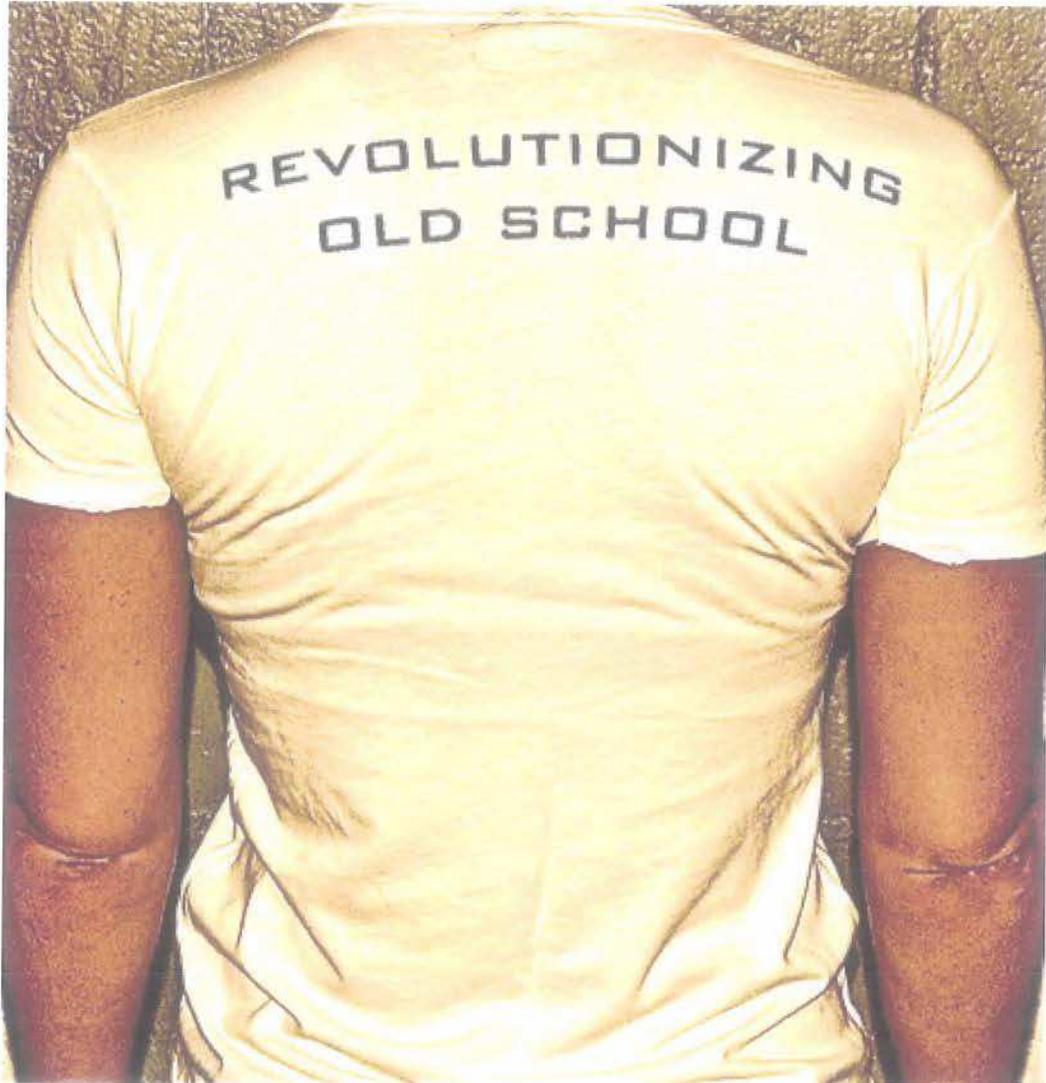
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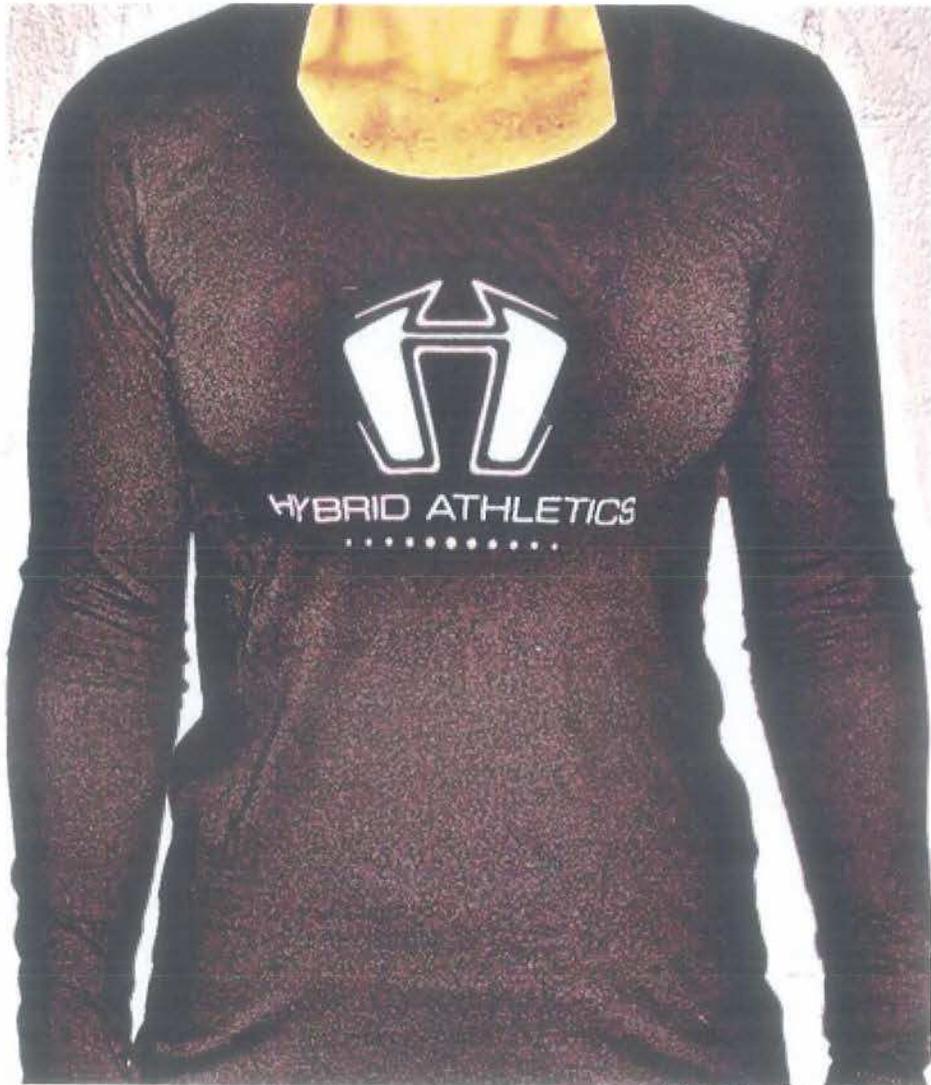
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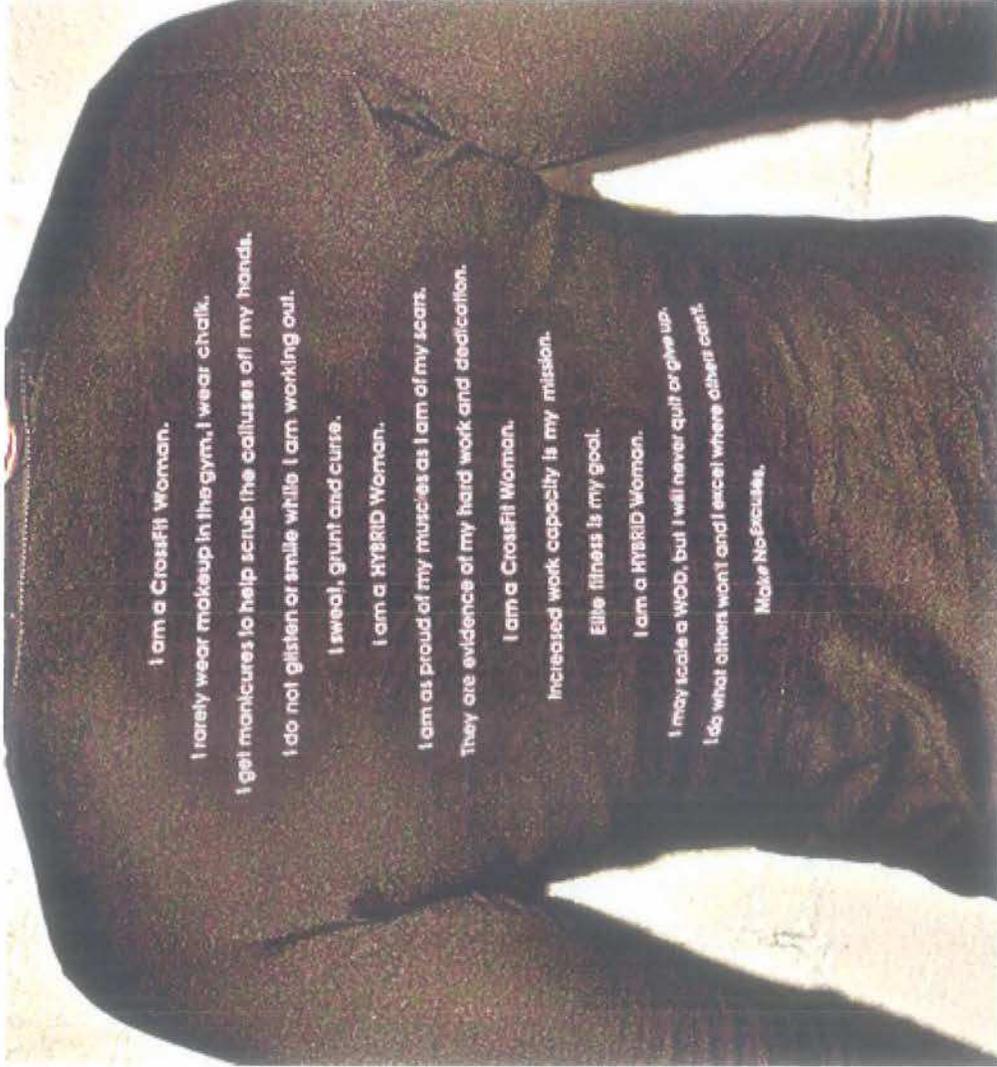
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HYBRID000659



HYBRID000660



I am a Crossfit Woman.

I rarely wear makeup in the gym, I wear chalk.

I get manicures to help scrub the calluses off my hands.

I do not glisten or smile while I am working out.

I sweat, grunt and curse.

I am a HYBRID Woman.

I am as proud of my muscles as I am of my scars.

They are evidence of my hard work and dedication.

I am a Crossfit Woman.

Increased work capacity is my mission.

Elite fitness is my goal.

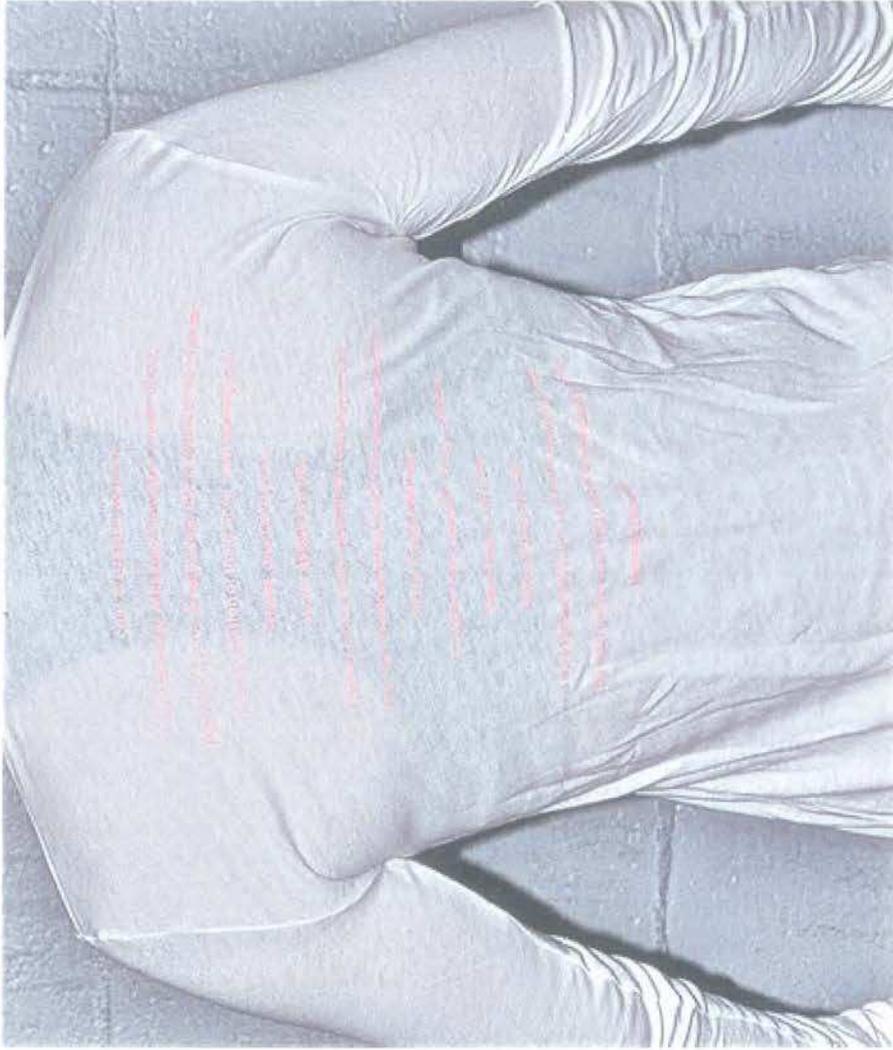
I am a HYBRID Woman.

I may scale a WOD, but I will never quit or give up.

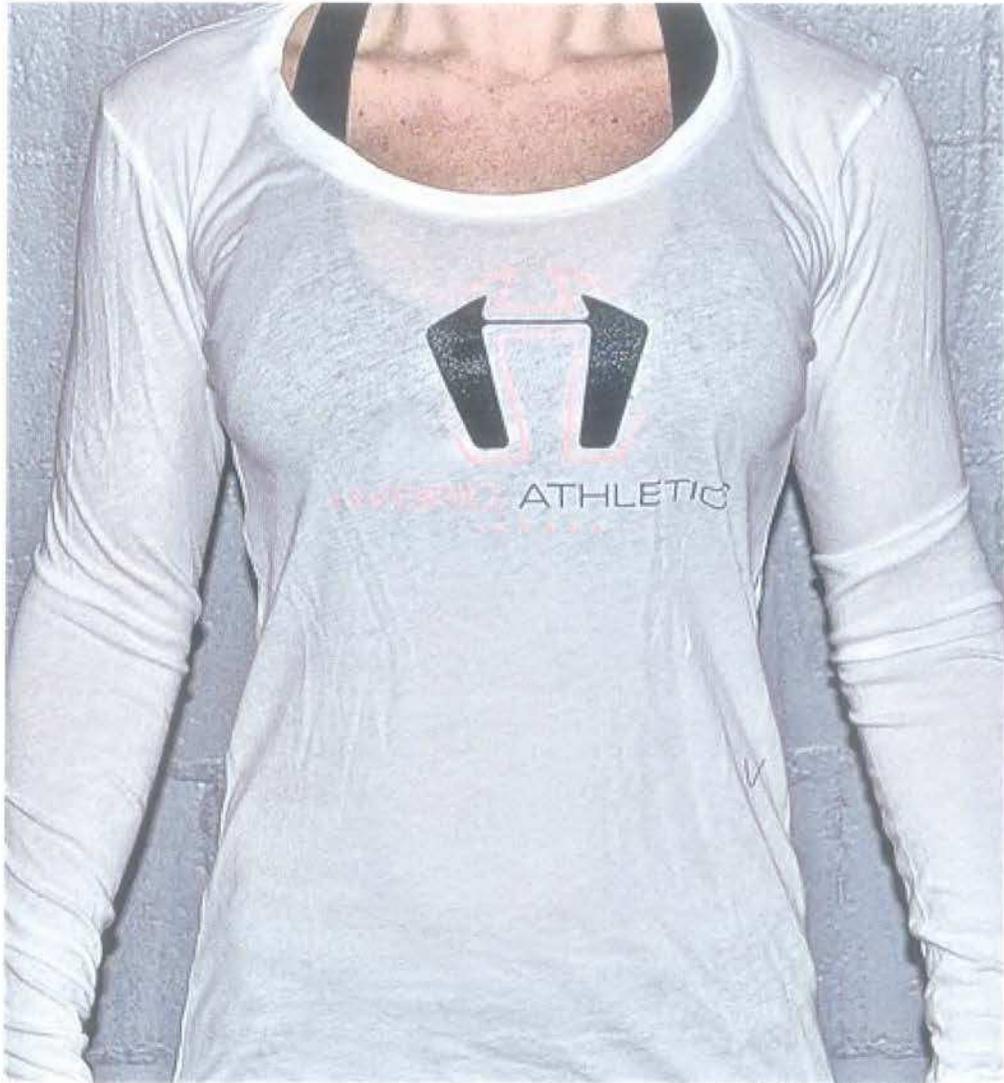
I do what others won't and I excel where others can't.

Make No Excuses.

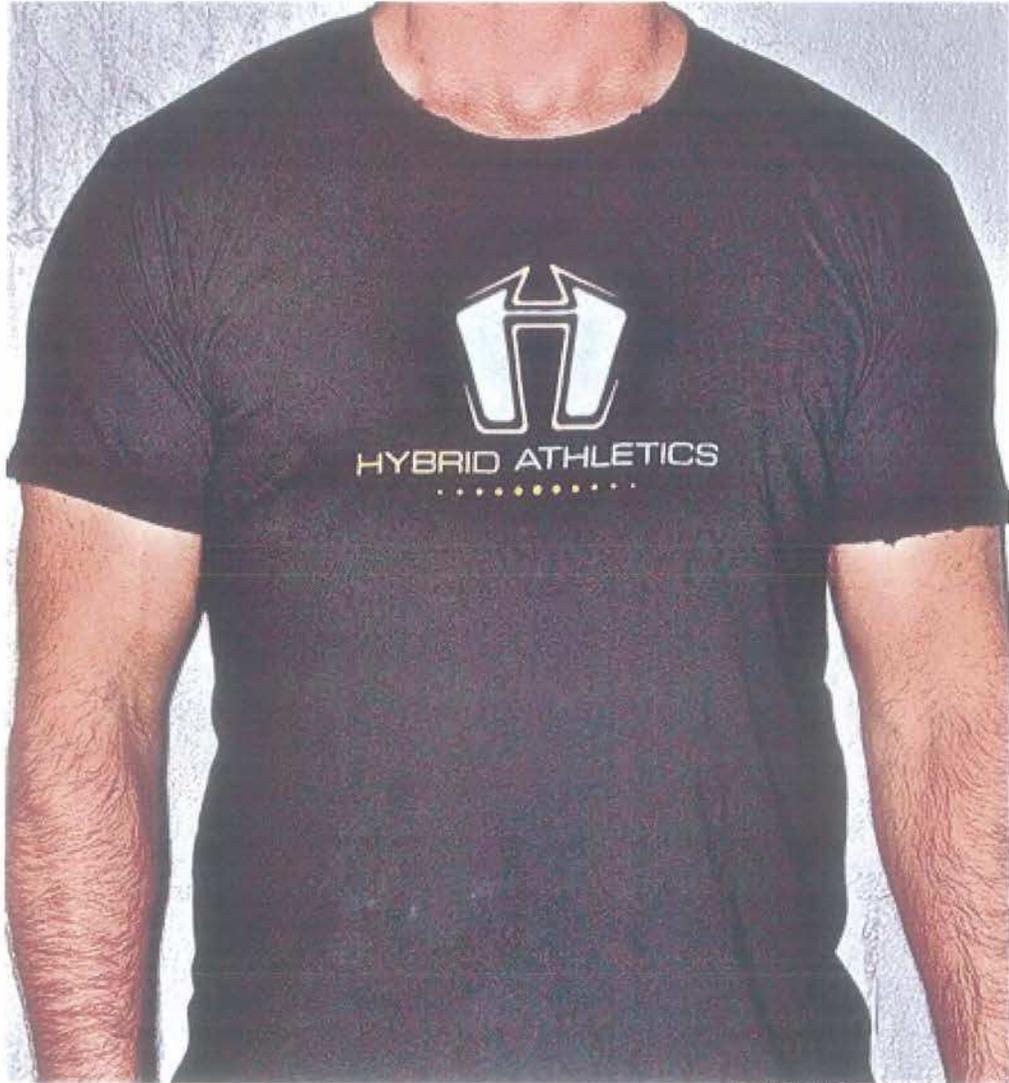
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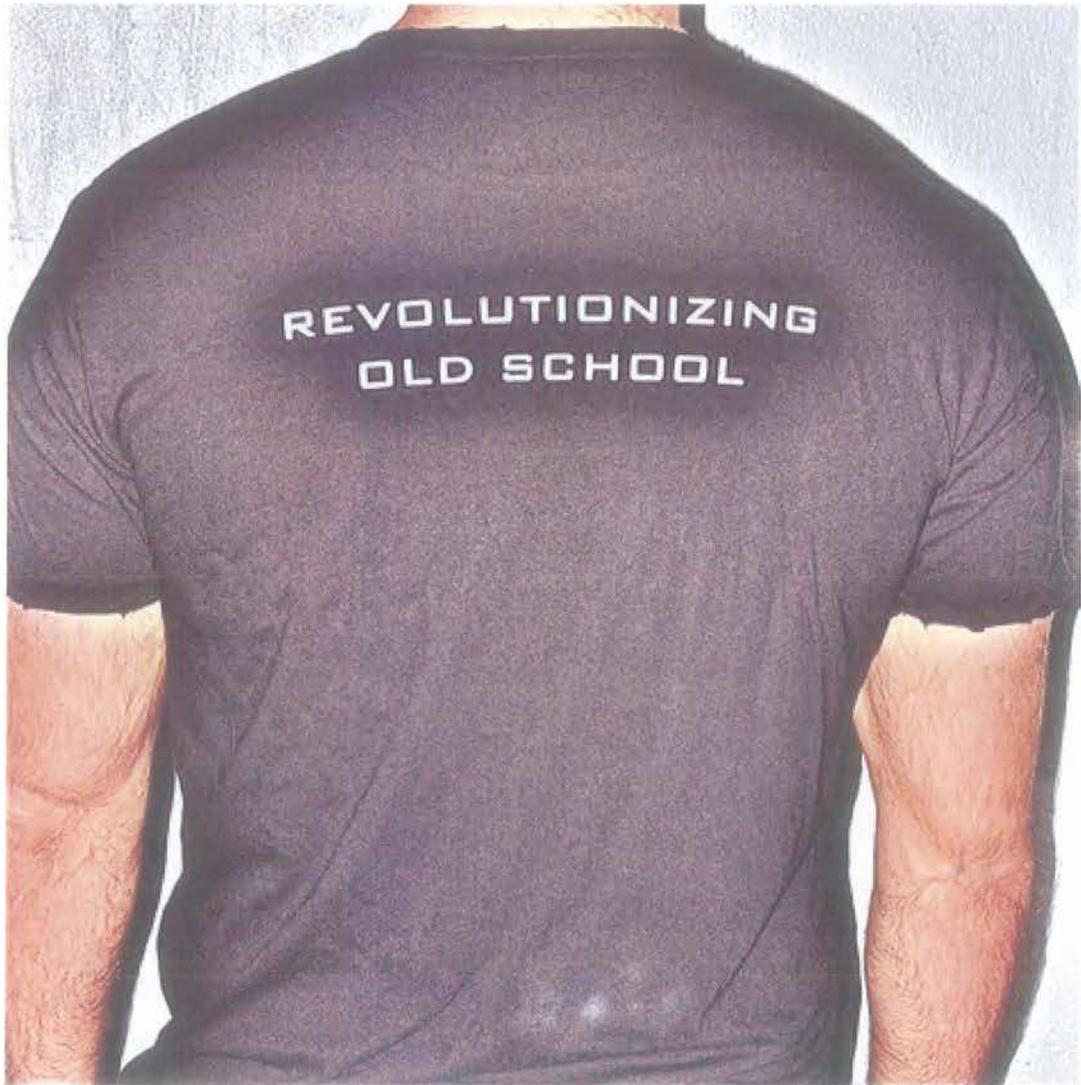
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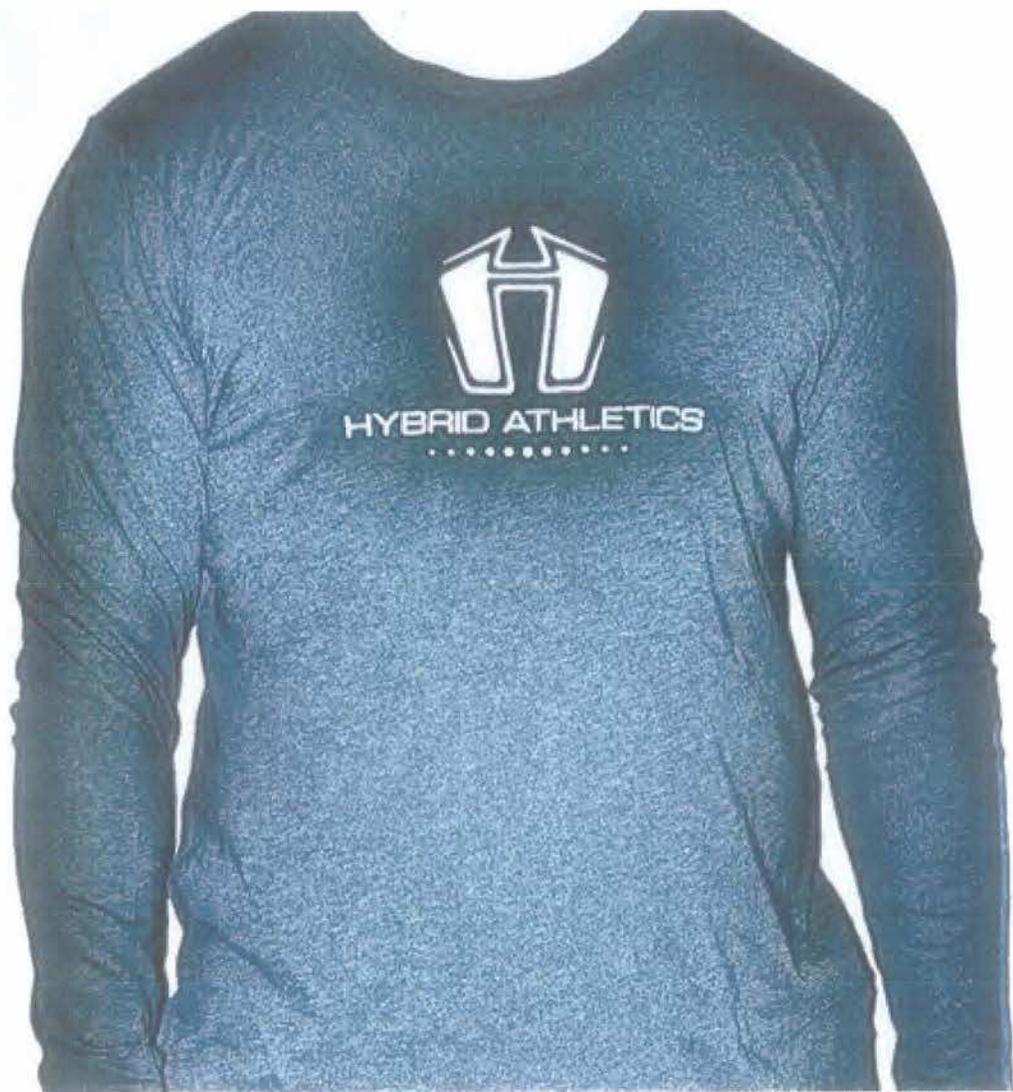
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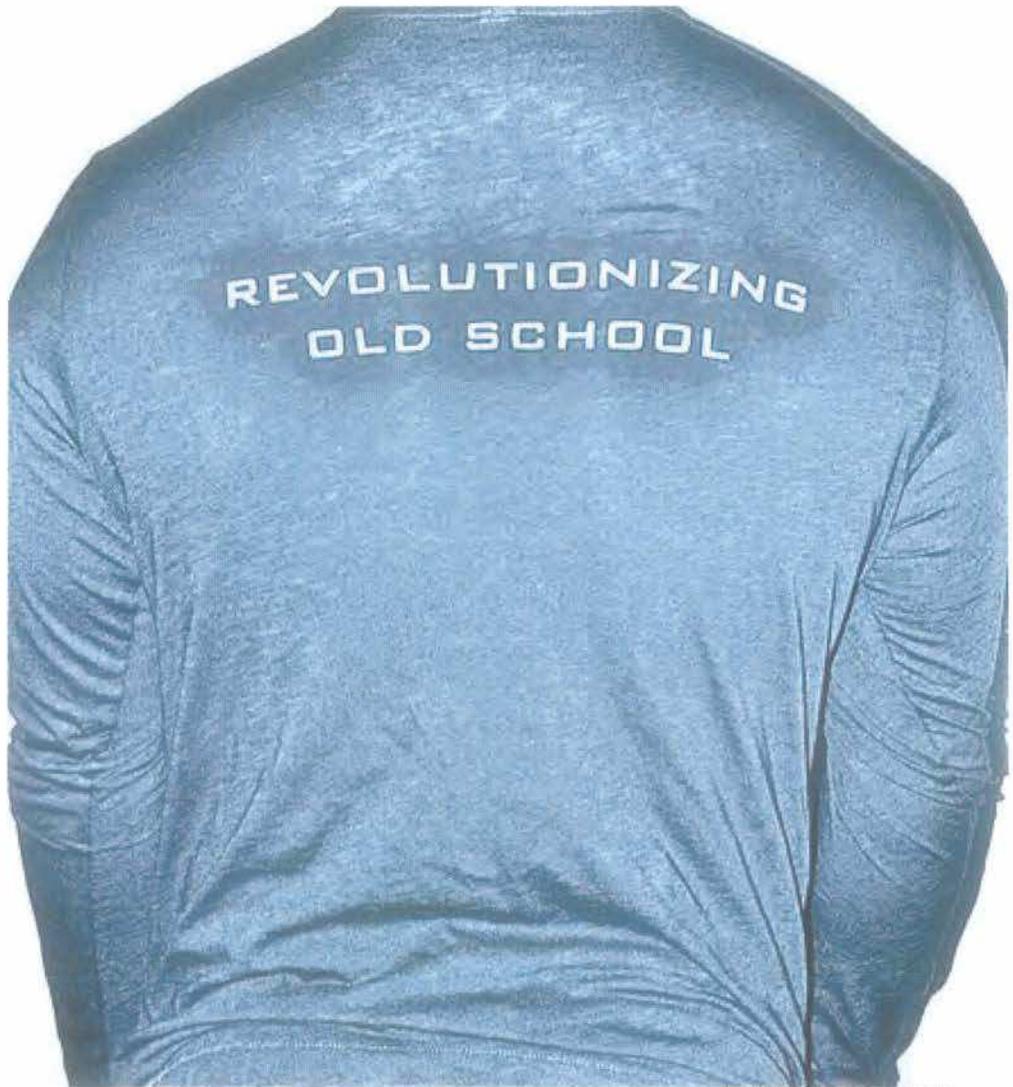
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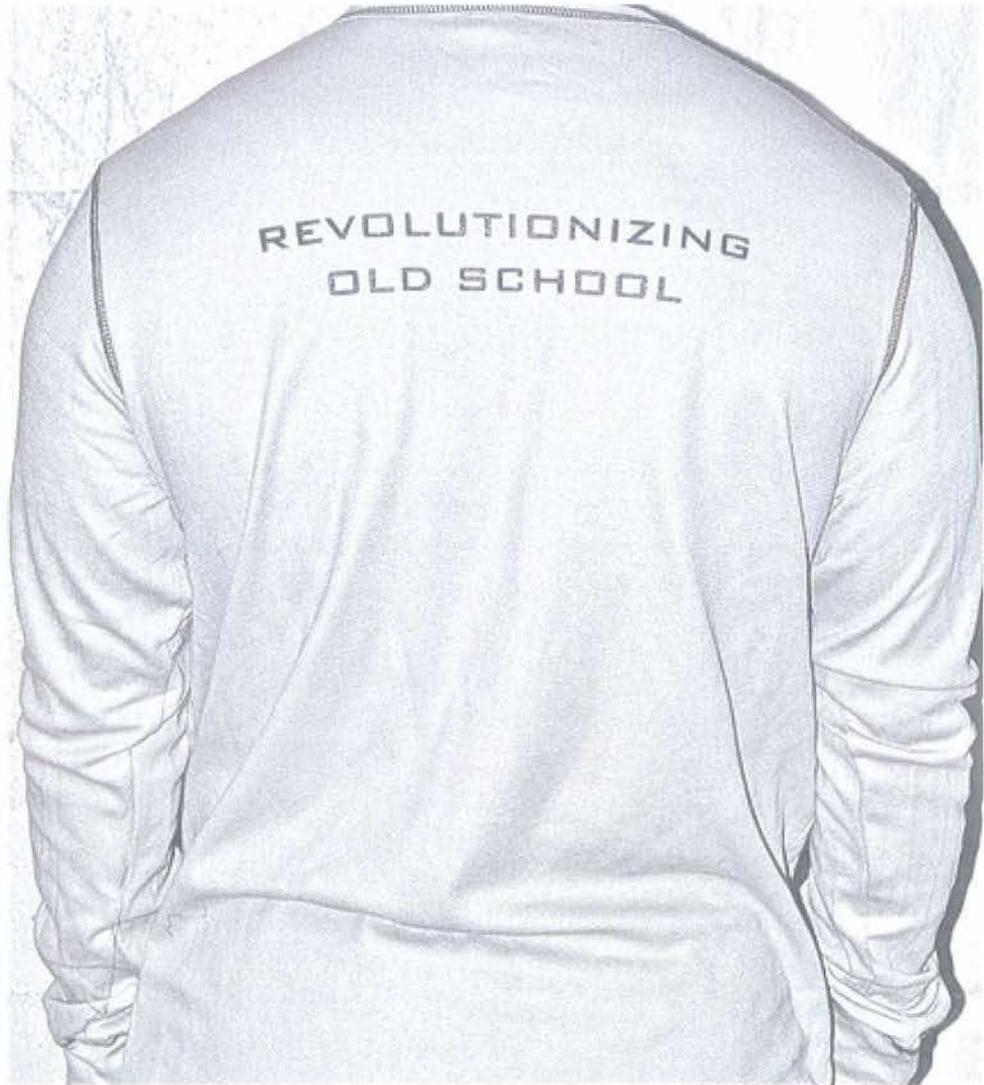
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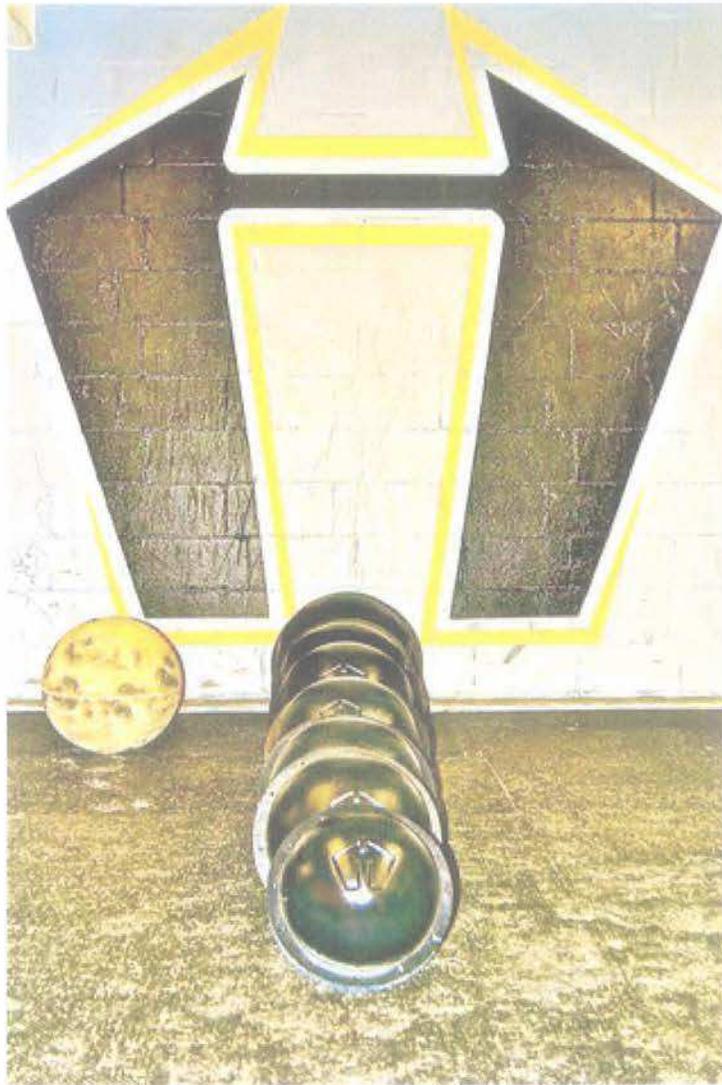
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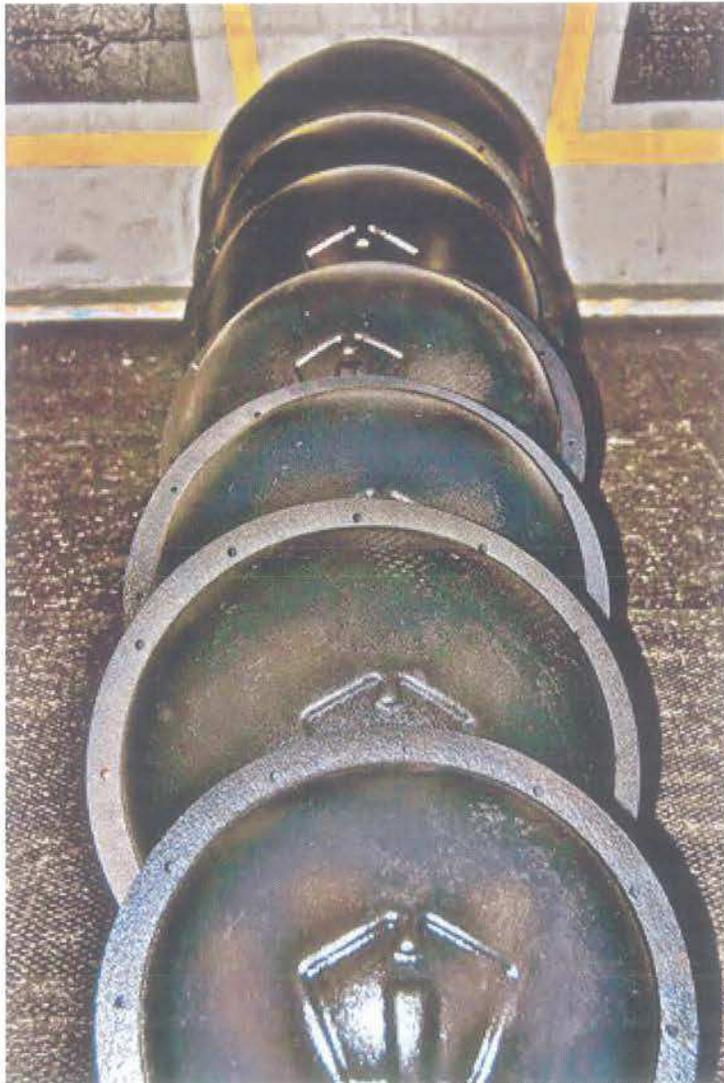
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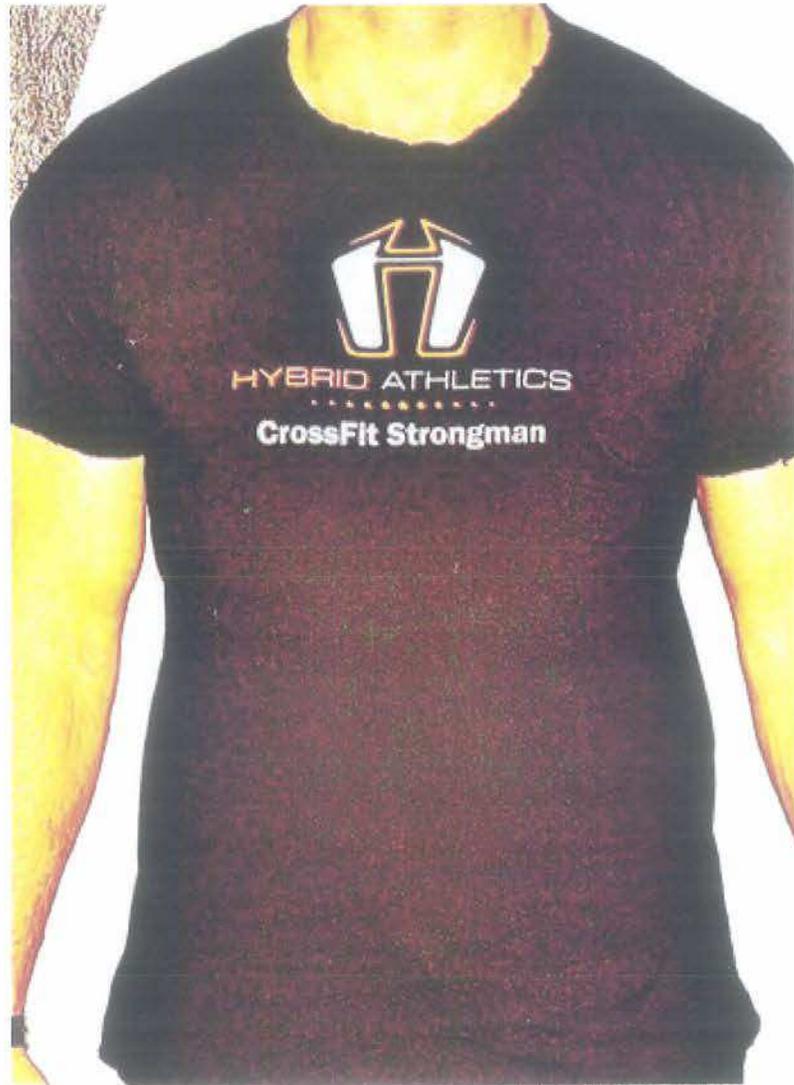
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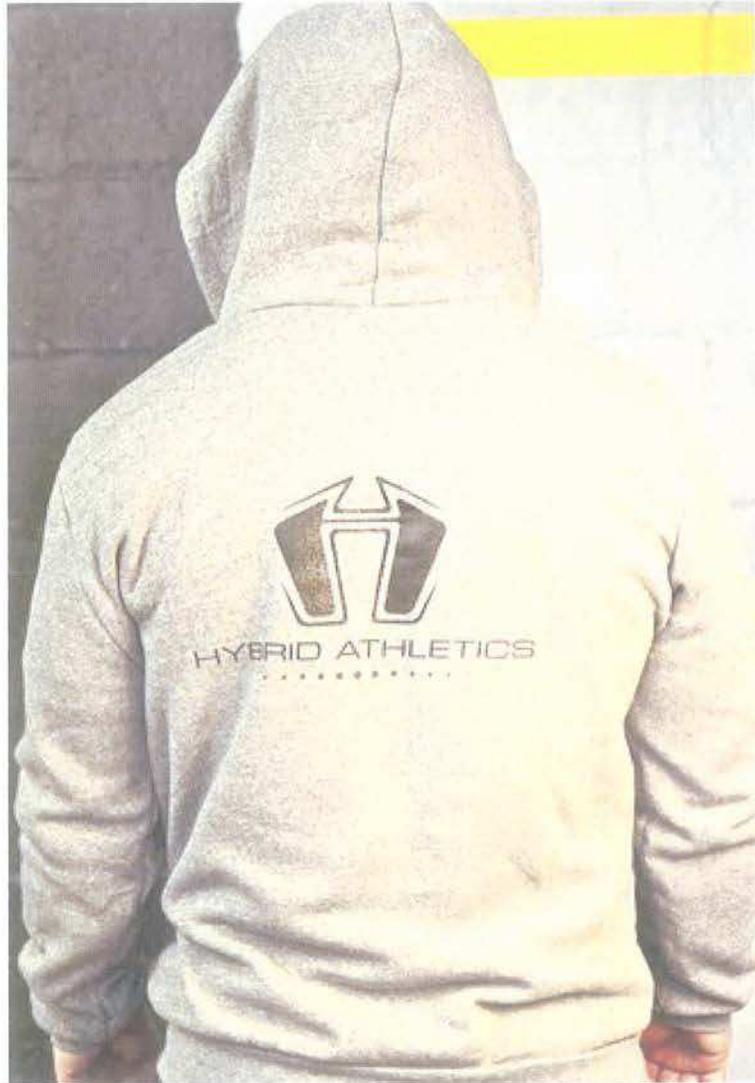
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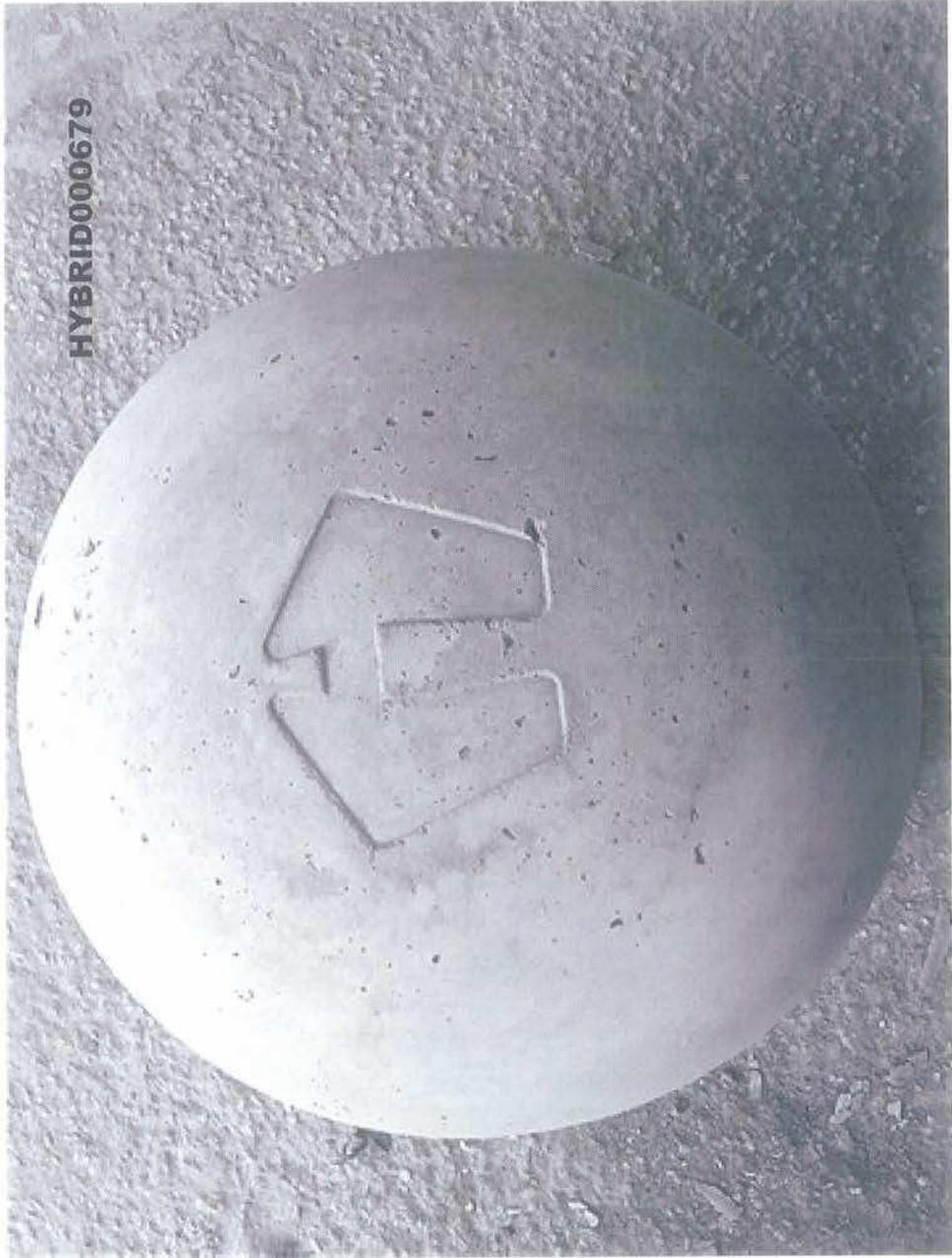
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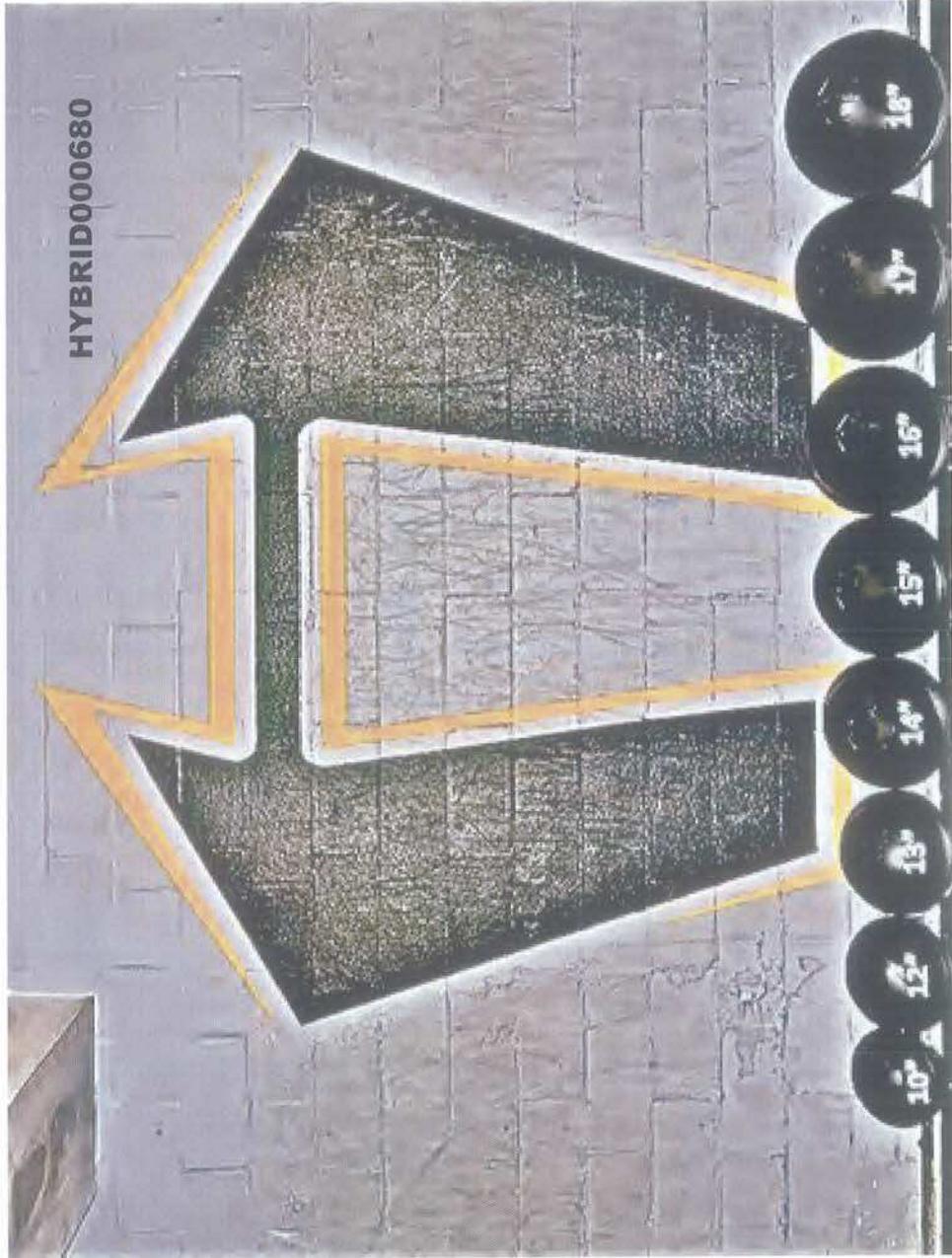
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TO DEPOSITION OF ROBERT ORLANDO
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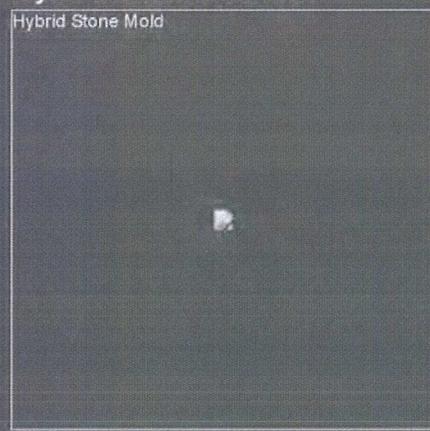
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14" dia. 116LB Hybrid Stone Mold	\$80.00	0
15" dia. 142LB Hybrid Stone Mold	\$90.00	0
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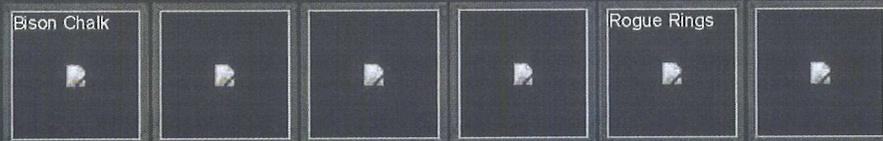
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Hybrid Stone Molds



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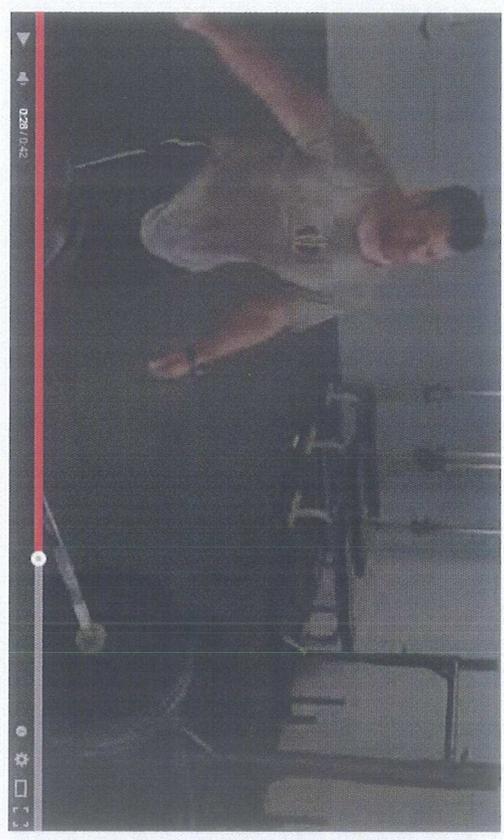
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Carlos Cacha 3 years ago
they should piss test crossfitters!!

Garrett 3 years ago
The ocean sure as fuck don't care.

alex4011 3 years ago
@atlascachesthat they go

condelhigh 2 years ago
All I can say is one word: BEAST!

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 **undishable woodcock** · 1 year ago
man one arm keep it up u give me more inspirational

 **Crossfit-an125** · 1 year ago
this is serious one of the most impressive commercials.

 **Annouyaze** · 4 years ago
I really like this speech and I want to print it to put on my wall. I subtitled it, but I am not a native speaker, can you correct it if there are mistakes? The weight doesn't care for men having a bad day, it doesn't care if it's 40 degrees in the gym or 50, it's no different in the quality of my sleep or the quality of my diet. The weight doesn't care about the crossfit games it only cares about one thing: on this day, at this moment, can I move it?"

 **rangerdev1** · 3 years ago [reply to OKstateCOMboaz](#)
@OKstateCOMboaz I never said he was "I am drawing reference to his over-dramaticizing of simply "picking something up, and putting it down". It's not that special.

 **Brandon Beaver** · 1 year ago
How in the hell.....?!!?!!!! Incredible!!

 **TAZZAKASlay3r** · 3 years ago
Woodcock!

 **CrossfitFan126** · 1 year ago
I can watch this over and over.

 **Todd Bailey** · 4 years ago
Annouyaze, couple corrections: "The weight doesn't care if I'm having a bad day." Also "It's indifferent to the quantity of my sleep or the quality of my diet." Otherwise, you got it right.

 **Leadstammers** · 3 years ago
Stacked inside out it looks like 25-26-10. So I'm guessing 185, which is STILL no bigging matter. If you haven't seen his workouts, he's BEAST!

 **Thomas Foster** · 4 years ago
awesome

 **rangerdev1** · 4 years ago
impressive strength, but really dude, lets put it in perspective a bit. I know plenty of dudes downrange whose workplace conditions matter more than your "gym being hot or cold".

 **Peter Davery** · 3 years ago [reply to TheLamar103](#)
whys that then? am I wrong?

 **Silverd1** · 3 years ago
This commercial is awesome. I love it! If you guys would like to read the article that obviously inspired this commercial google THE ROCK by Henry Rollins.

 **mitchhulaz** · 3 years ago [reply to Carter Centre](#)
@cartercentrebasin they do

 **TheLamar103** · 3 years ago
and you sound rather retarded

 **Annouyaze** · 4 years ago
thank you!

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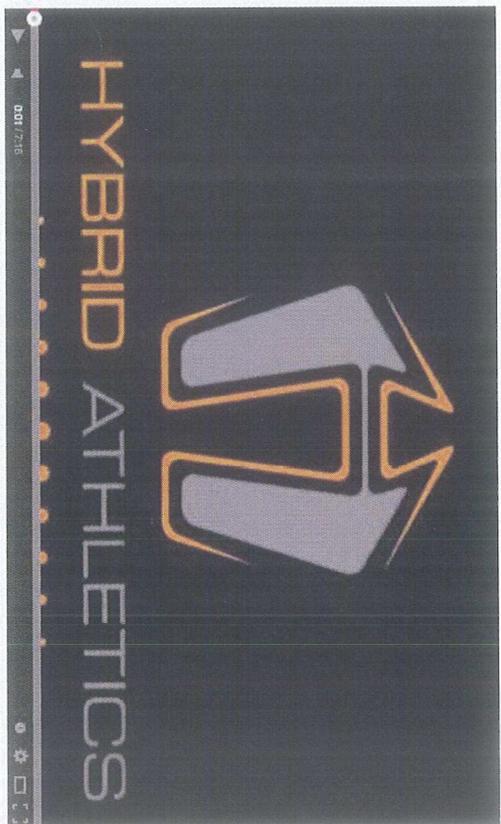
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Rob Orlando at the Vikingfest Strongman Competition

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290lb axle clean and press for reps, 240lb 18" axle deadlift for reps, 25lb crucifix hold for time, 570lb frame hold for time, and atlas stones at

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you'reishad101 2 months ago
He might be strong but if anyone else tries to emulate his rounded back deadlift form they will be on their way to the hospital.
Reply 3 up

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Declan Jones · 1 month ago
You don't know what you are talking about

Reply · 1 · 10 · 91

Journey to Strength · 4 days ago
What's the diameter of those axles ?

1 · 10 · 91

Justin Mathis · 1 week ago
I train under the 8th strongest man in the country you've listed! It is right Declan Jones

Reply · 10 · 60

Juan Ruiz · 7 months ago
So watching his back round on those deadlifts off the platforms hurt r/r

Reply · 4 · 10 · 60

XmasakOne · 4 months ago
crossstick that's why

Reply · 1 · 10 · 91

andy lamul · 1 month ago
Got to do the strongman seminar with him yesterday! Learned a lot from this seriously strong guy :)

Reply · 10 · 30

Mat Williams · 10 months ago
Rob = Beast mode

Reply · 5 · 10 · 30

Isac Rozario · 4 months ago
That form.....

Reply · 2 · 10 · 30

daniel ainsworth · 2 months ago
how much does the axle weigh?

Reply · 10 · 30

Malke II Twole · 11 months ago
HAQLEY DAVIDSOON

Reply · 1 · 10 · 30

Matthew Arsenau · 1 year ago
If you think you're stronger than Rob Orlando and you have time to comment on a youtube video about it, you're wrong

Reply · 7 · 10 · 30

Shaun Young · 10 months ago
that's the stupidest thing I've ever heard the dude couldn't even complete the signature strongman events involving grip none of those results would get a top 5 finish in any event with real competition

Reply · 6 · 10 · 30

Something Different · 6 months ago
im not trying to sound like a ass nor a idiot but i don't feel like his grip or technique is safe, correct me if im wrong appearances can be fooling

1 · 10 · 30

View 1 reply

Americanbullytrainer · 10 months ago
For everyone hating Go do this shit with an axle not a regular barbell, then come back and comment

Reply · 10 · 30

100PercentOJ · 4 months ago
if lifting heavy weight like a monon with shit form is a competition I'll stay out. I've watched my fair share of Euro strongmen and never seen this retardation

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by The Dancer · 4:20:58 views

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by Shonnon · 7:56:37 views

Pro Fighter Vs CrossFit @Rozario
by RozarioUK · 3:22:57 views

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by Mike Rozario · 30:07:23 views

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by RozarioUK · 5:01:42:34 views

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Reply · 1 · 46 · 30



Memo Nobody · 4 months ago

speaking of Euro strongman deadlift how about eddie hall screwing himself out of trying for the world record at ESM this year? now THAT was a form clinic. Crazy how the world record keeps getting broken, sometimes going to hurt themselves

Reply · 1 · 46 · 30

Jonas77 · 1 year ago

Zanso, that's axel, not normal bar. I bet if u try that u will soon realize your grip won't last. Maybe that is the reason

Reply · 1 · 46 · 30

Drunwenmahe17 · 11 months ago

snib at all these keyboard warriors. I want to see you equal this performance, then you can talk, but for now snib.

Reply · 5 · 46 · 30

View all 4 replies ▾

kylokkkddhke · 8 months ago

-Kogej3 had the straps negate that angle? Anywhere but WSM an axle bar is meant to test your grip given that most guys should be able to deadlift that on an o/ bar no issue but by allowing straps in a competition with so few events, it is in fact just as strava young said... a 540 lbs block pull.

Reply · 2 · 46 · 30

Christopher Nilsson · 8 months ago

So I cant think Justin Diebler's lynes are bad cause I cant write better ones myself? Good logic you dumb fuck

Reply · 1 · 46 · 30

Axel Paz · 10 months ago

such my back is hurting just from watching this the gvs's pretty strong but they left good form @ the door this kind of videos promotes followers to get injure

Reply · 1 · 46 · 30

travis jones shared this via Google+ · 11 months ago

Reply · 1 · 46 · 30

Juan Ruiz · 7 months ago

Lol that first gpp is so fucking awkward

Reply · 1 · 46 · 30

RehabForce6 · 7 months ago

Whats the fucking point of axel deadlifts if you use straps ?

Reply · 3 · 46 · 30

View all 2 replies ▾

Memo Nobody · 4 months ago (edited)

Yes, Rob Orlando is a badass but straps are kind of BS in a strongman competition. The only reason for them I can think of is that they probably make for bigger numbers which draws in more viewers. Grip strength is supposed to be a huge part of strongman. I'd like to see more axel holds

Reply · 1 · 46 · 30

Carlos Lira · 7 months ago

that's just not right

Reply · 1 · 46 · 30

Mike P · 1 year ago

this is related: deads off of platforms with STRAPS!!! dude, this is bull, no doubt he's strong but damn, go from the floor and use your damn grip. franco colombo never used wraps nor do any crossfitters who deadlift this kind of weight, and yes, I mentioned crossfitters, the ones who are world elite level! They don't do wraps and deadlift in the 500's, just sayin. let the rebultals begin

Reply · 1 · 46 · 30

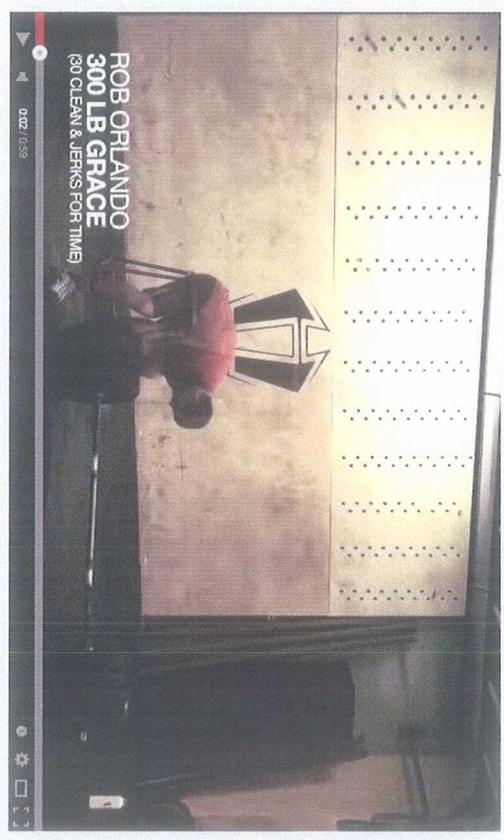
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Michael Westen · 81 months ago

I do believe franco colombo got injured lifting a fridge in strongman if I remember correctly. Strongly, a powerlifting meet doesn't necessitate lifting of a fridge. If you look, the bar is thicker than a standard barbell hence the height. It is to mimic the car deadlift frame

Reply · 1 · 46 · 30

ladmeisen12345 · 8 months ago



CrossFit - 300 pound "Grace" by Rob Orlando
172,632 views
5:57
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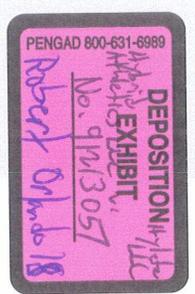
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ALL COMMENTS (279)

- Shawn year thooappin
- Pat Tebbutt 1 month ago
From an Olympic weightlifter's point of view this is just tucked. That form is crazy, horrible on both the clean and push press
- Payton Rogers 1 month ago
good thing this isn't an olympic weightlifter

- Rob Orlando at the Vikingfest Strongman Competition by CrossFit 253,744 views
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- "How to get stronger" - Rob Orlando by Jemilo 84,983 views
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- Mikko Salo Death by Clean & Jerk by Dwayne Spicer 21,250 views
- Motivational by Dan Rice
- Chris Spealler on Heavy Days by Chris Spealler 83,455 views



Reply 3 48 49

Andy Merkel 4 months ago
fan request: W315 in under an hour...

regarding Spencer M. comments, he's truly a beast and a gifted strength athlete, and the 13-40 was amazing, but I'd rather have Rob's washline at the expense of a bit of strength, that's why we like him, because we want to increase our OLY lifts, but we also want to be able to unijump/pull ourselves up, push ourselves up, etc... my hats off to both...

Noah Morris 2 months ago
I love crossfit and have been following it for so long, but this video is the definition of too much testosterone

Again Faster Equipment 5 months ago
An older but goodie for #TBT 300lb #GIRCE by Rob Orlando #crossfit
<http://gqjmf.ac/19t23>

Pau Flux 5 months ago
A screaming idiot on steroids and people are admiring this
No wonder the world is such a shitty place

Larry Russo 5 months ago
Good thing Spencer is a slob, compared to Rob!

Shane Conception 1 year ago
Spencer Klossman from CalStrength did this in 13:40 lol

Mia Hannah 1 year ago
At least it wasn't this shitty.

Darryl Garber 1 year ago
just watched spencer moormans one... he has good technique... rob orlando has great strength but can't clean / jerk properly

clevelandandrea 1 year ago
at least rob orlando is strong, most of these xlifters wear the fanciest squatting shoes, and have all this nice rogue apparel but can hardly squat 185 ATG and they're snatching 95 pounds. like a bunch of pussies.

crashbarber25 1 year ago
which CrossFitters are you referring? Rob? Frong? Just Overhead Squatted 385 in competition is that not strong? If you are talking about beginners why would they not buy Rogue gear? It's cheaper than most other sports apparel and will last a long time. Its cheaper than Nike apparel that "generic" gym gear and runners wear. Everyone was a beginner at some stage.

Chris Miller 1 year ago
My reaction to missed reps is about the same as his... nothing worse

Brendan Joseph 1 year ago
I bet nobody who disliked or talked shit here can clean & Jerk at all with good form especially even close to 300lbs, let alone 300lbs for 30 reps for time. Most people here probably can not even squat 300lbs

Brendan Joseph 1 year ago
Kendrick does, so if he did this exact same WOOD he would have control. Doubtful. Why would he need to have to do a squat clean if he doesn't have to, thats a waste of energy, and less efficient. Kendrick has explained that himself, just like rob is doing here.

View all 5 replies

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by CrossFit®
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by monogamawari
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by CrossFit®
348,667 views

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JagjilBaranar · 1 year ago
+**Brendan Joseph** That's not what I said! He doesn't have to go into full squat depth, but seeing how he has trouble getting under the bar it might be useful. And the use of a push for the last part is also a waste of energy, why aren't you pointing that out?

Ryan Rutkowski · 1 year ago
what a C-Bag

Darryl Garber · 1 year ago
worst technique, I can't even jerk 300 pounds but the clean jerks I do look like clean jerks lol

The Grid Box via Google+ · 1 year ago
300 pound (138kg) "Gance" by Rob Orlando
"Gance" 30 reps Clean & Jerk

OMFG!!!

andrew Nesmith · 1 year ago
I'd love to see your video of you cleaning 300lbs mr. Ke! board warrior!

canlust · 1 year ago
he's cleaning like a high school kid

Daniel Balzano · 1 year ago
And @Larvisking I've studied Sambo BJJ and Muay Thai for over 20 years so yeah... I'm not really worried.

Hypoxite · 2 years ago
Like Cimaz' temple form when the power jerked his world record c&j. What's/er gets the weight from point a to point b

molestoz2 · 2 years ago
At least come up with a good insult if you're going to be a child. Besides, he looks the more likely to cry. Olympic lifting is a sport and one of tradition. No place for mediocrity. Maybe if he didn't waste so much energy screaming and spend a little bit of time working on his form he'd lift a little (or lol) more. I don't begrudge him though. Hell, heed all the sympathy, he can get after he's noded with injuries from his crossfit form Olympic lifting.

CrossFit175 · 1 year ago
can't say it any better.

Daniel Balzano · 1 year ago
Umh, let's not and say I did. I'd rather do less weight with strict form. I'd like to keep my spine intact for when I'm 80. thank you

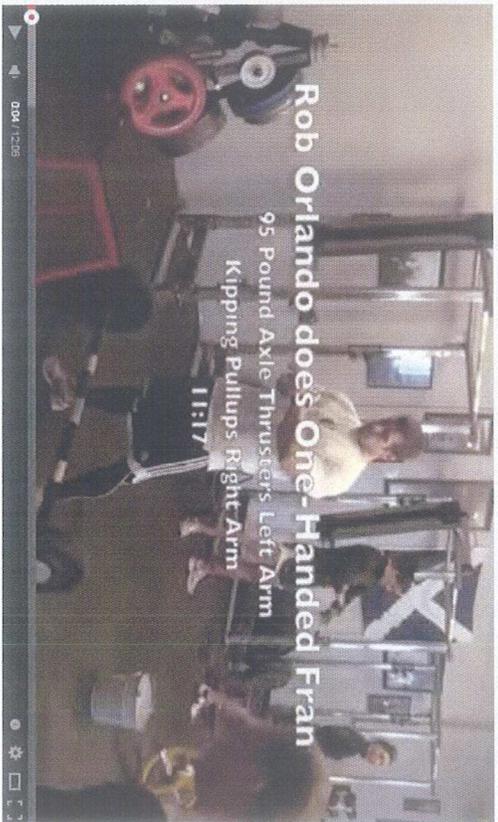
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HYBRID000566



CrossFit - One Arm "Fran" by Rob Orlando

CrossFit® **527,486** Subscribers

201,554 Views

Uploaded on Sep 30, 2011

21:15:9 Thrusters (95#)

ALL COMMENTS (191)

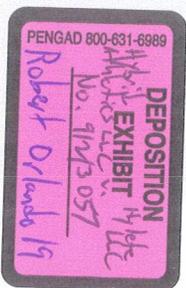
Share your thoughts

Jay Krick 5 months ago
so stupid... what's wrong with doing it the correct way for a good time?

PhenomenaD 8 months ago
I hate when people say "strict pull ups." I'm pretty sure its just a pull up. Crossfit wants to name it strict so it'll seem legit. No. Don't do that. And his kipping pull up looks like he's running going up. Man... idk what's up with all these crazy workouts.

STHENICS 4 months ago
+Ryan Yang If you're being honest good for you. Rock those reps! But, you're atypical in CF realm. It's likely that you already know this. Please quit pretending that you're the norm.

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- "How to get stronger" - Rob Orlando** by Jarrico 84,603 views
- The Muscle-Up with Jason Khalipa** by Jason Khalipa 202,272 views

HYBRID000587

Reply · 4 · 0

Ryan Yang · 4 months ago

STHEMICS Lock (can only speak what I see, I can't speak for the entire community, but at least at the box where I train, people take strength very seriously). We have dedicated strength sessions every week. Kipping techniques are only used when there is a benchmark workout

Reply · 1 · 0 · 0

sergiohla77 · 5 months ago

how much weight those uses?? and how much weight the bar?? and are those RQOE equipment??

Reply · 2 · 0 · 0

Ryan Yang · 5 months ago

95# means 95 lbs

Reply · 1 · 0 · 0

sergiohla77 · 4 months ago

Oh ok, I was confused with the lbs and lbs thing... thanks :)

Reply · 2 · 0 · 0

Travis Slice · 1 year ago

I give props to this guy, I could not do the amount of pull-ups (kipping or not) that he did. And to the people who are always saying Kippings cheating and its bad form, well the only thing with that is the article reason people started doing pull-ups were to train their muscles to do a pull-up when a life event occurred, whether that be falling and catching yourself then pulling yourself up or climbing to something. You dont think about form in the circumstances, and that is what crossfit is about preparing you for anything

Reply · 5 · 0 · 0

Ian · 1 month ago

yeah prepare you for a serious injury...

Reply · 0 · 0 · 0

See TheBest · 6 months ago

Puck the crossfit hates you guys are all just jealous and this is just for fun I would never do baseball lifts with one hand cause thats not what crossfit is

2 · 0 · 0

azem242 · 6 months ago

do you hate crossfit? Its better than sitting there typing no doubt!

0 · 0 · 0

PhenomenalPhenomem · 9 months ago

I hate when people say strict pull ups. I'm pretty sure its just a pull up. Crossfit wants to name it strict so it'll seem legit. No. Dont do that. And his kipping pull up looks like hes running going up. Man.....dk whats up with all these crazy workouts

Reply · 0 · 0 · 0

Ian Marabotto · 1 year ago

crossfit ruins everything... its such shit. This guy is strong no doubt, but shouldn't give Crossfit (a money-making fitness trend) the credit for what he does. His one arm pull ups aren't legit because he swings too much and is not relying on pure arm tendon and muscle strength, nevertheless, he is a good athlete but again, these athletes that were strong already before "crossfit" came along should not give crossfit the credit.

Reply · 4 · 0 · 0

View all 9 replies · v

Joak Saad · 9 months ago

Matthew Davidson

I have never understood kipping pullups, what exactly is the goal there?

Reply · 1 · 0 · 0

iscariot5 · 4 months ago

+JoakSaad

The goal of kipping is to increase the amount of work done in a shorter period of time. And when I say work I mean the scientific definition of work. Many people don't realize that crossfit is literally hollid down to a science. Anyways kipping is used for a different goal than a "strict pull up". If the crossfit athletes were there to isolate their back and bicep muscles

Reply · 1 · 0 · 0

Marcus Cliffe · 9 months ago

That is insane

Reply · 0 · 0 · 0

RossFit

by CrossFit8

187,234 views

Military Throwdown 2011 at Crossfit Oahu CFO

by joshbuchon82

37,850 views

Lucas Parker's Road to the Games - Episode 3: Outside the Box

by MCD24

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by TheSavage

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ardaypplphsp · 1 year ago
Lol whats up with people saying crossfit is a money making trend? My gym is only a crossfit gym and lets us train as much as we want for 50 euros a month. Thats some very very cheap training/coaching 20k a month for me

Reply · 1 up · 0

View all 2 replies

ardaypplphsp · 1 year ago
Forgot to say that we got all the equipment a boy could want including the sledgehammer. D!

Reply · 2 up · 0

ThomasJalpy · 1 year ago · reply to [CohenKoch](#)

@gundshaven) Thanks for the answer not sure if serious but makes sense!

Hidden's · 2 years ago

Do it holding/drinking a beer next time. Or a Powerade and maybe get an endorsement.

Gothaxc · 2 years ago

why hes training only 1 kenp?

Andrew Phung · 1 year ago · reply to [henceSpokeSIB](#)
Indeed you have, but a 1-rip one-handed chin up doesn't compare to Rob's 45-rip (total) one-handed hiping pull up plus 45-rip (total) one-handed 59lbs thrusters under 11-17.

TeleprinterCzar · 2 years ago
Legit! Most people take 12-20" to do their first Fran with both arms

Sam Mitchell · 1 year ago

5'23" in running, in squatting"

alan ba · 2 years ago

WHY

Adam Calucci · 1 year ago

5:23 listen

William Wong · 2 years ago · reply to [henceSpokeSIB](#)

Why dont you try it?

Charles Shipman · 2 years ago · reply to [CohenKoch](#)
Why the attack on me? So only people who have won the USM are world class athletes? So what? Rob Orando has competed 5 times in the Crossfit games. A world competition. He's one in a million. And Im 31 Not a kid. Dont know what I did to make you so mad!

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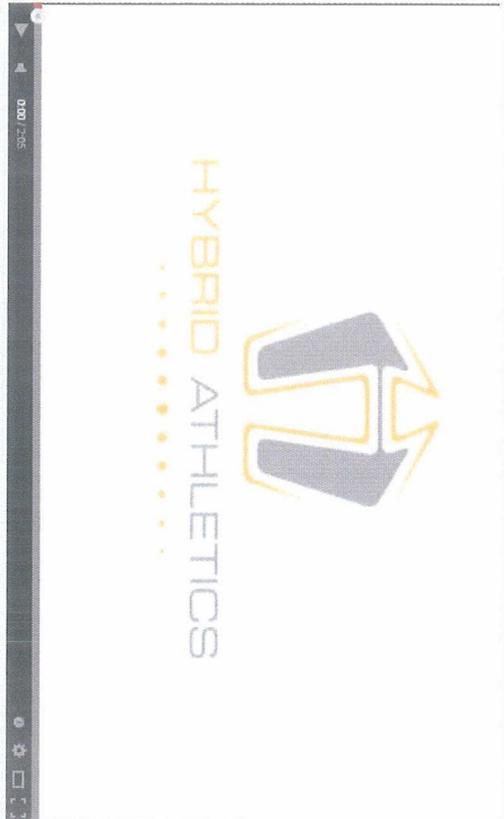


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HYBRID000589



Rob Orlando's Bear Complex at 200 lbs.

CrossFit @ 597,486

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Start at: 0:00

Uploaded on Sep 14, 2011
Originally published April 18, 2010

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stujinsson · 4 weeks ago
Modified Bear using a Squat Clean instead of a Power Clean, pause Front Squat
Still requires a lot of strength but a bit easier than the Full Bear

DEPOSITION
HYBRID
EXHIBIT
No. 91213057
Robert Orlando

WildMight 3 months ago
Beautiful
Reply

Julio Guevara 1 year ago
When I grow up I want to be just like Rob!
2 · 16 · 0

Theron Hoeftel 11 months ago
That's awesome and motivating I did the complex yesterday and wanted die afterwards and I only went up to 125# failed at 135#
Reply · 14 · 0

capomart 11 months ago
That'll make you sweat
Reply · 14 · 0

Rory McDaniel's 2 years ago
diggin the muddly

mungplish 1 year ago
if you look closely, you'll realise he's actually a bear wearing human skin over

Brandon Jackson 1 year ago
I did 315

leo pena 2 years ago
Fuckin beast!

Cameron Wylie 2 years ago · in reply to Rafael Villanueva
Says who? And in what context?

longge12 1 year ago
morder

beaststones 1 year ago
That's crazy, great job

healytwat2nd 2 years ago
We call these man makers lol I like Bear Complex more

Rafael Villanueva 2 years ago · in reply to Patrick Lubel
At the Crossfit gym I go to, the trainer emphasized you can only combine to movements at one time I guess it's different everywhere

SublimeDD 1 year ago · in reply to Grynthead
That's You would know if I were telling I was just asking what you meant by "why don't you" ... chill dude

Jake Harner 2 years ago
In crossfit terms how much weight it that? 88lb??

XxProflightsxx 2 years ago
well done sir

Luke Biz 1 year ago
Bob Marley

Why are Crossfitters So Jaded?
By [Curtis](#)
07/29/2016 · 100% Upvoted

Team of Champions: The Story of the CrossFit Invitational
By [Curtis](#)
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Getting Complex N' Intense at California Strongman
By [Curtis](#)
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Donny Shankle Is Easier Than You - 200kg PR Heavy Clean
By [Curtis](#)
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You want what in your mouth?

 **Rafael Villaverde** 2.3K views · 5:55
Is it me or is he combining the clean, squat and shoulder press all as one. I thought you can't combine more than two movements at one time

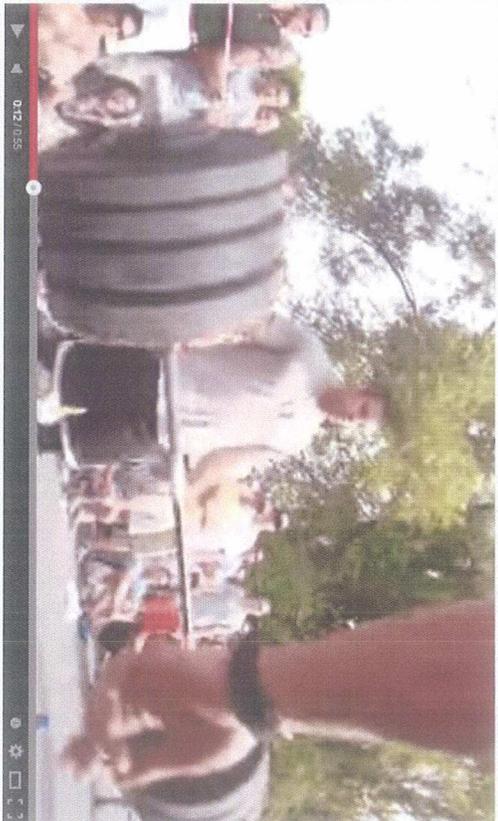
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Rob Orlando 300x3

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Uploaded on Jul 29, 2010
Rob Orlando clean and jerks 300lbs x3 at the 2010 Northeast Regional Qualifier. Athletes had to establish a max 3 rep clean and jerk within 40 seconds. Video by Agan Fasser.

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ALL COMMENTS (97)

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gandahd7 2 years ago It took to breakable...
skinny bumper plates are about twice as expensive. It's really not that hilarious.

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by CrossFit®
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- Lucas Parker's Training SECRET!
by JMO259
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 **Senatus Crespo** 4 years ago
awesome

 **thoomoo** 5 years ago
You guys are awesome

 **shiercain** 3 years ago
BULLSHIT THAT'S NOT REAL WEIGHT

 **k4zZarr** 4 years ago [in reply to PRO570](#)
@k4zZarr Lu Yong 83kg body weight does 214kg 471 pounds I estimated his body weight. You're missing the big picture. The point still remains his weak garbage.

 **wisdometernal** 3 years ago
Now THIS guy makes me respect what Crossfit can be. Not these lame in my gym doing Cleans with 150# and pulling by swinging their body five feet away from the bar to create enough momentum to float up to chin level and calling it "kipping". THIS man makes Crossfit respectable.

 **BreakingPolicy** 2 years ago
I love how big their plates are its hilarious

 **EndersaurusReX** 2 years ago
Why are people critiquing his technique? He keeps relatively solid form and the only complaint would be the "press" instead of "jerk" (unless you're going to delve into tiny nuances that even a solid lifter doesn't always do). He's strong and did well.

 **msthness** 3 years ago
Well, I know a decent amount of Rob's athletic career. And when Rob competed as a Lightweight Strongman he was clean and pressing over 365 on a 2 inch axle. Which for a lighter guy is top notch. He also has a video of him pressing a 300 axle out of a rack for 10 reps. Yeah, he would win the Olympics, but for a guy weighing 185, who runs a 5 and a 2:30 mile, and with all of the other cardio he does, a 300x3 CSJ is pretty "World Class!"

 **StanislavLupis** 2 years ago [in reply to MCHUGH](#)
FYI in actual Olympic weightlifting competition HOW the weight gets overhead is of the most importance. Pressing will not get passed by judges. Clean & Press = Clean & Jerk. Rob Orlando is still strong as hell though!

 **James Jowly** 1 year ago
Obviously a lot of people can do this weight but u have to take in to consideration that crossfit athletes are over all good at every thing

 **sl06522** 3 years ago
Nimic

 **JustJoshin2006** 3 years ago
BEAST

 **EndersaurusReX** 2 years ago [in reply to m0se-s0rce](#)
@m0se-s0rce No. A legal jerk has the elbows locked in one smooth motion. He had to finish the movement each time with a press out, otherwise known as a "push press."

 **Nano Dank** 4 years ago
monster

 **jldq270** 4 years ago [in reply to M4CHUGH](#)
@k4zZarr 50 lbs less would be a 80 kg lifter (Orlando weighs 195 lbs). The record is 193 kg (about 424 lbs) -- meaning one man did it in 2003. Where is this land you come from where 145 lbs men CSJ 480 lbs?

 **coddyblood** 4 years ago
damn this guy is fucking beast!

 **CozyAssault** 4 years ago [in reply to azard00](#)
@azard00 no no steroids dummy but its funny every time you see someone strong its steroids

 **Rob O from Hybrid Athletics**
by Rob Orlando
17,523 Views

 **CrossFit Games 2010 Address Commercial**
by CrossFit Games
2,487,269 Views

 **What Is CrossFit?**
by Ross-Hart-Cliff
3,300,502 Views

 **CrossFit Total Control Twin Challenge**
May 20, 2011 Jacksonville Beach
by Daniel SPS
74,242 Views

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by Benjamin Performance Center
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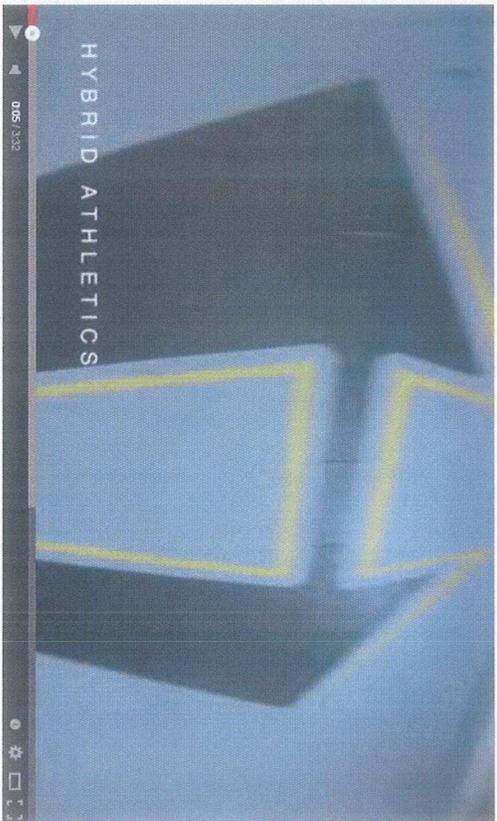
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mpm11111111 2 years ago · replied to GarrettLeet
 @GarrettLeet try man i coming off a sprained back ... from a car accident ... at 18 last year i did 35x3 just havent lifted in a long while i just didnt see why this was such a big deal i didnt know a guy that throws discsus who is married is a tool or douche?

Luis JI Colwell 3 years ago · replied to Cheekmashy
 @Cheekmashy How much straighter can his arm be lol. He had atleast a 2sec lockout on each lift i call it a legit clean n jerk well really a Power Clean & Jerk. Even more impressive

Show more

https://www.youtube.com/watch?v=MSu3z4uY1S4 - Oct 28 2014 13:40:29 GMT-0500 (Eastern Standard Time)



CrossFit - "Heavy Bench, Heavy Lunge Workout" with Rob Orlando

CrossFit
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126,051

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ALL COMMENTS (127)

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Rannapae Clowr · 1 week ago
A 315lbs lunge is pretty impressive but his form on the bench sucks

max · 8 months ago
Have to do this!

Elite Force Nutrition · 11 months ago
did he bounce the weight off his stomach? That is some bad form. Please nobody go home and do that. He is a strong person but that form is not to be replicated. At that rate your better off lowering the weight and doing it "right". Not an expert in crossfit but in the bodybuilding world that would inj. and introduces a potential injury.

View all 7 replies

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HYBRID000580

Yeah stuck at it. Never again. I'm going back to cocaine

Elite Force Nutrition 8 months ago
You were always better on the powder Chevy :)

billyboop99100 13 months ago
Strong Good effort esp walking lunges with that weight

Frank DiMeo shared this 1 year ago

AndienVirus 1 year ago
Is he doing a half powerlifting bench?

raskolnikov7288 2 months ago
@DVCustomerZ LQUJH Arch back because is the better form to do bench press, and wears lifting shirts in some competitions, but you can see RAW competitions and never, never, you'll see a "stucked grip" and think people like Scott Medelton (715 lb RAW bench press) are stronger than you. Its a stupid do this type of grip, because you wont have any gain for do it.

Jason Ujlen 1 year ago
Is he doing lunges with low bar position?

9905Shahidude66 1 year ago
What does that even mean??? Gyp sales?

handsuming19 2 years ago
@seanyglass and in this video he has his rear end up =) like all powerlifter video and pressn with his leg why dont he has his rear flat and leg on the bench. bet u he cant even bench not even 315

DVCustomerZ 2 years ago
@raskolnikov7288 power thing also allows you to arch back and wear lifting shirts they are not the authority. Also it is dangerous to weak people you must fall into that category I do pullups that way and I do Heavy reverse bench same weight man up or go get on the treadmill and get some pink dumbbells.

Edeozh 2 years ago
I dont respect many crossfitters, but the athletes who compete in the games, especially this dude, are beasts ...

misterr138 1 year ago
This guy is obviously very strong and experienced, but he's using the suicide (thumbless) grip. A lot of experienced people use this grip, but it's very dangerous. Do a youtube search for suicide grip. Lee Hayward has a good video about it.

sean o'hallon 2 years ago
@handsurne19 Arching the back is okay, as is driving with the legs, you are supposed to. Lifting your ass off the bench is not okay. You have to remember the bench press was never just a "chest movement" exercise to begin with. It is a total body exercise. Chest, back, shoulders, tris, legs. If you want to focus more on building a nice chest, then go do dumbbells. Check out Dave Tate's videos on you tube

TheKashmirWinter 2 years ago
Well one reason why his back is arched is so it puts his shoulders in a good position to pull his elbows in when brings the bar down. Supported shoulders lead to healthy, injury-free ones in the long run!

albertacker 2 years ago
No rest

MonsteraAndrewable 1 year ago
crazy strong guy for his size

FullBright88 1 year ago
Everyone has different goals

Ricki Froning Jr. - 2011 & 2012 & 2013 & 2014 Crossfit Champion using MR
by MR7MRC009
746,144 views

Team of Champions: The Story of the CrossFit Invitational
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James Pugh · 1 year ago
why are you bouncing the weight man

Kan Label · 1 year ago
How much rest it taken between each exercise?

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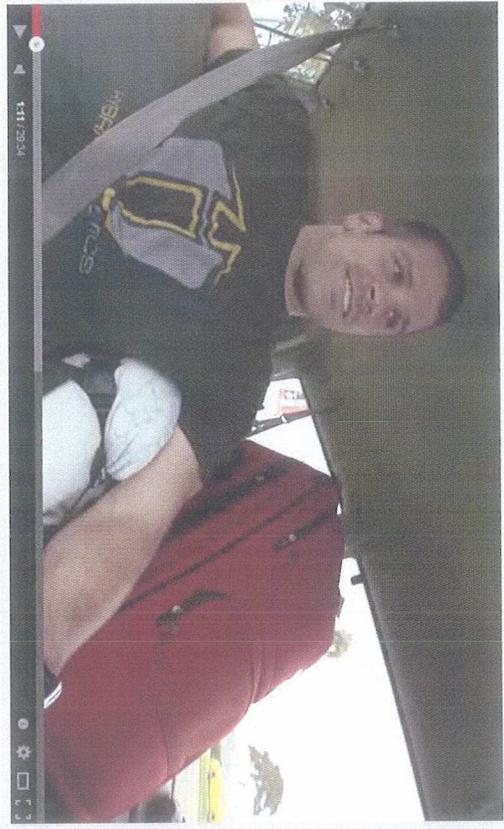
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HYBRID000582



CrossFit - California Road Trip: Part 1

CrossFit 597,486

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Uploaded on Nov 28, 2011
Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Natsiosian and Rob Orlando embark on a tour of California. This trip, however, isn't for traditional sightseeing. The sights along this journey are barbells and top competitors as the group makes its way north one workout at a time.

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Zach Marques *5 months ago*
Is this open to the public or closed course?
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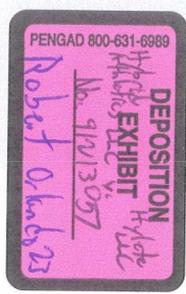
zach french *5 months ago*
Dave Castro is a nut!

Lone Runner *10 months ago*
Bald dude is from the original crossfit box
Reply

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by CrossFit 2:51:09 views
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- Welcome to U.S. Navy Boot Camp**
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Support also supports the... CrossFit principles and m x them with SEAL principles to prepare civilians for BUDS

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ROB ORLANDO
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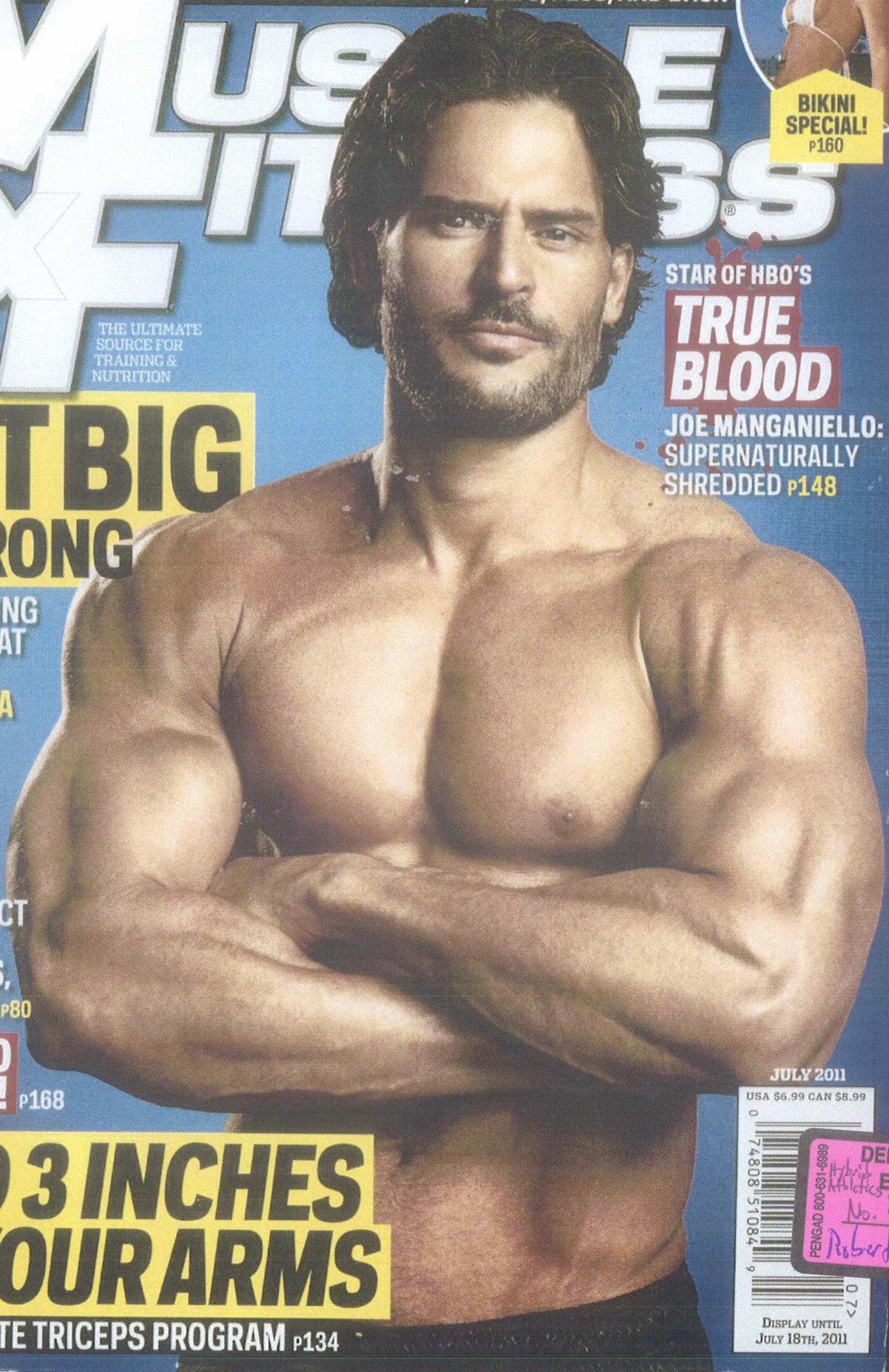
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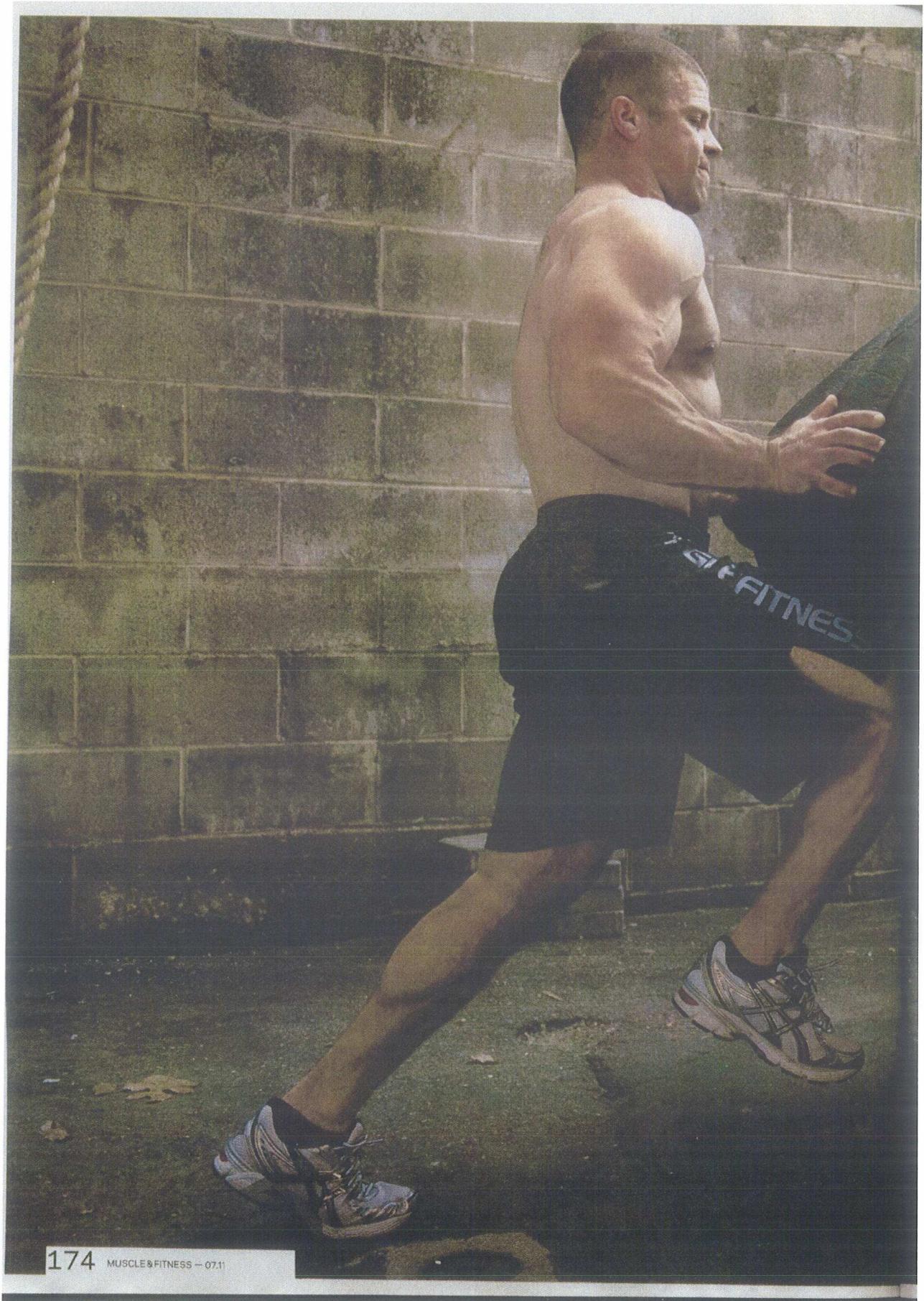
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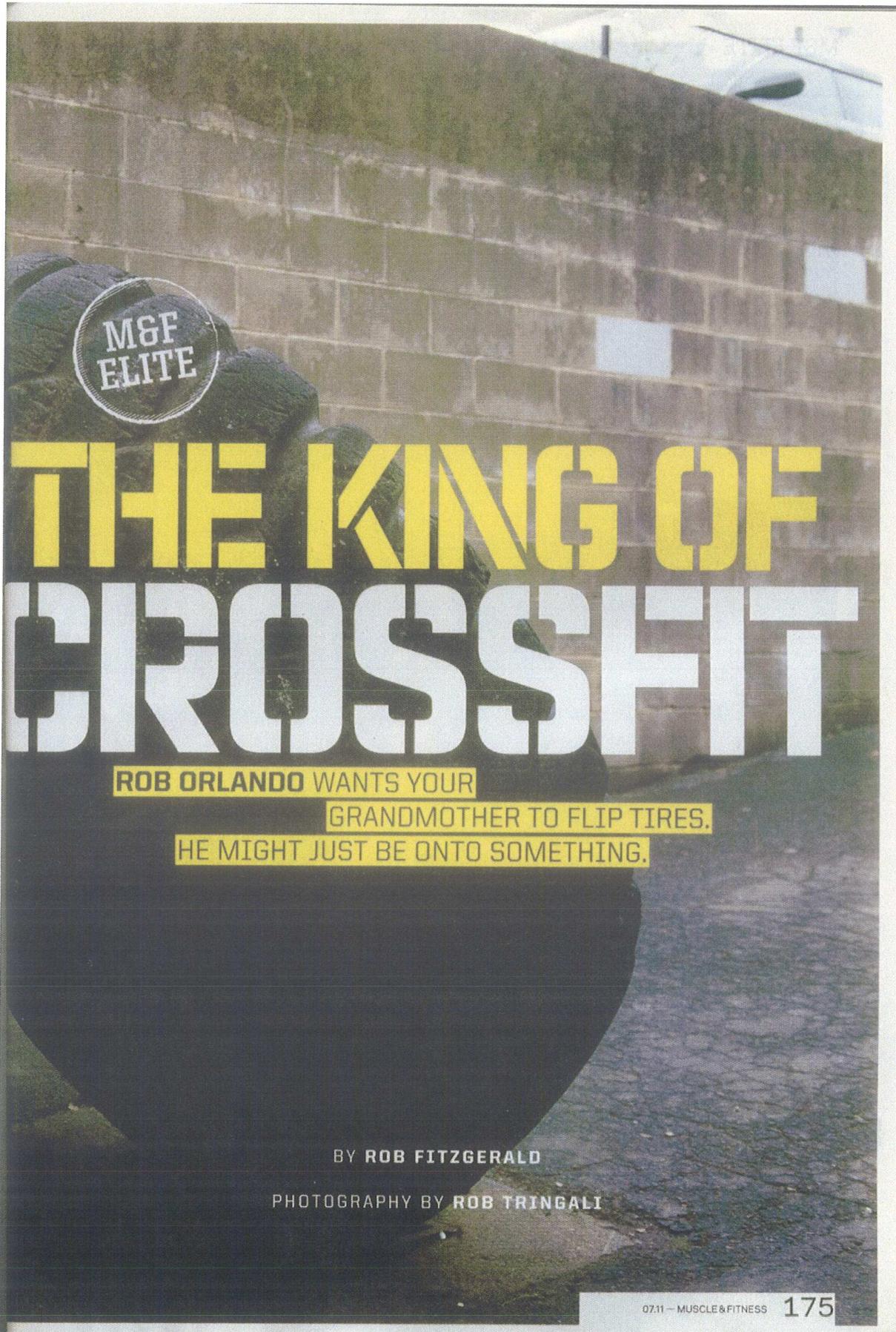
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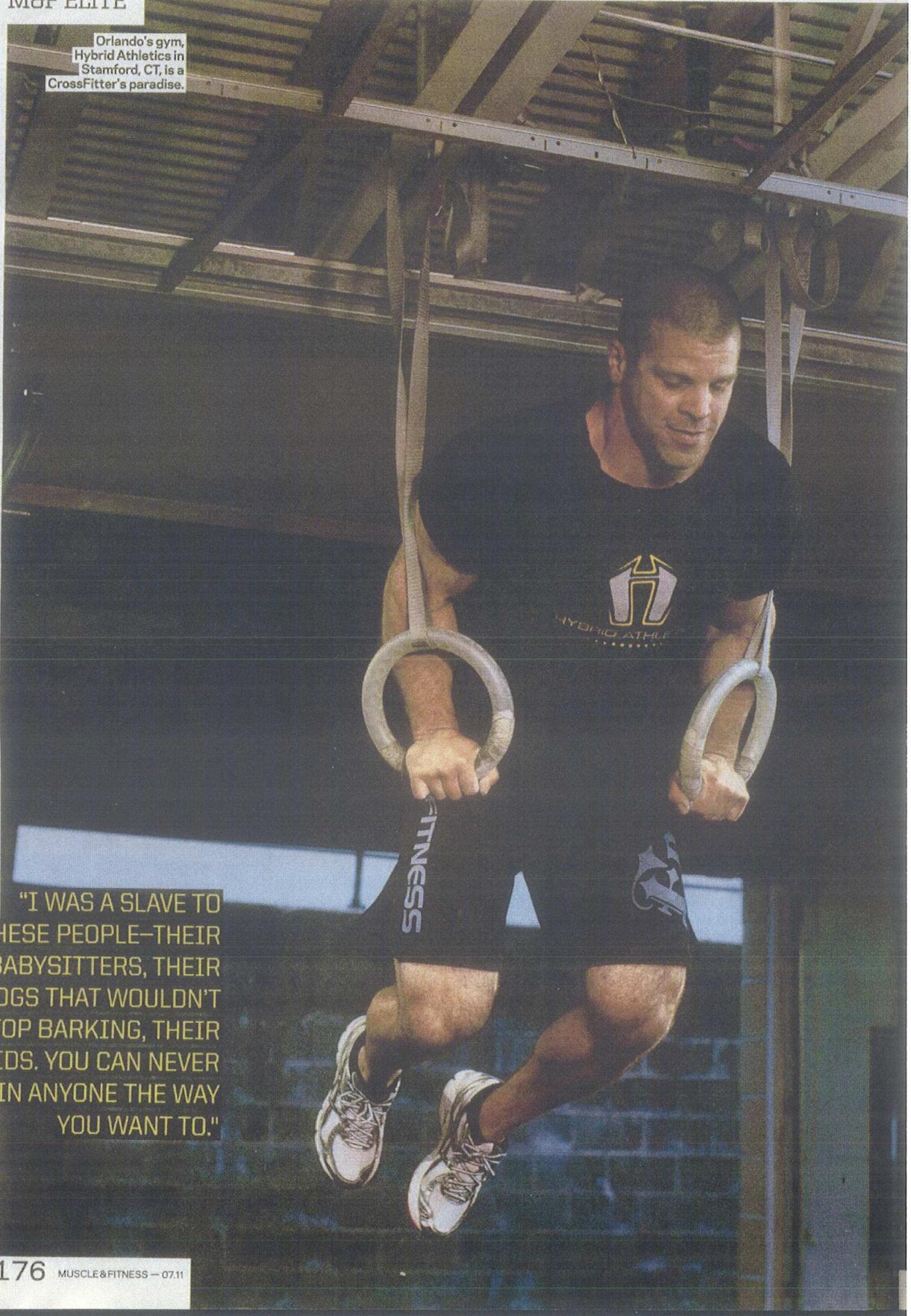
ROB ORLANDO WANTS YOUR
GRANDMOTHER TO FLIP TIRES.
HE MIGHT JUST BE ONTO SOMETHING.

BY ROB FITZGERALD

PHOTOGRAPHY BY ROB TRINGALI

M&F ELITE

Orlando's gym,
Hybrid Athletics in
Stamford, CT, is a
CrossFitter's paradise.



"I WAS A SLAVE TO
THESE PEOPLE—THEIR
BABYSITTERS, THEIR
DOGS THAT WOULDN'T
STOP BARKING, THEIR
KIDS. YOU CAN NEVER
TRAIN ANYONE THE WAY
YOU WANT TO."

Rob Orlando weighed less than 150 pounds when he graduated from high school. He played some football and worked himself to the bone in the gym, but recruiters aren't lining up for scrawny 5'8"

kids from Connecticut, regardless of how hard they compete or how much they love the game. For Orlando, it just wasn't happening. A lifelong love affair with training, however, was already well underway.

What college scouts never saw was what Orlando forged on the stone masonry and concrete crews where he labored throughout junior high and high school: his work ethic, tenacity, and willingness to take risks, both professionally and with massive weights over his head.

"I worked with this 80-year-old Italian stone mason who said cement mixers made you lazy," he says. "So every day, I was mixing cement in a wheelbarrow with a hoe as fast as he could lay brick, and I was loading it up and down scaffolding. I think that made me a little different from most teenagers."

KEEP PRESSING

The gym was a constant through high school and his college years at the University of Connecticut—where Orlando majored in exercise science—but there was always a plan, or so it seemed. An alternate track. An intention—one undefined for more than a decade—to do something more with what he loved, as opposed to simply remaining on some predetermined road to something he didn't want to do.

He kept getting stronger, adding weight at the rate of ten pounds a year. He kept working his ass off, never missing a workout, putting heavier and heavier weights over his head, to the point where he'd become a specialist in the field. He didn't know what the hell he wanted to do with his life, but he trained throughout college and the years that followed—including a short-lived suit-and-tie stint in medical sales—as though he wouldn't amount to anything if he didn't.

The personal trainer route came next, and Orlando quickly realized it wasn't what he'd envisioned. "I had an

in-home training company in Stamford, where I was traveling from house to house training people," he says. "I did that for five years, and I had the realization that at some point, I was going to take on a client who was younger than me, somebody who'd eclipsed what I was earning and who could afford my rate, and I didn't like that. I was a slave to these people—their babysitters, their dogs that wouldn't stop barking, their kids. You can never train anyone the way you want to."

INTERNET LEGEND

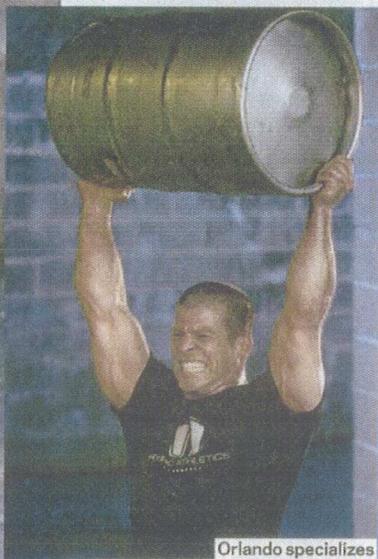
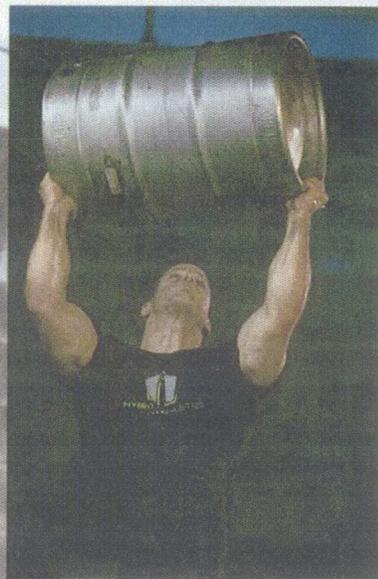
If you quit mixing cement in your wheelbarrow, you don't get paid. Quit carrying the yoke in a strongman competition, and maybe you won't pass out, fall flat on your face, and get scraped off the field like Orlando did in 2006. Take the easy way out, however, and you don't end up on YouTube cranking out reps of overhead presses with the fabled Inch Dumbbell—a thick-handled monstrosity most guys can't even budge off the ground, much less press overhead with a broken nose and fractured eye socket.

The Inch Dumbbell went up, and so did everything else Orlando wrapped his hands around: 365-pound axle cleans, massive log presses. North American weight class strongman records fell left and right whenever he competed. With all of it, every size-and-logic-defying feat of strength was catalogued for posterity on YouTube, the videos taking on a life of their own on myriad fitness message boards and forums across the Internet.

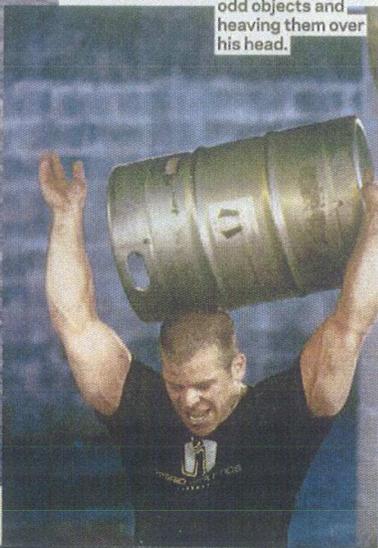
"I was going back to the soccer moms I was training," Orlando says, "and what I was doing in these contests had absolutely no relevance to them. I was training with Derek Poundstone and working out under the same axle for the same sets, and I didn't have anyone to share it with, so YouTube became my outlet. That was the only place I had any acceptance or notice."

HYBRID DREAMS

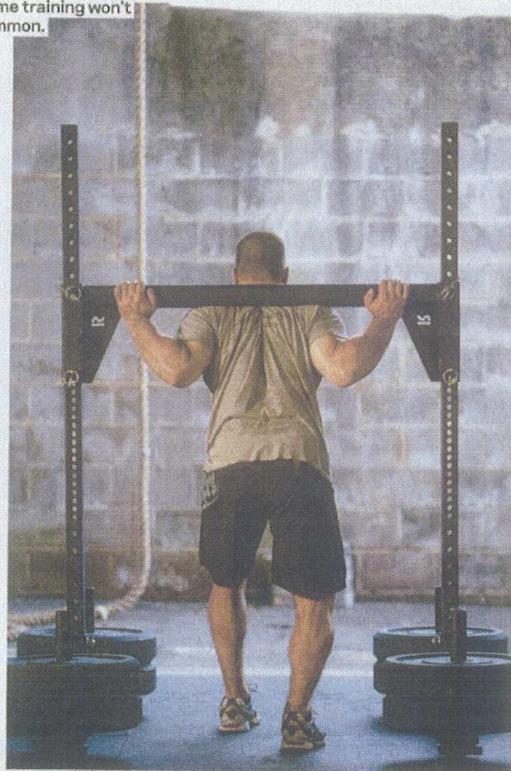
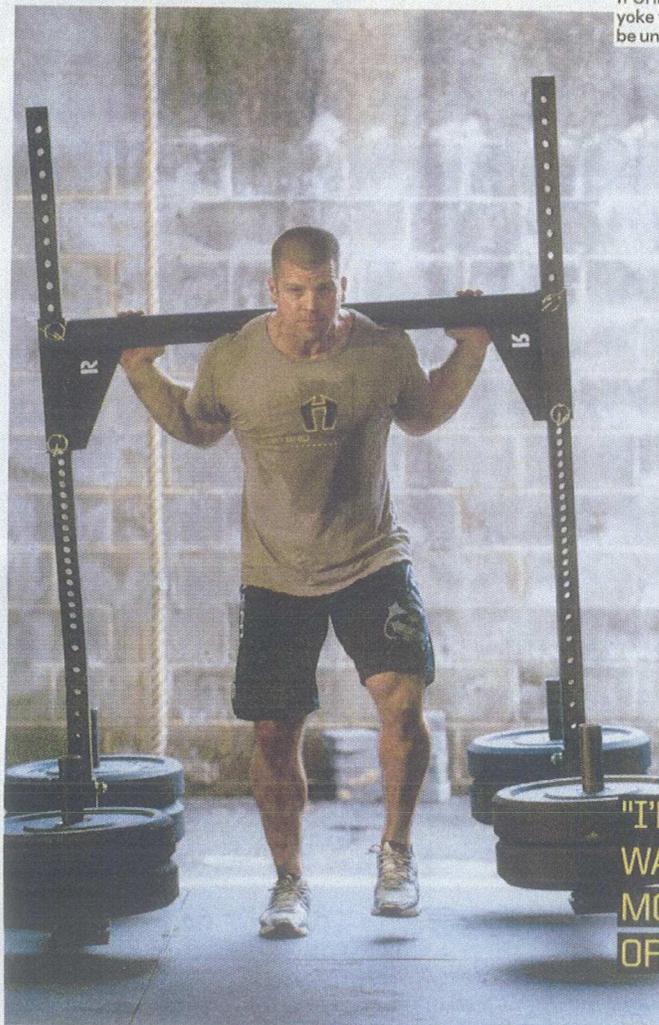
The problem with notice was that Orlando didn't know he'd been noticed by anyone, until a fortuitous breakfast with a client who didn't feel like training one particular morning. Frustrated



Orlando specializes in taking so-called odd objects and heaving them over his head.



If Orlando gets his way, yoke frame training won't be uncommon.



"I'M TRYING TO INTRODUCE A NEW WAY OF TRAINING—STRONGMAN MOVEMENTS—TO THIS HUGE GROUP OF PEOPLE."

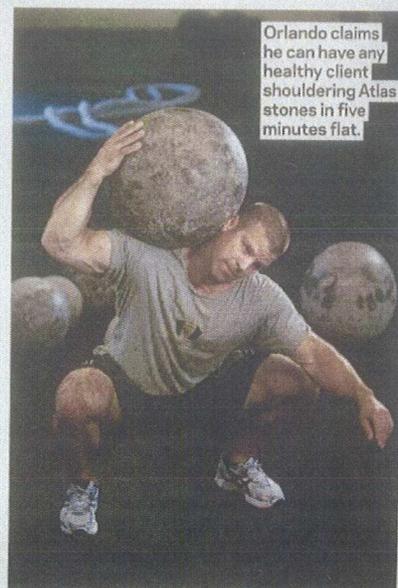
with his in-home training business and the limitations it represented to his still unformed—yet still pervasive—life plan, he vented to his client, a wealthy investment specialist.

"The guy says to me, 'You complain about every gym you've ever trained in. If you think you can do it better, what's stopping you?' I told him fifty grand was what was stopping me, so the guy writes me a check for fifty grand, and my jaw hits the floor. It was time to go find some space and make it happen."

Hybrid Athletics, his combination CrossFit/strongman gym in a decidedly un-Connecticut section of Stamford, is Orlando's dream come into focus. It's where he trained to finish a surprising 22nd in his first CrossFit Games in 2009, despite being stereotyped as a

one-dimensional strength specialist who eschewed endurance events. It's where he transformed himself into a favorite for the 2011 Games and where he trains everyone from stockbrokers to grandmothers. Most important, it's where he says he's going to change the way the world works out.

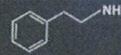
"We affiliated with CrossFit back at the end of 2008, and it's the best thing I've ever done," he says. "I know people love to knock CrossFit, but CrossFitters are so open to trying new stuff. They're the polar opposite of what so many other fitness communities are like in that sense. I'm trying to introduce a new way of training—strongman movements—to this huge group of people. It's a community that can influence and change the landscape of the fitness culture."



Orlando claims he can have any healthy client shouldering Atlas stones in five minutes flat.

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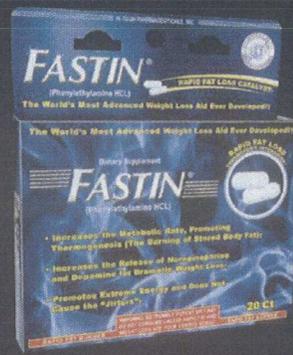
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HYBRID000058

A perfect hybrid: Orlando works with CrossFit, combining heavy lifts and traditional cardio.

"I'M TRYING TO STRIKE A BALANCE WITH ALL THE DIFFERENT THINGS I'M DOING, AND SHARE WHAT I LOVE."



STRONGMAN STARTER KIT

At Hybrid Athletics, Rob Orlando's specialty is turning on moderately fit Average Joes to the benefits of serious strongman training. If you can bench and squat your body weight for reps and deadlift 275 pounds, try this simple strongman medley Orlando uses with his beginner clients. Complete four rounds of this circuit as fast as you can.

EXERCISE	REPS
400-pound tire flip	4
125-pound (per hand) farmer's carry	75 FEET
140-pound Atlas stone to the shoulder	4

If you're ready for one of Orlando's legendary CrossFit workouts, see if you can beat the 18:09 mark he set with the program below.

EXERCISE	REPS
800 meter run	1
315-pound back squat	10
800 meter run	1
225-pound front squat	10
800 meter run	1
135-pound overhead squat	10

MOVEMENTS FOR THE MASSES

Orlando says strongman training is for everyone, and he means *everyone*. The key is scalability. Having a point of entry so everyone can be included in a greater community setting, with nobody shut out. "People want to use stones and logs and all the other great strongman stuff, but they can't because all the other conventional equipment out there is too heavy for them to start using, even without any weight on it." After seeing this limiting factor time and time again with clients, Orlando partnered with a metal fabricator, designing his own Hybrid Athletics equipment line that features "strongman products for the masses."

"We've got a 61-year-old woman who comes in here," he says, "and I started her off with a 30-pound stone on her shoulder, just to break down her fear. Five minutes later, she was up to a 60-pound stone. Is that not strongman? We're opening up a toy chest to people who would otherwise be denied."

It's a movement within a movement.

Love it or hate it, CrossFit boasts a massive international community, so when you make waves within its ever-expanding world—and Orlando certainly does—you're influencing the industry as a whole. That's his destiny, the one he knew he was headed for, yet couldn't quite put his finger on, all those years ago with his wheelbarrow, his hoe, and his 97-pound bags of cement. For Orlando, weights keep going up, only this time, he's shouldering the burden of changing the way we train. His new tattoo showing the word *Balance* across his rib cage—only three weeks old at the time of the photo shoot for this article—is telling.

"For me, everything is about balance. I'm trying to find it on so many different levels—as a father, a husband, a business owner, an athlete, an entrepreneur, an engineer, and a creative guy. I'm trying to strike a balance with all the different things I'm doing, and share what I love—teaching strongman and getting everyone involved—is exactly where I've always wanted to be." **M&F**

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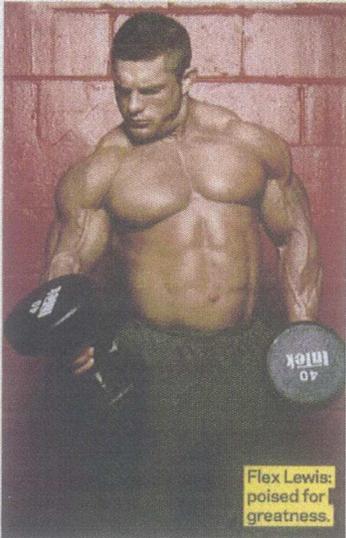
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EDITOR'S LETTER



Flex Lewis: poised for greatness.

A few weeks ago, I fired up *Pumping Iron* on my DVD player. There really isn't another film about bodybuilding or anything else in fitness that comes close to hitting the mark set by this 1977 classic. The movie's directors set out to make a documentary covering the men competing for the 1975 Mr. Olympia title but ended up with something a little closer to reality television.

Arnold Schwarzenegger played the heel—a guy willing to steer his friend Franco Columbu in the wrong direction and wage game-day psychological warfare against an overmatched Lou Ferrigno in order to win. The directors also turned the audience against Ken Waller by staging an incident where Waller allegedly hid a T-shirt belonging to gentle giant Mike Katz, a nice-guy father of two. Say what you will about the veracity of the plot lines—there's no denying the effect that the physiques and personalities featured in *Pumping Iron* had on bringing bodybuilding to the mainstream audience.

This month's issue is dedicated to Olympia Weekend—the Super Bowl of muscle. On the cover we've got Flex Lewis, one of the top contenders in the 202-pound class. With a win at the British Grand Prix and a second-place finish at the New York Pro, Flex is making a run at the Olympia's 202 showdown after taking last year off to put on more muscle. We also have a complete workout guide based on the programs used by Mr. Olympia winners. Want to build Ronnie Coleman's chest? Jay Cutler's quads? How about Arnold's biceps? You may not raise a Sandow overhead anytime soon, but if you want to train like a champion, we've got you covered.

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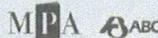
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THE EDGE TRAINING

Rob Orlando is on a mission to make Atlas stone training mainstream.

**ROB ORLANDO
CROSSING OVER**

TIME TO GET STONED

BY ROB ORLANDO

ATLAS STONE TRAINING ISN'T JUST FOR STRONGMEN

Bodybuilders are judged on three criteria: size, symmetry, and proportion. After all, what good is 300 pounds of beef if there's no balance? Conversely, who wants to be perfectly balanced at 100 pounds? Blending these three characteristics is of the utmost importance when it comes to stepping on stage.

Atlas stones would be a great complement to any bodybuilder's training, providing a new stimulus to the posterior chain—the muscles on the rear of the body that are often underdeveloped. One thing you'll notice about strongmen is the depth and thickness of the musculature of their lumbar and thoracic region. This comes

from years of deadlifting, hyperextensions, farmer's walks, and Atlas stone lifting.

The deadlift is still the ultimate mass builder—and Atlas stone training is a perfect complement.

THE WORKOUT

This workout is for an athlete weighing about 210 pounds, who can lift a stone equal to his body weight to his shoulder for reps.

- 175-lb stone to the shoulder every 15 seconds for 3 minutes—rest 1 minute
- 215-lb stone to the shoulder every 30 seconds for 3 minutes—rest 1 minute
- 245-lb stone to the shoulder every 45 seconds for 3 minutes—rest 1 minute
- 265-lb stone to the shoulder every 60 seconds for 3 minutes

ROB TRINGALI: COURTESY OF ROB ORLANDO



ROB ORLANDO is the owner and head trainer of Hybrid Athletics in Stamford, CT. For Orlando's instructions on how to build your own Atlas stones, go to muscleandfitness.com. To purchase Atlas stone molds, go to hybridathletics.net.

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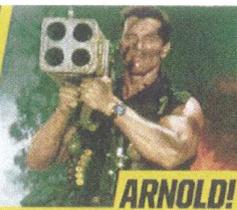
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SEE HOW YOU MEASURE UP WITH CROSSFIT'S BRUTAL BENCHMARK WOD

BY ROB ORLANDO

Ask any CrossFitter about the first time he tried "Murph," "Fight Gone Bad," or "Linda," and it's guaranteed he'll have a story to tell. These are some of the most notoriously brutal benchmark Workouts of the Day (WOD), the standard by which all other WODs are measured. But within that elite group of WODs, one stands above all others: "Fran."

Fran is recognized as THE benchmark because even though many CrossFit workouts don't look like much on paper, Fran is especially deceptive. A 95-pound barbell is pretty light, and pullups just take practice. But after two minutes, even elite athletes hit a wall, struggling to maintain speed and intensity.

The key to approaching Fran is to proceed with caution. Drop the weight down to 65 pounds and perform assisted pullups if you have to. If you think 90 total reps is a piece of cake and attack it full bore, you'll have extreme soreness at best, and rhabdomyolysis—a life-threatening condition where broken-down muscle tissue can actually poison your blood—at worst.

If you're already conditioned to CrossFit's high-intensity functional movements, by all means hit Fran like a freight train. In high-power, short-duration workouts, athletes must outrun fatigue. Fran is similar to an 800-meter sprint: It will push you to your anaerobic threshold and beyond. Fran can be completed in less than two minutes by top CrossFitters. Try to get through the round of 21 without dropping the barbell or breaking up the pullups. Kipping pullups (which utilize momentum) will also help.

The round of 15 is where the lungs, legs, and forearms burn and you realize you're in a serious fight. Experienced CrossFit athletes can push through the pain and complete unbroken sets. If you have to chop up sets, try to keep the rest time short.



ROB ORLANDO

Orlando is the owner of Hybrid Athletics in Stamford, CT, which specializes in combining CrossFit and strongman training.



Finish strong and write down your time. People are going to ask.

The Workout

FRAN: Three rounds for time

EXERCISE	REPS
Barbell Thrusters*	21, 15, 9
Pullups	21, 15, 9

[Men use 95 pounds on the thruster, women use 65.]
*Perform a front squat, then use your momentum to press the bar overhead.

JENNY HANSEN

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