ESTTA Tracking number: **ESTTA729742**
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	~ Not Cover Pt. 6.pdf(98667 bytes) Exhibit 50 entire reduced.pdf(5511661 bytes) Exhibit 51 entire reduced.pdf(3188231 bytes) Exhibit 52 entire reduced Pt 1.pdf(4005955 bytes) Exhibit 52 entire reduced- pt 2.pdf(4073346 bytes) Exhibit 53.pdf(5891084 bytes) Exhibit 54 entire reduced.pdf(4257383 bytes) Exhibit 55 - entire reduced.pdf(2119408 bytes) Exhibit 56.pdf(1796897 bytes) Exhibit 57 entire reduced Pt 1.pdf(3517790 bytes) Exhibit 57 entire reduced- Pt 2.pdf(4152652 bytes) Exhibit 58 - Cover Sheet.pdf(83035 bytes) Exhibit 59 - Cover Sheet.pdf(83239 bytes) Exhibit 60 - Cover Sheet.pdf(83035 bytes) Exhibit 61 - Cover Sheet.pdf(83239 bytes) Exhibit 62 - Cover Sheet.pdf(83035 bytes) Exhibit 63 - Cover Sheet.pdf(83239 bytes)

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

HYBRID ATHLETICS, LLC,	:	
	:	
Opposer,	:	**Opposition No. 91213057**
	:	
v.	:	
	:	
HYLETE LLC,	:	
	:	
Applicant.	:	

OPPOSER'S NOTICE OF FILING ORLANDO TRIAL TESTIMONY

REDACTED VERSION - PART 6 CONTENTS:

Exhibits 50 – 63 (end)

Respectfully submitted,

HYBRID ATHLETICS, LLC

February 26, 2016

/s/ Michael J. Kosma

Michael J. Kosma
Christina L. Winsor
Whitmyer IP Group LLC
600 Summer Street
Stamford, CT 06901
Tel. (203) 703-0800
Facsimile (203) 703-0801
Email: litigation@whipgroup.com
mkosma@whipgroup.com

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Published on Oct 7, 2014
CrossFit - (http://crossfit.com)

The CrossFit Games® - The Sport of Fitness™

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ALL COMMENTS (10)

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Top comments

slai123 2 months ago
With her arms bent she rounds her back in order to reach the stone. Ideally, should she be keeping her lower back neutral somehow?

The People of CrossFit Jozi
by CrossFit®
20,065 views

Bro Session with Dan and Josh
by CrossFit®
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by CrossFit®
215,822 views

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by CrossFit®
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by WODb
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by Rob Orlando
26,796 views

Kupuna
by CrossFit®
33,587 views

First Handstand With Denise Thomas
by CrossFit®
61,446 views

HYBRID000559

Reply 2

View all 3 replies

Mr.Jenman83 2 months ago
It is so light she can get away with it. you can have some round to your back as long as you keep yourself stable while lifting. If you lose stability with a heavy stone you can really hurt your lower back. Unfortunately I know this first hand.
Reply 1

Patrik Van Pee 2 months ago
Not really, rounded back is only bad is it moves. A braced rounded back is not an issue. Most elite power lifters round their back too. We teach nutral spine because it is easier to brace and safer in the beginning.
You brace urself against the ball, accelerate it and straighten the spine when the ball os moving an thus light
Reply 1

Mr.Jenman83 2 months ago
I have lifted a 355 lb stone onto a platform and there is absolutely no way I could have done it using this ridiculous form. "The only way you would ever stop in the lap and regroup is if it's too heavy or if you are too tired" or if it is in any way a reasonable weight and not something a child should be doing
Reply 1

View all 3 replies

Mr.Jenman83 2 months ago
+Starting Strongman
Oh yes it does. I am waiting for someone from Crossfit to show up to try a strongman competition and use this form and snap a bicep or not even have it budge off the ground.
Reply 1

crusaiser 2 months ago (edited)
Maybe this is a better (faster/more efficient) technique with lighter weights when the goal is to do a lot of repetitions? Like you would do a power snatch with lighter weight instead of a normal snatch. Then what he says makes perfect sense, if the weight gets too heavy to use this technique or you get fatigued you should switch to 'regrouping at the lap'.
This isn't a strongman competition anyway and I doubt they are training for one.
Reply

George Kalintas 2 months ago
This is absolutely ridiculous.
Reply

branger96 2 months ago
You guys dont even listen to what he is saying. of course your not useing this style for heavy weights. He's talking about multiple reps at lighter weights. Bunch of self absorbed trolls... idiots.
Reply

A Case For The High Bar Squat
by CanadaTrainingHQ
59,294 views

The Iron Triathlon with Jason Khalipa and Dan Bailey
by CrossFit
380,150 views

CrossFit - "Grace" with a Stone
by CrossFit
100,153 views

Rob Orlando's Food habits
by Rob Orlando
66,168 views

Handstand Walk Progression with Austin Malleolo
by CrossFit
54,295 views

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CrossFit

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ALL COMMENTS (35)

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Max Wright
snatch??? muscle up??? did not see any performed

Reply

Matt Williams
Allow me to address the trolls:

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CrossFit - The Muscle-up: Persistence in Failure

CrossFit Journal - Dan Bailey: Winning The Open: Part 1

CrossFit - Press Workout with Rob Orlando

CrossFit - "Grace" with a Stone

Rob Orlando, Deadlift

Muscle Up Drills

"Isabel" - 1:17 at CrossFit Krypton

Spencer Moorman does CrossFit WO Grace in 13min 40sec with 137kg

The ONLY 4 Exercises You Need to Grow Stronger

RossFit

Bar Brutes @ Bondi Beach Strict Pull Up Comp & Freestyle!

2010 CrossFit Games Champ Graham Holmberg, 30 Muscle-ups for time

HYBRID000561

"Kipping uses momentum, not muscle."

Read more (12 lines)

Reply

serpentide666

Look there's a massive misunderstanding on what crossfit actually is! ... Firstly, Crossfit is a title given to the worst thought out most dangerous type of HIIT programming ever made in the existence of mankind!!! It's not a sport! ... Sure they call the yearly competitions crossfit, but they are made up of broken gymnastics, broken olympic lifting and plyometrics ... I train as a gymnast and as far as ring strength goes, nobody has got jack!... A muscle up isn't even considered strength in gymnastics. Secondly, the reason that the technique is so bad, is because the high reps required of them!! they have to do things stupidly fast and badly to finish within the alotted time! If they were doing 3 x 8 sets of strict muscle ups at a tempo of 3,2, 3,1, that would be fucking boring to watch wouldn't it! ... So you can't blame the athletes, they have just been sucked into a vortex designed by a total money sucking tosser!

darkmanddk

Being a crossfitter myself I agree with you to some extent. Often - especially when there's olympic lifting in workouts the amount of repetitions and fast pace that is required (let's remember: crossfit is, as you also stated initially, about getting a massive amount of work done in as short time as possible) makes the technique sloppy. I'm not a gymnast so I will take

Read more

skateman95

Love it or Hate it Crossfit's taking over. Dont be jealous

Nacho de la Rosa

where are the muscle ups???

View all 4 replies

Nacho de la Rosa

+Carter Fogelman you don't know how my calisthenics legs looks like

Matt Williams

+Nacho de la Rosa Probably look the same as other calisthenics legs

Ronald Rossi

stop hating on fitness, the fact is he just did in a couple minutes what most do in 20 so if you don't like crossfit don't watch there videos. look @ Rich Froning and tell me he has no strength because he does crossfit. I have watched crossfit do more with a bar and most... if you havent done crossfit dont complain. if you have and stopped then say what u will but prove that you stopped because it was easy not because u could not finish

Francisco Fernandez

I counted zero muscle ups!!

View all 5 replies

skateman95

+Francisco Fernandez because they are fun

Ben Bailey

+Francisco Fernandez The point of kipping is to be more efficient and improve your time. If you practice it, know what you're doing, and execute it correctly, then you won't get injured. You can also roll your ankle walking down the sidewalk.

Tom Kot

lol

IsWorthIt

O yeah no muscle ups. Try do 30 yourself. Trolls

1000 Burpees for time

Rob O from Hybrid Athletics

Strict Muscle-up Progression with David Durante

CrossFit - WOD 101015 Demo with Froning and Bergeron

Team of Champions: The Story of the CrossFit Invitational

CrossFit - 100 Bodyweight Back Squats by Rob Orlando

sh*t crossfit girls say

CrossFit - Training Strategy with Graham Holmberg

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Reply

Harry Houghton (1 month ago)
For fuck sake crossfit.
Reply

toconn10 (1 year ago) in reply to NathanAGoss
rob orlando lacks strength HA! good one nate

Ryan Price (1 year ago) in reply to NathanAGoss
Unless you do no swing just pure strength muscle-ups :)

NastyMutation (1 year ago) in reply to NathanAGoss
No shit sherlock. If you would read my comment a little bitter, maybe you would have understood what i said.

NathanAGoss (1 year ago) in reply to NastyMutation
I'll say it again (more clearly since you obviously don't read between lines): Crossfitters don't get to change the exercise standards to support their egos. Muscle ups done in this video - 0. Now stop making excuses for a lack of strength.

Syracuse912 (2 years ago)
dudes rolling around at the end like he injured himself. hope your ok

NathanAGoss (1 year ago) in reply to NastyMutation
Kipping utilizes momentum, not the muscle. This fact is not argued by any gymnast on the planet. Observe: /watch?v=BiltpWqiskE I'm right and you're wrong. Get over it and stop making excuses for (probably your) lack of strength.

PedroIatheDestroia15 (2 years ago) in reply to Syracuse912
@Syracuse912 haha that's what crossfitters do after wods

toconn10 (1 year ago) in reply to NathanAGoss
easy there nate. i have indeed seen a strict muscle up before as have many people who do crossfit workouts. in fact, the video you so zealously posted is of a "crossfitter". excellent work there buddy.

esiliguero1993 (1 year ago)
Idc who you are, that's fuckin impressive

NathanAGoss (1 year ago)
Muscle ups done in this video - 0

NastyMutation (1 year ago) in reply to NathanAGoss
do you realize how ignorant you sound? Doing a kip doesnt completely make the muscle up or pull up easy. It just helps a bit when they are in competition and need to do it faster/ with less energy. When they workout, they do strict form, but whatever, doesnt seem like you would know anything anyways.

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ALL COMMENTS (275)

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Top comments

Pat Tebbutt 1 month ago
From an Olympic weightlifters point of view this is just fucked. That form is crazy horrible on both the clean and push press
Reply

Payton Rogers 1 month ago
good thing this isnt an olympic weightlifter

Rob Orlando at the Vikingfest Strongman Competition
by CrossFit®
283,744 views

CrossFit - A Day With Ben Smith
by CrossFit®
340,725 views

CrossFit - Transforming an NFL Quarterback with Matt Hasselbeck and
by CrossFit®
232,416 views

CrossFit - "The Deadlift Set-Up" with Kelly Starrett (Journal Preview)
by CrossFit®
101,816 views

Khalipa & Maddox Battle Froning
by Jason Khalipa
256,616 views

SEALFIT - EVO8
by Rogue Fitness
56,551 views

Spencer Moorman does CrossFit WO Grace in 13min 40sec with 137kg
by CaliforniaStrength
46,611 views

"How to get stronger" - Rob Orlando
by Jamtec
84,633 views

RossFit
by CrossFit®
167,234 views

Dave Tate on Human Potential
by movsandhu1
109,910 views

Best 10 min Squat Test EVER | Feat. Kelly Starrett | Ep. 268 | MobilityWOD
by Kelly Starrett
154,029 views

Fittest men on earth
by Gor Seyfan
1,601,523 views

Mikko Salo Death by Clean & Jerk
by George Street
212,380 views

Motivational
by Doc Mort

Chris Spealler on Heavy Days
by George Street
83,499 views

HYBRID000564

Reply

Andy Merkel 4 months ago
fan request: w/316 in under an hour...

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

Reply 2

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

Reply 2

Again Faster Equipment 6 months ago
An oldie but goodie for **#TBT** 300lb **#Grace** by Rob Orlando **#crossfit**
http://again.as/1l9ZS3

Reply

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

Lenny Russo 4 months ago
Good thing Spencer is a slob, compared to Rob!!

Reply

Shane Concepcion 1 year ago
Spencer Moorman from CalStrength did this in 13:40 lol

Reply 1

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

Reply

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

Reply

clevelandtundra 1 year ago
at least rob orlando is strong. most of these xfitters 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

Reply

craigherbert25 1 month ago (edited)
+**clevelandtundra** Which CrossFitters are you referring? Rich Froning 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" gyms goers and runners wear. Everyone was a beginner at some stage.

Reply

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

Reply

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.

Reply 4

View all 5 replies

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

Reply

Team of Champions: The Story of the CrossFit Invitational
by CrossFit
71,855 views

CFJ Starrett Solving Knee Problems 1.mov - Manchester Personal Trainer
by Sean Murray
57,910 views

CrossFit - Kendrick Farris Does Isabel
by CrossFit
157,394 views

Рекорд молодежный! :))).AVI
by ruazim
630,421 views

CrossFit Tour - Froning and Bailey: Big Sky Tour Debut
by CrossFit
349,156 views

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jaggiliathammer 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?
Reply

Ryan Ratkowski 1 year ago
what a D-Bag
Reply

Darryl Garber 1 year ago
worst technique. i can't clean jerk 300 pounds but the clean jerks i do look like clean jerks lol
Reply

The Grid Box via Google+ 1 year ago
300 pound (136kg) "Grace" by Rob Orlando
"Grace" 30 reps Clean & Jerk

OMFG!!!

Reply

andrew Nesmith 1 year ago in reply to Daniel Balzano
I'd love to see your video of you cleaning 300lbs mr. Keyboard warrior :)

camius1 1 year ago
he's cleaning like a high school kid

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

hypoxide 2 years ago in reply to Chase Bailey
Like Dimas' terrible form when he power jerked his world record c&j. Whatever gets the weight from point a to point b.

mollers32 2 years ago in reply to Chase Nadeau
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 meatheads. Maybe if he didn't waste so much energy screaming and spent a little bit of time working on his form he'd lift a little (or lot) more. I don't begrudge him though. He'll need all the sympathy he can get after he's riddled with injuries from his crossfit form olympic lifting.

CrossfitFan125 1 year ago in reply to Mike Crowley
can't say it any better.

Daniel Balzano 1 year ago
Umm, 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 60... thank you.

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angel munoz 5 months ago
Is that the beater bar????
Reply

Seaweedkilla 5 months ago
If rather lift 225 for reps than 4 plates with a superbly bad form like these guys

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by CrossFit®
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by SmileofDream

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by Tim Donahey
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by TimeLapse Landscapes
73,838 views

RossFit
by CrossFit®
107,234 views

CrossFit Squat
by Rob Orlando
1,838,065 views

HYBRID000567

Reply

Jeff Hoffmann 4 months ago
Too bad you can't do either

Reply 2

Dracomorff7 10 months ago
Bad form. Period. If you want to keep a good form and be safe, reduce the load. Where's the problem? No good technique, no sense.

Reply

Grant Willingham 1 year ago
rob orlandos a beast. mmn hard

Reply

Matthew Risley 1 year ago
is it me or was that form just awful? there hips rolled under during their squats. some call it the "butt wink"

Reply

View 1 reply

Marco alberto alonso 2 years ago
I got scared! I wont do it w/o a spoter

Henri Mewett 2 years ago in reply to geenor0
hipsters workout

86victorious 2 years ago
You should really keep that chin in the whole way up and down to prevent worsening the curve in your upper spine

Cameron Wylie 1 year ago in reply to Marco alberto alonso
Do you have access to a power rack with arms or pins?

Joe Willis 1 year ago
I don't understand all this talking about training, surely you just get in there and do what feels right for your body. You know if you worked hard enough and hit the spots you want to hit. Training is quite a personal thing and you need to find what works for you. Thats why Robs just a bit like what when he asks him about the jump. He's like why does it matter? I know what weights I can lift and what I'm waiting for whats the point in waiting around and being too specific

Keepa Mewett 2 years ago in reply to geenor0
I just watched your videos too. LOWER PHAGGOT

mmack9 1 year ago in reply to nikenerve2
it wasn't that crazy, and fuck your fat brother. clever new way of spamming though.

Andre Blanc 1 year ago in reply to Sam Mcintoff
P.S. His girlfriend is Camille LeBlanc Bazinet. The most gorgeous female crossfitter in the games. Lipson is a stud and a good man.

Burstfir3 1 year ago
Crossfit. not even once...

jewnior8 2 years ago in reply to Keepa Mewett
dude, do you even lift?

Krisbert1219 1 year ago
So Sick!!

Stephenwekay 1 year ago in reply to andre Blanc
*wife.

High Bar Back Squat (HBBS) Coaching Cues - CrossFit Ireland
by CrossFitIreland
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CrossFit - Press Workout with Rob Orlando
by CrossFit
259,829 views

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by CrossFit
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CrossFit - Dave Lipson and Rich Froning Jr on Affiliation
by CrossFit
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topstep 2 years ago
I did this today and failed at 175. I'm so lame

Reckful Baker 1 year ago in reply to Post Agre
Just no

karatemaster57 2 years ago
wooooow. i feel weak as a bitch now lol. i can only max out at 225 squatting

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Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian 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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ALL COMMENTS (83)

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Top comments

Zach Marquez 3 months ago
Is this open to the public or closed course?
Reply

zach french 3 months ago
Dave Castro is a fruit
Reply

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

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by Shawn VanVengeson

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Navy SEAL Obstacle Course
by SEAL Teams 412
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HYBRID000570

DUHWINNINGBRO 9 months ago
I think Don Shipley should know about this gentlemen.
Reply

AFROTHINKER 9 months ago
Mr Castro, why don't you do it?
Reply

zach french 9 months ago
My gram can run that O-course better, and she has emphyzema.

NelhauR7 10 months ago
Dave Lipton is such a fucking douchebag. Somebody knock him the fuck out.

Powerlifting Motivation via Google+ 1 year ago
Awesome #crossfit. California Trip.
Reply

Jason Lack 1 year ago
Canine wins every time!
Reply

supitzsammm 1 year ago
Greg Amundson would be the best workout buddy. So encouraging. Love that dude.
Reply

merces47lentler 1 year ago
Holy shit, is that "The Cat"?!

Ryan90Moore 2 years ago in reply to Damon Lurvis
@damonluvisi agreed!

Kevin Orr 2 years ago
I like how to dog tries to bite him when he goes up the rope lol

datavivo 1 year ago
is a microphone in the top of the screen ?

Nathaniel Fink 2 years ago
crossfit badass can't do some easy obstacles and he cheated on the vaults. Since when has the cargo net ever been that tight?

amckenzie101 2 years ago
part 2?

Rhythm Bandit 2 years ago
Josh everett used to be a athletic conditioner for basketball team at UC riverside. He used to put us through hell! Toughest month of my life was summer going into my freshman year 09' "hell month" Ill never forget how crazy that stuff was. The obstacle course used to make you feel like a recruit going through BCT.

Maximaul11 2 years ago
For the rest an entertaining 30mins! Wel worth watching.

Jake Lang 1 year ago
love the dog

Richtigify 2 years ago in reply to TheRockingJr
Dave Castro was a SEAL and SEALs are big supporters of CrossFit. It's the most popular way to train 'downrange' these days because you can get a real good ass-kicking which yields great results, and all in under 30 minutes! CrossFit appreciates this support and supports the SEALs in return for their service. Plus, SEALFit is a SEAL modified CrossFit preparation who takes

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by WatchMojo.com
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by George Street
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support and supports the SEALs in health for their service. Also, SEAL-H is a SEAL-modeled CrossFit organization and take CrossFit principles and mix them with SEAL principles to prepare civilians for BUDrS.

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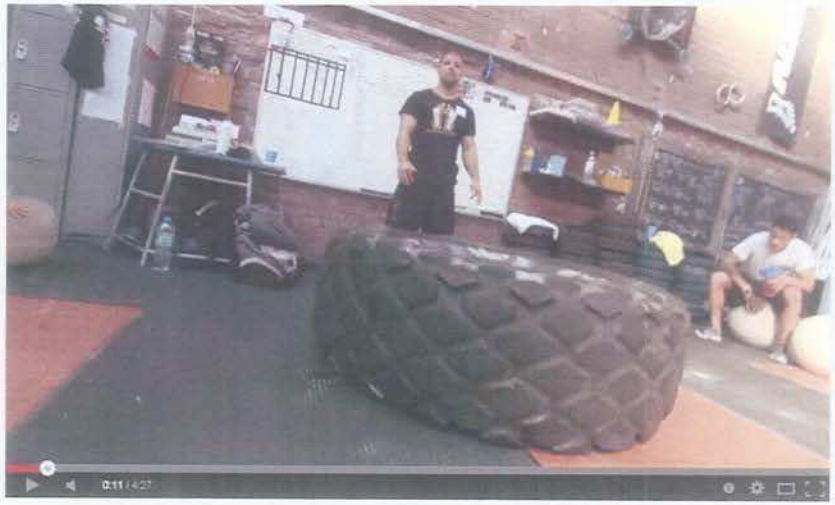

CrossFit - Coaching Points for Flipping Tires

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Start at 0:11

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CrossFit Journal Preview (http://journal.crossfit.com)

"You were born to do this," Rob Orlando says. "We have to put you in the right position and it'll happen naturally."

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ALL COMMENTS (16)

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bill clinton 1 year ago
i wish i could have a strong women like that to hold me at night
Reply

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by CrossFit®
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by strengthcamp
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by WODfx
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71,557 views

Handstand Push-ups, Scales, Kipps, Strict
by jacob.ktony
3,115,190 views

HYBRID000573

Billy Willard via Google+ · 1 year ago
130830 WOD Friday Gameday - self-scrimmage - we'll record times and do this one again in 3 weeks to see gains

Buy-in (not timed) may be completed in any order for the following
10 Muscle-ups (or jumping/MJ-muscle-ups down with negatives)
10 Sledgehammer-to-tire swings (or slam-balls)

Reply · 1 · 1 · 0

Quico Rebello de Andrade · 1 year ago
Thanks so much! Now I get why my arms are wasted every time I flip tires!

BTW, any tips on how to prep a tire for working out with it? (i.e. is it safe to drill a couple of holes into it so the water leaks, tips for cleaning the tire prior to beginning to workout with it etc)

Reply · 0 · 0

Gollywog · 1 year ago
Now only if they'll teach a proper pull up instead of claiming a kip is a pull up.

Jon Fuller · 1 year ago · in reply to cguk2012
My thoughts.

woodworthp011 · 2 years ago
TAUGHT AT CROSSFIT CLITHEROE!!!!!

Jenifer Reed · 2 years ago
Thank you so much for sharing this! I've been struggling with my tire flips and realize I was missing a few points. THANKS A MILLION :D

420squeeg · 2 years ago
Am I the only one distracted by the timer stuck on 8 seconds. I wish I wasn't so OCD. I just wanted to reset it the whole time.

Sarah Ozuna · 1 year ago
LOVE THIS

Invictorpb1 · 1 year ago · in reply to cguk2012
exactly, just go out there and flip tires. nobody really needs their bicep anyway

Orlando Tardeli · 1 year ago
Awesome explanation !!!

Ben Zarco · 1 year ago
What Size/weight would be best for a beginner or intermediate at flipping tires and sledge hammering to get ?

maestroplano · 2 years ago
Now this is good coaching

Thehulkkavieh · 2 years ago
thank youuu... bro!!!

cguk2012 · 2 years ago
Are we at the point where we really need a 4 min video on how to flip a tyre? Just flip the damn tyre

lukas gu · 1 year ago
Excelent explanaiton but is not possible to see the movement from Her back

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by Rob Orlando
9,251 views

CrossFit - Tire Technique
by CrossFit®
90,510 views

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by CrossFit®
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by Rob Orlando
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goofy710 2 years ago
so gay

3or4milecrew 2 years ago in reply to goofy710
why is this gay?

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by CrossFit
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600 Pound Tire Flip Challenge
by PhysiqueOfGreatness
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by Alex Clinton
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by WODfit
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Bar Brutes @ Bondi Beach Strict Pull Up Comp & Freestyle!
by mercurbono
1,508,053 views

Grace Rogue & Again Faster team WOD - Mikko - Rob Orlando
by CrossFit Akron
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by JanRoki
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by BoyerPerformance
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by Adrian Bryant

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Top comments

87JordanC 1 year ago In reply to jason bonne

If i was that strong and that jacked, I wouldn't give two shits about whether I could swim or not.

reaper519 1 year ago

HOLY SH*T! I've got to try that!!!!

2011 CrossFit Games - Annie Thorisdottir and Rich Froning Visit

CrossFit - P-bar Man Test at CrossFit Santa Clara

CrossFit - Khalipa's History with the Squat Clean Thruster

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

Rob Orlando, Deadlift

SR71 Blackbird Mildenhall 1984 (No Music & Higher Quality)

RossFit

Rob Orlando's Food habits

Rob Orlando CrossFit WOD: Overhead, Front & Back Squats

Rob O does Clean and Jerks @ 300 x 10 reps

Rob Orlando

Hitler loses members to CrossFit

Connor Heavy Grace '08 Games

"How to get stronger" - Rob Orlando

Team of Champions: The Story of the CrossFit Invitational

HYBRID000578

GriffinCotwell
You can always count on Rob Orlando for something absolutely unbelievable

Patrick O'Keefe
@shidozu thats funny but messed up lololol

AsianImage
incredible

Kevin Simms
Seriously one of the most incredible performances I have ever seen. Next goal: just finish this workout.

RONPAULFREEDUMB
learn to dog paddle.

PodrciotthuDestroia15
@shidozu haters gonna hate

Pat Salvatore
A true strong man

Shawn Dancy
@shidozu Ooh, that was wrong!!

Zach O
what a beast

Connnie John
My 1RM is 205lbs. Are you kidding me? This just became a goal

BeerAndCheeseburgers
what is the song for this >_>!

zacklemmett
I did a 185# grace and that was one of the most horrible workouts I've ever done. I can't imagine this. Sick work Rob.

jason borne
too bad he can't swim. haha

Xarjou1
Madness

Mold Prep and Pouring
by Rob Orlando
28,796 views

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by CrossFit
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by Michael Gregory
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by CrossFit
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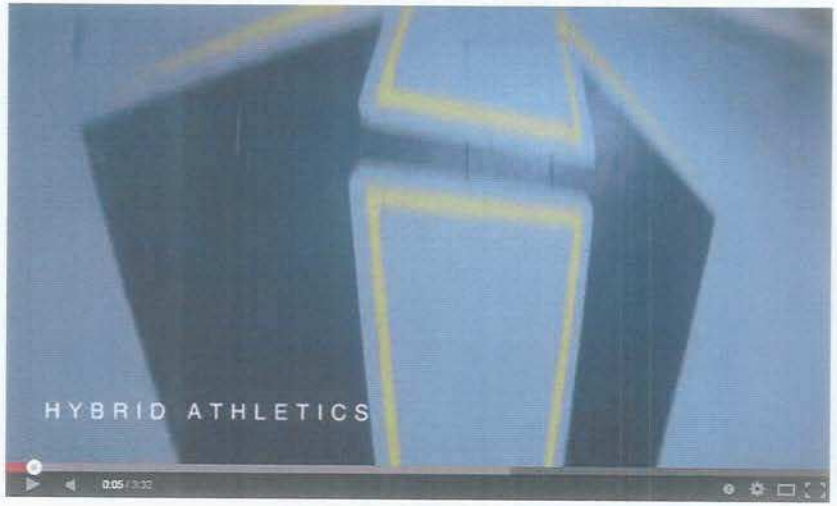

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Rampage Clover
A 315lbs lunge is pretty impressive but his form on the bench sucks

mex
have to do this!

Elite Force Nutrition
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 wouldn't fly and introduces a potential injury.

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Behind the Games: 2013--Part 3

CrossFit Games History Reebok Spot by Roadside

Rob Orlando, Deadlift

The Strongest Man You've Never Heard Of: CT Fletcher

SEALFIT - EVO8

"How to get stronger" - Rob Orlando

Rob Orlando

How To Increase Your Bench Press (quick tip)

955kg(2105lb) RAW total

RossFit

CrossFit Miranda Thruster Muscle Up

"Lynne" with 225 and a vest

Pro Fighter Vs CrossFit @Razorstorm

HYBRID000580

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

Reply

Elite Force Nutrition
You were always better on the powder Chevy :-)

Reply

billybob999100
Strong. Good effort esp walking lunges with that weight

Reply

Frank DiMeo shared this

Reply

AncientVirus
is he doing a half powerlifting bench ?

Reply

raskolnikov1288
@DVcustomZ LOL!!! 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, never you'll see a "surcede grip", and I think people like Scot Medelson (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

jeroen uijlen
is he doing lunges with low bar positon?

000Shaihulud666 in reply to jeroen uijlen
What does that even mean??? Gypsies?

handsome19
@seanyglass and in this video he has his rear end up =) like all powerliftin video and pressin with his leg why dont he has his rear flat and leg on the bench i bet u he cant even bench not even 315

DVcustomZ in reply to raskolnikov1288
@raskolnikov1288 powerlifting 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 tthat way and I do Heavy reverse bench same weight man up or go get on the treadmill and get some pink dumbells

Exdos2n
I don't respect many crossfitters, but the athletes who compete in the games, especially this dude, are beasts...

mistfit138
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'fallon in reply to handsome19
@handsome19 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 dumbells. Check out Dave Tate's videos on you tube

TheAustinWinter
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!

akerbacker in reply to [illegible]
No rest.

MonsterAndrewable
crazy strong guy for his size

FullBring88 in reply to [illegible]
Everyone has different goals

Rich Froning Jr. - 2011 & 2012 & 2013 & 2014 Crossfit Champion using MiR
by MRVideo2008
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by Mike Antonenko
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by George Silver
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why are you bouncing the weight man

Ken Lebel
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"Johnson"

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Adam Collins 2 years ago
Dude's a BEAST!

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by Benjamin Taylor
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by George Street
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by Sean Monsees
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Touareg V10 TDI after crash tow tail
by Bobow
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by Kimberly Wise-Gillespie
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by Rogue Fitness
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by Rob Orlando
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by Steve's PaleoGoods
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Olivefast 2 years ago in reply to kulpa1n20
quit being a nazi the only hazardous part of working with concrete is pouring dry product, so as long as you protect yourself for that you're fine

Lillymill 1 year ago in reply to bob-mike1000

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by Rob Orlando 86,106 views

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by CrossFit 167,234 views

Rob O from Hybrid Athletics
by Rob Orlando 5,401 views

Hand Strength for Lifting the Atlas Stones, Fingal Fingers
by Jedd Johnson 4,012 views

HYBRID000585

Rogue Fitness

george carvalho
hey cool stuff man. where can one get the molds. One quick tip: i didn't see it in the video but using a small palm sander without sand paper on it helps set the concrete in all the voids and probably will make a smoother finish. just run it all over the mold(done this in home remodeling) contractors do it all the time

DSlivefast in reply to Laserlasse1337
Nope I'm with yeah there. I used to be a residential plumber working on highrises and appartment construction, trust me, you start to feel it.

Braulio Garcia
Great vid! A friend asked me if i can make a stone for her. I was wondering what would be a good size for her to start with or anyone? Also is there a reason for mixing the cement that thick or can you get away with mixing it thinner to prevent the air pockets? Will this affect the integrity of the stone? Thanks, any help will be much appreciated. I have much experience in working with my hands but never built an atlas stone.

bodymass1000
Where you get the moulds from buddy?

Laserlasse1337 in reply to DSlivefast
Theres more hazards than just the dry product when making concrete. A breathing mask really is to prefer. Not that i use one and i frequently expose myself to concrete. Its a really bad habit i've got there.

HYDERABAD FITNESS
STONE MAKER SICK

Michael Toomer in reply to katjacks20
@katjacks20 Maybe before you post a comment such as this one, you should understand that any video on youtube is not intended for morons whom may or may not go out and try to replicate anything shown without proper training first. By the way silicosis is a possible side effect of long term exposure (10 years or more) so unless Rob or anyone else for that matter is going to make a career out of pouring concrete, i really dont think it would be an issue, would it?

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by Rob Orlando
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Jay Krick
so stupid...what's wrong with doing it the correct way for a good time?
Reply

PhenomenaDaPhenomenon
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. 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.
Reply

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STHENICS
+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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by jenfolan
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The Muscle Up with Jason Khalipa
by Jason Khalipa
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Reply

Ryan Yang · 4 months ago
+STHENICS Look, i 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

sergioblo67 · 5 months ago
how much weight those discs?? and how much weight the bar??? and are those ROGUE equipment??
Reply

Ryan Yang · 5 months ago
95# means 95 lbs.
Reply

sergioblo67 · 5 months ago
uh ok. i was confused with the kilos and lbs thing. thanks :)
Reply

Travis Stice · 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 whole 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 life circumstances and that is what crossfit is about preparing you for anything.
Reply

Ian · 1 month ago
yeah prepare you for a serious injury...
Reply

Sev TheBest · 5 months ago
Fuck the crossfit haters you guys are all just jealous and this is just for fun i would never do barbell lifts with one hand cause thats not what crossfit is
2

azertu2u2 · 4 months ago
do you hate crossfit? Its better than sitting there typing no doubt!
1

PhenomenaDaPhanomenon · 4 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. 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.
Reply

Ian Maraborto · 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 "crossShit" came along, should not give crossfit the credit.
Reply

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JokkJasd · 4 months ago
+Matthew Davidson
I have never understanded kipping pullups, what exactly is the goal there?
Reply

iscariot5 · 4 months ago
+JokkJasd
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 boiled 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 there back and bicep muscles
Reply

Marcus Cripe · 4 months ago
That is insane.
Reply

RossFit
by CrossFit
167,224 views

Military Throwdown 2011 at Crossfit Oahu CFO
by yellowthunder92
37,960 views

Lucas Parker's Road to the Games - Episode 3: Outside the Box
by WODtv
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by Razorstorm
302,367 views

Froning vs 540
by Lea Stanca
222,452 views

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aardappelpitsap 1 year ago
Lol whatsup 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 30 euros a month. Thats some very very cheap training+coaching 20x a month for me.
Reply

View all 2 replies

aardappelpitsap 1 year ago
Forgot to say that we got all the equipment a boy could want, including the sledgehammer :D!
Reply

Thomasgipay 2 years ago in reply to Steven Rosalie
@gunderhaven :) Thanks for the answer not sure if serious but makes sense!

H1ddar1s 2 years ago
Do it holding/drinking a beer next time. Or a Powerade, and maybe get an endorsement.

Gothexc 2 years ago
why his training only 1 hand?

Andrew Phong 1 year ago in reply to KercielSPdog3808
indeed you have, but a 1-rep one-handed chin up doesn't compare to Rob's 45-rep (total) one-handed kipping pull up plus 45-rep (total) one-handed 95lbs thrusters under 11:17.

TeleprompterCzar 2 years ago
Legit. Most people take 12:00+ to do their first fran with both arms.

Sam Micioli 1 year ago
5:23 "im cumming, im squirting"

alan ba 2 years ago
WHY

Adam Colucci 1 year ago
5:23 listen

William Wong 2 years ago in reply to KercielSPdog3808
Why don't you try it?

Charles Shipman 2 years ago in reply to rVsMMysterylvs
Why the attack on me? So only people who have won the WSM are world class athletes? So what. 15 people? Rob Orlando has competed 5 times in the Crossfit games. A world competition. He's one in a million. And I'm 31. Not a kid. Don't know what I did to make you so mad.

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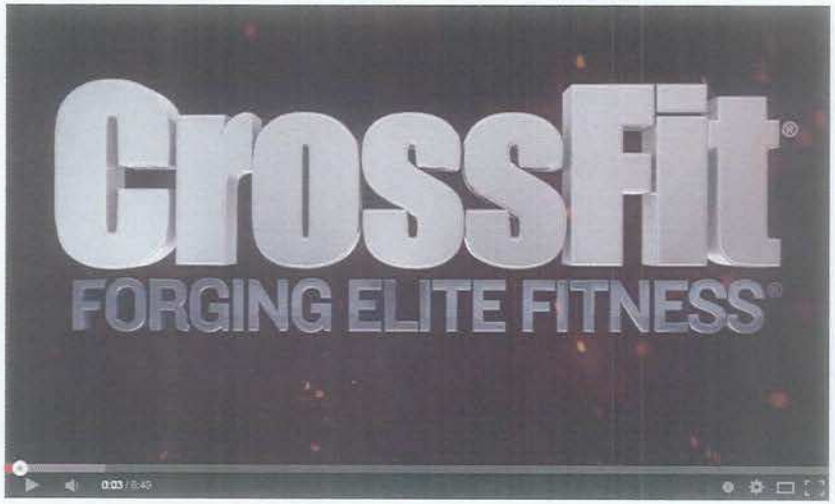

CrossFit - Press Workout with Rob Orlando

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Published on Jun 29, 2013
CrossFit – (http://www.crossfit.com)

"Press Workout" with Rob Orlando

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MrDonTopo
rip collar bone . you will be missed

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Leo korkeamäki
Rob has a microphone so it might sound like the bar hits his chest hard, but those lifts wont end up in broken collarbones. Go and look for some statistics about broken collarbones from pressing movements. I don't think you will find many. Fucking internet warrior

MrDonTopo
+Leo korkeamäki no need to get mad cuz i owned you verbally. i'm not referring to the mic. i'm just judging from what i see in the video. take a chill pill and just accept the facts.

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by OFProjectMayhem
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by DanaLinnBailey
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Spartan 300 WOD Challenge @ CrossFit Akron
by CrossFit Akron
167,243 views

HYBRID000590

Reply

Matt Williams 2 months ago
The typical trolls are avoiding this video and looking for kipping pull-up videos instead.
Reply

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Joakin Molina 2 months ago
+Matt Williams The crossfit-assholes ruined the crossfit and they're a "honey for haters".

Good work!

Reply

3SoccerPlayer3 2 months ago
He is a strongman and not a crossfitter as Matt said. To me though Rob is one of those who wants to be as strong as possible regardless and I'd love to see the trolls try to get that weight overhead in the manner he does.
Reply

Callum Stewart 1 month ago
Push Jerk? Power Jerk.
Reply

Daniel Freeman 1 month ago
love the sound it makes when it falls
Reply 2

Apollys 6 months ago
Love this fucking music!
Reply 2

Strengthoftheworld 4 months ago
Do powerlifting leave this crossfit shit.
Reply 2

PhenomenaDaPhenomenon 2 months ago
Do push presses behind the head. See how much you can do then haha. And its very possible to get even stronger ask. Donny Shankle. He's less defined as you and push presses 2 times what you're doing. Good shit though.
Reply 2

View all 4 replies

badmeetsevil2345 1 month ago
Yeah, and Donny shankle also is an OLYMPIC lifter Now what does that tell us?Well that tells is that he ONLY focuses on the oly lifts, unlike Rob Orlando who does Crossfit and doesn't just focus on oly lifting.
Reply

acurata87 4 months ago
push press behind the head can injure your shoulders ... puts your shoulders in a very vulnerable position. ...alot safer to push in front, than from behind.
Reply

D W 6 months ago
How long is the break between series?
Reply

3ordmilecrew 1 month ago
should be anything under 5-6 minutes for strength exercises. the goal is to waituntil you feel comfortable to lift the weight for strength exercises
Reply 1

argy yia 3 months ago
Ok whats the dif between push jerk n push press???
Reply

View all 4 replies

ivar nicolaisen 1 month ago
+hittman1412 do it then haha

Project Mayhem Wednesday Workout - Snatch EMOM
by CFProjectMayhem
175,029 views

Shoulder Press, Push Press, Push Jerk by Jason Khalipa
by Jason Khalipa
134,423 views

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by CFProjectMayhem
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Rich Froning Part 1
by George Street
249,526 views

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by CrossFit
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Reply

3or4miloctaw 3 months ago
on the jerk you dip back under the bar after youve nudged it up off your shoulders.
Reply

Christopher Tithecott 1 year ago
He has to watch maintaining that level of visceral pressure during those lifts. He's just asking for transient blood pressure issues due to prolonged Valsalva.
You have to breathe, people. Otherwise you risk serious heart complications.
Reply

View all 9 replies

Christopher Tithecott 3 months ago (edited)
+**Kevin Tyler** Thanks Kevin, this is a great article. I stand corrected on the matter and will review my sources.
Reply

KasaresStern 7 months ago
Well, everything that is challenging or hard always has its potential risks; even when you are wrong there's nothing in physical training that's risk-free or injure-proof, but this is how it works. Scaling until you can do it, there's no way an anaerobic effort like this one could be done breathing and also making it less dangerous, you need the visceral and abdominal pressure to keep the spine safe.
Reply

an2ny01 2 months ago
holding your breath while lifting the weights makes it even harder to lift
Reply

spikeafrica 1 year ago
When doing low reps with heavy weight its better to take a deep breath and hold it to keep the core tight and strong
Reply

argy yis 4 months ago
Ivar nicolaisen thanx bro
Reply

Jordi Stoop 7 months ago
Lesson 1 I learned the day I started Crossfit, always, always, always put on the safety springs! Even if it's 1 kg. But beyond that, very nice lifting!
Reply

Rhett Byers 7 months ago
Nice T-Shirt (Jaco) - Is this at the Escazu/CR gym?
Reply

illusionarytactic 3 months ago
dmitry klokov, that is all
Reply

View all 5 replies

Andrew Kantas 1 month ago
What exactly am I missing? What was your point?
Reply

Kenneth Hart 1 month ago
My original point was Rob Orlando can rep out muscle ups as well as being strong as shit. As opposed to being solely an olympic lifter which is still very impressive. And as far as your ignorant point of him being twice the athlete I am ,well I would hope so. He has been training in oly lifting since i was 7
Reply

goran coleman 1 year ago
man does all this shoulder press variations in one workout fucking epic
Reply

Brian Boys 1 year ago
That's some insane strength.
Reply

Monbearpig911 1 year ago
Holy shit man you need to breathe
Reply

View all 3 replies

Brian Parker 1 year ago
+**SupFreshLandry** you can breathe and keep your core tight can't you?
Reply

jake phillips 3 months ago
+**Brian Parker** you aren't able to keep as tight as you're breathing but he's also using the air to keep his spine stable to prevent losing the rep or injuring himself
Reply

Brian Parker 1 year ago
breathe bro
Reply

View all 7 replies

GusMartinZ 1 year ago
+**Brian Parker** Yeah ! totally agree bro so many people out there are squating 800lbs with no power at all! It's insanity! Lmao
Reply

andre weightlifter 1 year ago
+**Brian Parker** did you even read my name you stupid little bitch? do you think i don't need power in my sport? i lift everyday to a max single 2x a day fucking moron
Reply

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CrossFit - Questions for Rob Orlando

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Start at 0:18

Uploaded on Mar 24, 2011

Rob Orlando doesn't use a strength program. To get stronger, he lifts heavy things regularly. Hear Orlando answer some of the community's burning questions on how he has gotten to be one of the strongest and fittest men in the world.

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workh4rd 1 year ago in reply to capscove

Thanks!

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Crossfit

Why are Crossfitters So Jacked?

Rob Orlando, Heavy Ass Grace

Rob O from Hybrid Athletics

Rob Orlando 3-2-1 WOD

Kokoro Camp - The Coaches

RossFit

HYBRID000594

@MrSteppenwolfie : yeah well : but thats pretty much it

skateman96 1 year ago in reply to SIMPLExJACKxATTACK
it was a joke. it was pretty obvious

workh4rd 1 year ago in reply to capscave
Hi cap! What CrossFit workouts works on hamstring? Thanks!

Luis Espinoza 2 years ago in reply to capscave
@capscave Are you qualified to seek out for "specific training programming" advice?? STFU moron

skateman96 1 year ago
lifting heavy all the time is so important, he decided to say the same exact thing twice in a row

novan08 1 year ago in reply to MrSteppenwolfie
@MrSteppenwolfie what is wrong with that exactly? I'm not taking a swipe at you. I just want to know why you disagree

Luis Espinoza 2 years ago in reply to Josue Cano
@captainjosue and you made it to the games at 36 too??? Show me some results brah!!!

inebriant 2 years ago
People seek answers with structure, limitations, & sophistication- this is why they're baffled. Rob's "program" is based on variables and no popular trends of exercise or brand of food. Compare this to the myriad of specialists & institutions we acquire our data & certifications he seems too crude to be true. Realistically, Rob's inspirations came first. A reason laborers & blue-collars are innately strong. "Pick shit up."

capscave 1 year ago
In order to get stronger and be the best in a sport it's imperative to follow a strength program. When it comes to the sport of Weightlifting (Olympic lifting) you aren't going to medal without a program. The Russians advanced the sport light years ahead of us and they follow multi year programs. Rob Orlando is a strong guy and had paid his dues. He's not someone to seek out for specific training programming if you want to take it to the highest levels.

SIMPLExJACKxATTACK 1 year ago in reply to skateman96
if you actually noticed the video replayed itself in the beginning

juan espinagoza 1 year ago
this guy is awsome

Josue Cano 2 years ago in reply to Luis Espinoza
@luisespinox Actually I am. I'm a Weightlifting coach at CrossFit Camarillo and opening up a weightlifting strength center developing weightlifting talent. I'm sure you're a nice person and if you were to meet with me in person you wouldn't say that to me. Peace my friend.

capscave 2 years ago in reply to Luis Espinoza
@luisespinox I'm not a CrossFitter. I'm a competitive Weightlifter. Sorry about the confusion. I just teach the sport for CrossFitters where I live. You can check out my videos if you'd like of my lifts. I'm 77kgs = 170lbs. Peace

QuarterHater9 1 year ago
heavy all the time. hahaha good answer

capscave 1 year ago in reply to workh4rd
Hi there workh4rd. Don't know what crossfit workouts work on hams since I don't teach or do crossfit but power cleans work tremendous amount of hams.

MrSteppenwolfie 2 years ago
I stopped watching after he said "pick up heavy stuff, put it over your head and do it all the time". Yeah sure

Salman Malimkar 1 year ago
if you dudes need to get ripped much faster without spending a single another minute in the gym, then you really want to look closely this video tutorial COOK46.COM I want to gorge myself on gorgeous women.

Crossfit Training Program Review @hodgetwins
by TwinMuscleWorkout
151,064 views

CrossFit - "Elite Nutrition" by Jeremy Mullins
by CrossFit
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CrossFit - Rob Orlando on WOD 111210
by CrossFit
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Crossfit is the One and Only Son of God
by strengthcamp
236,251 views

CrossFit - WOD 120712 Demo with Rob Orlando and Katie Hogan
by CrossFit
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merla haryotti 1 year ago

They laughed when I told them I was going to bulk up with Mega Muscle Method, but then they saw the results. Do a search on google for Mega Muscle Method to see their reaction. (You should see their shock!)

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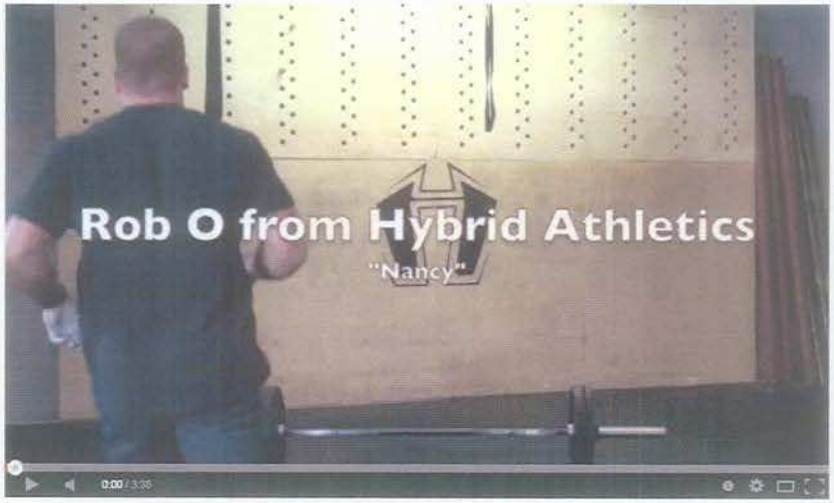

CrossFit - Rob Orlando Does "Nancy"

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"Nancy" - 5 rounds for time of: 400 meter run and 95 pound Overhead squat 15 reps

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roy pass 9 years ago
Insane.

Gustavo T 1 year ago

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by Rob Orlando
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Strength & conditioning
by keenhoss12

Rob Orlando 3-2-1 WOD
by George Street
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Rob O from Hybrid Athletics doing Atlas Stone Squats
by Rob Orlando
9,299 views

HYBRID000597

I'll do this WOD tomorrow! Big legs, here we go!!

syahrul anwar · 1 year ago · in reply to Ben Atkins
good for u man

Ian Currie · 1 year ago · in reply to Ben Atkins
That is an accomplishment to be proud of, but it all comes down to the run, being 2000 meters of it and all.

Ben Atkins · 1 year ago
Proud to say I do this faster than Rob Orlando :)

7zarc7 · 2 years ago
Rob Orlando is the man!

BARLES1 · 2 years ago
Like if Muscle and Fitness brought you here

Rob O from Hybrid Athletics
by Rob Orlando
17,523 views

sh't crossfit girls say
by jenny morgan
1,268,115 views

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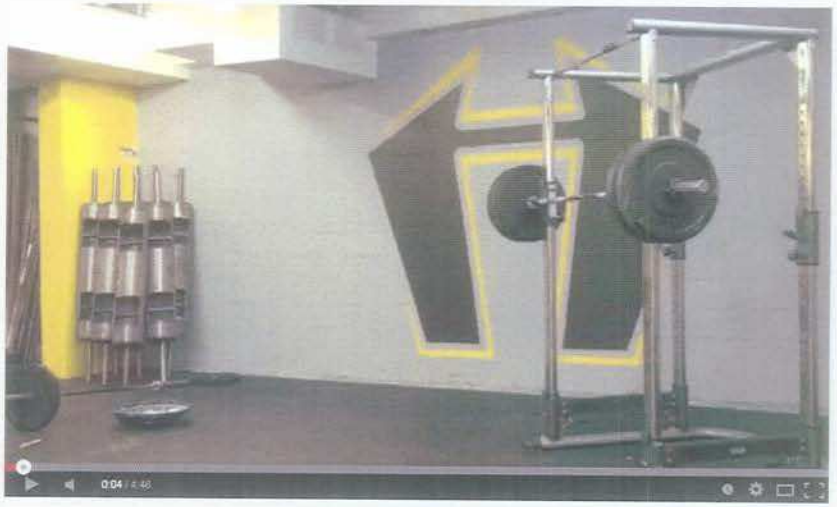

CrossFit - Rob Orlando on WOD 110517

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Rob Orlando 205-225-245-265-285-305(fail)-305(fail)lbs.

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Murry Zbonowski 1 year ago
A living legend

Patrick Tumpane 1 year ago
rob is such a beast!

TheMaatTube 2 years ago
I tried these last week. Maxed at 205. Lol

J Dub 1 year ago
@zombiefitness2 They serve the purpose of developing explosiveness in the rising portion of the squat. They engage your glutes and hams and quads in a way that standard back squats simply cannot. They are very purposeful.

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by Michael Kutcher
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Arnold Classic 2012 Rob Orlando Crossfit Games Interview
by JP II
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Rob Orlando does "King Kong".....twice
by 2002x4
78,177 views

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55intruder 2 years ago
Thats no fuckin joke. Most people can't even BACK SQUAT 305

TheSparticle 2 years ago
Look at the dude he's huge! Very strong, very impressive!!

Mark Bellofeuille 1 year ago in reply to TheSparticle
and 36 years old. lol

rnodatrock 2 years ago
thats one strong fakker. sorry for the cussing. the french was needed :)

WerSoldIhrDenn 2 years ago in reply to 55intruder
@55intruder make it 200

XanderPetrov 2 years ago
B E A S T

xthexTxxtrusx 3 years ago
you are insane, mr orlando

Jacob Gleson 3 years ago
Good job

CrossFit - Rob Orlando on WOD 110905 "Meadows"
by CrossFit
5,696 views

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by Bergen Performance Center
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Rob Orlando doing Tabata deadlifts with 315
by 2000x4
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Rob Orlando does 315 pound lunges x 50 feet
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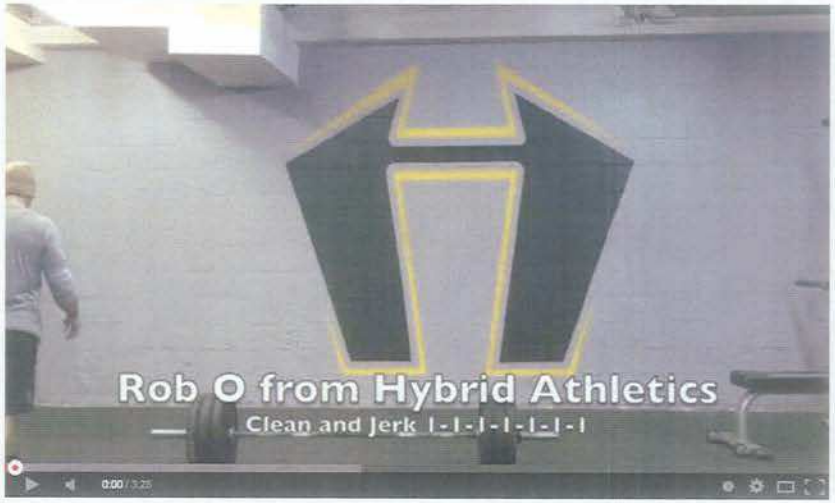

CrossFit - Rob Orlando on WOD 111202

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Clean and Jerk 1-1-1-1-1-1-1 reps

Rob Orlando 310lbs. Vic Zachary 275lbs. Lindsey Smith 210 lbs. Maya Keenan-Gallagher 105lbs (age 11)

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Daniel Alba 3 years ago
I love how angry Rob gets :) I get pissed too, not as much as him, but I DEFINITELY understand him! You're the best Rob!

MrFitnesslover 2 years ago
WODtoys.com has fitness toys for your little kids. Let them mimic anything you do, safely

Miguel Vargas 3 years ago
Yeah Ben smith sets PR's like every third day! Nice job though!

pastelace2000 1 year ago
Always kicking or throwing his water bottle lol

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Coach Mike Burgener Teaches the Snatch
by George Street
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Cindy CrossFit Modified WOD Backyard Workout #3
by ToddWentworth
121,224 views

Mikko Salo Death by Clean & Jerk
by George Street
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RICH FRONING 2014 CrossFit Invitational - Snatch / Clean and Jerk
by vee vats
84,185 views

Rob O using the 1000 pounder
by Rob Orlando
9,201 views

The road to 300#.MOV
by Spencer Hendel
10,192 views

HYBRID000601

Dcgusto9
Does he do olympic squats? His pulls r good he just needs to get unger the bar. I wish I had this equipment to do clean and snatch

soshibo9
if you're not failing, you're not trying

Mojackson
@thegreatestnumber13 I will agree that he could squat into it more, but: 1 Hi hands are placed in a good position. 2 I've always considered the jerk to be a half-ass press. So he's actually making the WOD more challenging

Matt T
some more composure. the way you lose your bearing is disturbing, and yes you can have bearing and drive for success at the same time

nathanes lamila
love rob O! But man if he had better technique! His pull is out of this world! lol

PumpkinDog33
Rob's water bottle is like a red shirt in star trek... when it shows up you know it's gonna get offed

Daniel Albe
Admitting you are still learning at 36, being a top notch CrossFitter and athlete... makes you that much greater Rob.

ancientoakfilms
Poor water bottle

TheAustinWinter
With correct form rob would C&J 360lbs for sure. That would be using a squat clean/split jerk style though instead of what he's doing here

CrossFitRoul
@realmadridzz5 He is an elite CrossFitter and Strongman. He is also a strongman seminar coach and knows exactly how to clean and jerk. Maybe he doesn't like the split jerk so he doesn't use it, I don't know. Bottom line is HE HAS BEARING. YOU DONT MAKE IT TO THE CROSSFIT GAMES WITHOUT BEARING. Everyone gets frustrated when exerting max effort to accomplish new PRs. So quiet down realmadridzz5 unless you can effortlessly throw up a 315 lb C&J all cool and collected. Way to go Rob you're the man!

Murry Zborowski
OK what did I learn ? That great athletes miss lifts get pissed off but then they get in there and dig in till they get it right. everyone shows great lifts great lifters show you the process . Rob is just honest as he is strong

trfitness89
Here is an interesting fact. Ex-Olympic Lifting LEGEND Pyyros Dimas could easily power clean (legs bent like 45 degrees) 170 kg, which is 374 lbs. I know who Rob is, and have absolutely great respect for the guy, and know that he is a good strongman, but he cannot do a proper power clean for 315 lbs, which is 143 kg's. This proves that no matter how strong you are, you cannot put up with an olympic lifter :) Great lift tho. I myself am struggling with 220 lbs power clean :)

Jimtoledo
Rob. Don't sweat it man... crap happens. Not to many of us will ever see 300, take it easy. There is tomorrow. GL

trfitness89
@ccetdany Don't get me wrong. Rob is a great lifter, no doubt about it :)

Tyler Quick
Always learning and keep trying to be better than yesterday

Isaac Dozier
Why no split jerk? That's the easy part, hard part is the clean. I'm sure you know this

Rob Orlando
by Rogue Fitness
Recommended for you

2011 CrossFit Commercial (Super Bowl)
by Kevin Houston
570,455 views

Arnold Classic 2012 Rob Orlando Crossfit Games Interview
by JP II
6,855 views

CrossFit - WOD 120712 Demo with Rob Orlando and Katie Hogan
by CrossFit
39,071 views

Rob Orlando does "King Kong".....twice
by 2002v4
76,177 views

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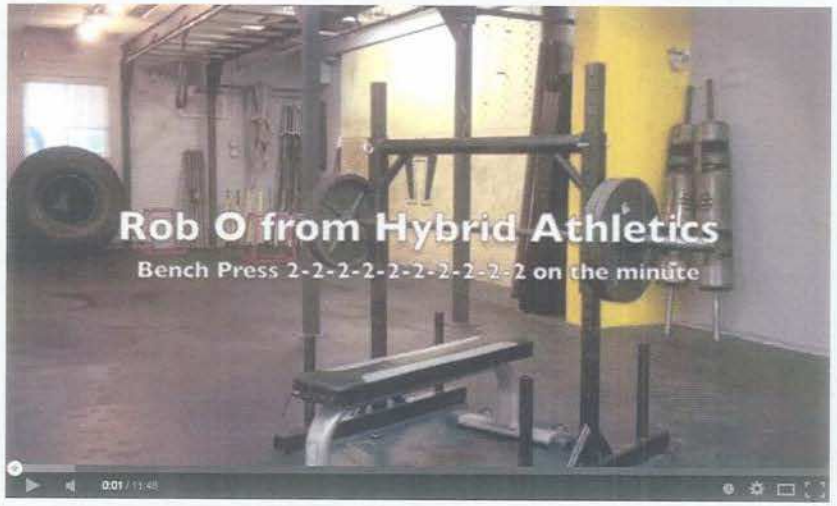

CrossFit - Rob Orlando on WOD 111210

CrossFit9 Subscribe 557,486

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Resting 60 seconds between sets
Bench press 2-2-2-2-2-2-2-2-2-2

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ALL COMMENTS (18)

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jay jiggz
Great lifts but BAD, inattentive spotter

Reply

rohan shahi
It would be a shame if you did not bulk up when these other people do it so easily with Morsch Muscle Madness (search for it on google).

Reply

JustinDBroughton
...it seems like Bob Hindley was a poser then. Because a crossfitter cannot lift (almost always) as much as a powerlifter. They are a jack of all trades, so they can do every thing well, but nothing excellently.

CrossFit Games - All Over the Map: The Chans
by CrossFit9
34,330 views

CrossFit - Rob Orlando on WOD 110905 "Meadows"
by CrossFit9
6,696 views

CrossFit - "Be Your Own Bodyguard Part One: VIP" with Tony Blauer
by CrossFit9
14,357 views

Growing Up Strong
by CrossFit9
880,233 views

The Crossfit Bench Press
by Bottomlinebeast
15,007 views

Rob Orlando 3-2-1 WOD
by George Street
12,266 views

RossFit
by CrossFit9
107,224 views

CrossFit Workout w/ Rich Froning - Bench Press
by Chris Horn
100,772 views

"Lynne" with 225 and a vest
by Rob Orlando
22,213 views

Lucas Parker's Road to the Games Episode 2 - Hard Week #1
by WODtv
Recommended for you

BP & Rich - Wedding Day WOD
by McG
178,213 views

"Air Force" CrossFit WOD - CrossFit One World
by jamigo
113,645 views

All Over The Map with Speal
by George Street
10,312 views

Team of Champions: The Story of the CrossFit Invitational
by CrossFit9
71,555 views

CTP CAM: Behind the Scenes of Barbell Shrugged w/ Rich Froning 14.1 -
by Barbell Shrugged
169,932 views

HYBRID000604

dmvenist · 2 years ago · in reply to [illegible]
Not if you have control and practice, besides it's only 315, not like it's 450+

nakoontoufa88 · 1 year ago
got a job

PedrojalbeDestroia15 · 1 year ago
haha i love timmy yelling in the background

Stephenwwkay · 1 year ago · in reply to Stephenwwkay
*sweeping

Jeremy Silver · 1 year ago
A little editing goes a long way. Beastly though :D Can't wait to try it tonight.

JustinDBroughton · 1 year ago · in reply to Stephenwwkay
"You can't put your ass on two horses."

ATucker .CFGB · 1 year ago
is that guy taking a shit off camera? ... AAAAHHHHHH!!!!

Robert Justin Benavidez · 1 year ago
good job Rob !!!! motivation for me at least

mccay88 · 2 years ago
Suicide grip . that is a accident waiting to happen

Stephenwwkay · 1 year ago · in reply to JustinDBroughton
that's a very weeping statement. forget are of specialisation or division of training. Who lifts more is basically the person with better technique and more strength. So, if it's a crossfitter, cool. If not, that's the way it happens.

Matt Cox · 1 year ago
The thumbs are not actually bad technique. Even Arnold did that. The back is also how they teach people to bench. Its called the power arch. Know your stuff "coach"

massivemmafan · 1 year ago · in reply to Diego Hernandez
thats the dumbest thing i have ever heard. do you even bench...

Pisswizzard1234 · 1 year ago
False grip is a recognised grip for all pressing movements. Allows smoother bar path and more direct power transfer for the 'up and back' motion you want to achieve. However, it makes it much easier to drop the bar on your face. For this reason, I don't false grip on the bench (and wouldn't advise it without spotters / some form of spotting setup) but on the overhead you can bail so it is a useful technique. That is why this makes me cringe - even though Rob is clearly a very strong guy!

Diego Hernandez · 1 year ago
.... Thumbs???? Goes his don't work .... his back must automatically ARCH whenever he lays down. ....other then those 2 MAJOR bad techniques. not bad

crossfitvancouver · 2 years ago
That is awesome benching. Someone at our box used to train with a so called powerlifter named Bob Hindley. Bob hindley 's bench was only about 225 pounds. That is really weak for a self proclaimed powerlifter but you are way beyond him and a crossfiter. Way to go. crossfit rules!

CrossFit - King Kong with Walls at the Arnold
by CrossFit[illegible]
[illegible] views

17 year-old girl outperforms professional athletes
by Bergen Performance Center
[illegible] views

CrossFit - Rob Orlando on WOD 111202
by CrossFit[illegible]
[illegible] views

Mikko Salo Death by Clean & Jerk
by George Street
[illegible] views

Ben Open Wod 4
by cbarn1234
[illegible] views

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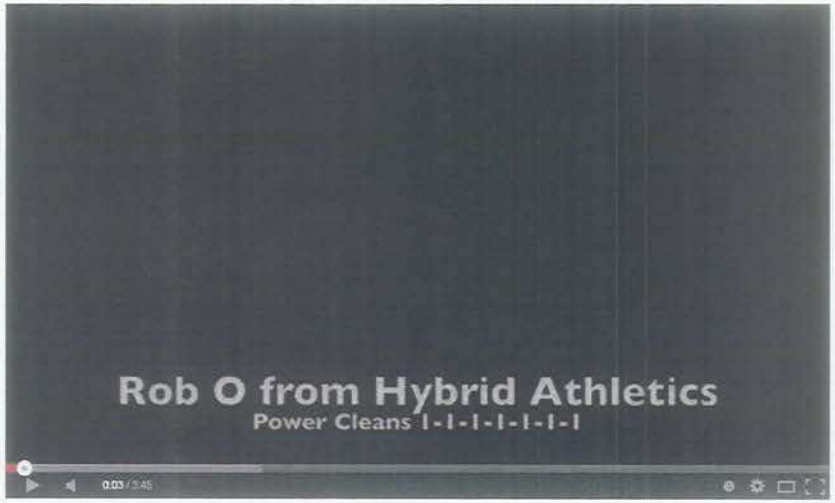

CrossFit - Rob Orlando Power Cleans Singles for WOD 110601

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150,825

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Top comments

Vaughn Kotler 3 years ago
Before you comment make sure you know what a power clean is. he's not doing anything wrong just struggling with the catch

Reply

skateman96 3 months ago
everyone's a coach on youtube aren't they

Reply

PhenomenaDaPhenomenon 4 months ago
First off you're not exploding from the hip enough for you to get under the bar. And your legs are spread out way to far.

Reply

View all 6 replies

Elias Oquendo 4 months ago
I completely understand what you're stating. It's just he does dip far enough under the bar. Once you go past parallel it

CrossFit Games - I Love This Game
by CrossFit
46,807 views
11:49

CrossFit - One Arm "Fran" by Rob Orlando
by CrossFit
201,177 views
12:07

CrossFit - King Kong with Walls at the Arnold
by CrossFit
72,745 views

CrossFit - Questions for Rob Orlando
by CrossFit
32,352 views
8:20

Men's Event 7 Clean & Jerk
by crossfitcontrexeville
120,705 views
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Rob Orlando, Deadlift
by George Street
72,736 views
5:17

Donny Shankle is Bigger Than You - 200kg PR Hang Clean
by CaliforniaStrength
1,016,137 views
4:49

Olympic Coaching Tips: Clean and Jerk in Slo Mo
by Team USA
414,096 views
5:07

SEALFIT - EVO8
by Rogue Fitness
56,551 views
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How To Power Clean (power clean tutorial)
by strengthcamp
328,021 views
11:49

CrossFit MikkoOn1000Burpees
by Corey Paillet
57,544 views
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Weightlifting Tips - Increasing Speed Under the Bar
by CaliforniaStrength
135,373 views
2:13

RossFit
by CrossFit
167,234 views
24:25

Reebok Crossfit Games 2013 Men Clean & Jerk Ladder HD
by Jerrod Tenzue
820,039 views
56:33

Rob Orlando 3-2-1 WOD
by George Street
13,066 views
5:16

HYBRID000607

calls to make the lift. It comes down to the day, his body and if he wants it, you know.

Reply

iscariot5 6 months ago
okay, i was unaware of the parallel rule with a squat clean. Now that that's clear i'll admit he does have plenty of extra room to get under the bar. Thanks for clearing that up

Reply

João Henrique Machado Silva 6 months ago
I wanna see any you do it with running shoes. LOL :

Reply

Joseph Powlowski 6 months ago
stronger than i may ever be, but i would say he needs narrower stance and wider hand spacing

Reply

luca van antwerpen 6 months ago
And duck under way more

Reply

yasinpatel12345 6 months ago
he's strong! incomplete pull, but i'm sure it's a work in progress

Reply

Matt Williams 10 months ago
This is a tough move, and I won't pretend like I can clean this much, but there are some nuances in the technique that are missing here which, if Rob mastered them, I think would have helped him nail nearly every one of these attempts.

Reply

R4F10 6 months ago
One day his feet gunn slip

Reply

Courtney Titus 6 months ago
Throughout youtube I've seen the style of power clean vary. There are those that spread their legs out and then those that keep their feet more or less in the same position throughout the whole lift. I can see how you can power clean more weight by spreading your legs; however, not doing so appears to be a tighter form to me. Recently, I've dropped my PC weight down considerably to model my style after that of the OLY lifters like Kendrick Farris and various other lifters. I have allot of respect for Rob Orlando's video; however, if you pause the video at the second he catches the bar, he looks like a star fish.

Reply

Peter Sneakerhead 11 months ago
He needs to pop his elbows out quicker

Reply

matt boyd 1 year ago
The power clean isn't about the pull whoever posted that. The heavier you go the more your focus is getting under the bar for the catch after you bump the hips. For the guy in the video your extremely powerful, I'm sure you know what you need to do to clean properly. Only thing I don't see you doing is getting under the bar. Looks like your using the strugg and somewhat the bump of the hips but your just not getting under it. It cool just drop and if it's too much weight once you get down to that bottomed out squat just drop it. Good vid though. Ps def take a lot more time than you did in between those 1rm. Looks like seconds. You should

Shahnawaz Usmani 1 year ago
Why even post this workout Rob

Reply

Jeff Cooper 1 year ago
Uncle Rico

Reply

elitebaseball26 2 years ago
@erikglynn Dude, I was thinking more like small horses

WestlundFitness 2 years ago in reply to DeadMuscleNegativity

"FULL CLEAN" TECHNIQUE 315 POUNDS
by Mikkey Dolente
47,286 views

How to do the Clean Series - Video 2 of 4 - Weightlifting Segment 2
by Muhlenbrosinc
24,713 views

Team of Champions: The Story of the CrossFit Invitational
by CrossFit®
71,155 views

Olympic Lifts - AllisonNYC
by AllisonNYC
855,430 views

Rob Orlando
by SmileofDream

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D&N3 I. that would be a squat clean. not a power clean correct me if im wrong but a power clean means you must not drop below 90 degrees?

G. Erp. 2 years ago
pull higher

Ivan Botucon 1 year ago
Rob Orlando is a monster... I don't take anything away from him... he does things that most guys (including myself) wish they could.. ive been around powerlifting and although his form isn't like Donny Shankles or Dimtry Klovkov... you cannot take anything away from him... I only dream that one day I am able to mess with that kind of weight!! awesome job Rob!

theteckman 1 year ago
lol that is the worst thing ive ever seen

tamerlans2000 1 year ago
Урод, перешагивает через штангу !!! Американский лох !

Iturnes40 2 years ago
Really how did you not finish that when get it that high... dang. would've thought he'd powerclean closer 365 at least. good effort though

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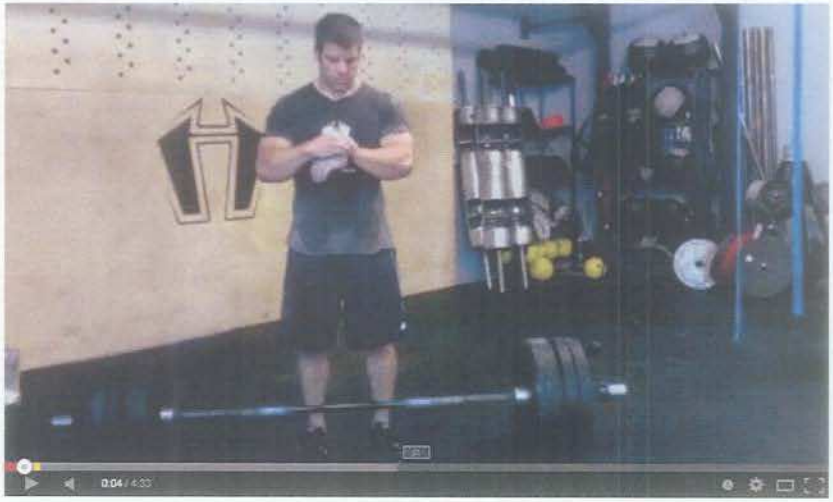

CrossFit - Rob Orlando's 225lb "Grace"

CrossFit®

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Sept 2 10

Music "Angels Rock" by Eric Linger (Google Play • iTunes • Amazon/MP3)

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eagl02 2 years ago
Nice job!!

nacowdo19 2 years ago
You are thrustering them all... Wow

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by CrossFit®
157,500 views

CrossFit Tour - Froning and Bailey: Big Sky Tour Debut
by CrossFit®
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Grace Rogue & Again Faster team WOD - Mikko - Rob Orlando
by CrossFit Aurora

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Rich Froning
by Joe Ferrari

Chris Speal DeadLift Overhead Squats
by George Street
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125lb Bear Complex- ANDREA AGER
by Andrea Ager
294,155 views

300 Pound "Grace" 30 Clean and Jerks at 300 pounds Under 22 Minutes
by Brandon Jackson
1,704 views

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by Aaron A
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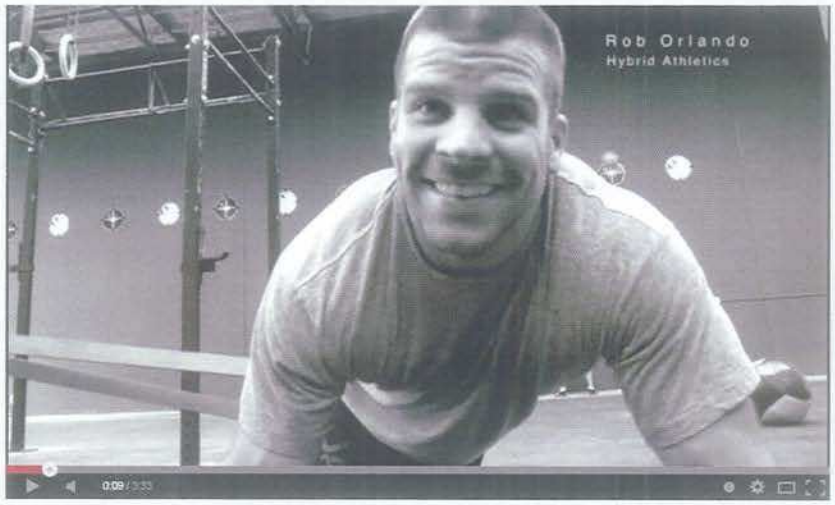

CrossFit - Stone Ladder with Rob Orlando

CrossFit

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angel munoz
Beast!

joah tacklar
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CrossFit - Structure and Purpose

CrossFit - Coaching Points for Lifting: Part 2

Rob Orlando, Deadlift

SEALFIT - EVO8

SR71 Blackbird Mildenhall 1984 (No Music & Higher Quality)

Speal Quest For 100 Pull ups

Andrea Ager- CrossFit Tabata

RossFit

Rob Orlando 3-2-1 WOD

Rob O using the 1000 pounder

Hybrid Athletics

Team of Champions: The Story of the CrossFit Invitational

Rob O from Hybrid Athletics

HYBRID000612

Kory Hardy
I thought the Hulk was green.

WestfundFitness in reply to Eva-One
lol not to d-ride him but he has kinda won strongman competitions - no big deal

Kory Hardy in reply to Eva-One
@360imports Well Rob Orlando int a newbie....

Eva-One
Rob is 90% machine. I'm not worried about his biceps. I guess injuries in crossfit is cool "shrug"

Lukas Bekr
Holy SHIT!

Cameron Tuck
he basically curled the curled three!

bonjrookwr
Rob O is the Fucking best

hazardsuit1 in reply to Eva-One
@360imports stick to machines if youre gonna be a bitch about working out

Eva-One
His technique is a good way for a newbie to pop a bicep tendon

Rob Orlando's Food habits
by Rob Orlando
66,166 views
5:10

How To Lift Atlas Stones Like A Strongman
by strengthcamp
51,421 views
4:41

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by IF II
9,560 views
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by Derek Poundstone
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Strongmanwod Atlas Stone Instructional
by Rob Orlando
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Great coaching = no learning curve

Daniel Davis

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Mold Prep and Pouring

Stone Loading at Strength Camp Clinic

RossFit

How to Make Atlas Stones

CrossFit - WOD 130117 Demo with EOB CrossFit

FITNESS TRUTH– Rich Froning vs. Dan Bailey

Lucas Parker's Training SECRET!

CrossFit - Training for the Pommel Horse with Sean Lind

CrossFit - Questions for Rob Orlando

Team of Champions: The Story of the CrossFit Invitational

"How to get stronger" - Rob Orlando

HYBRID000614

as long as the lumbar spine and core are kept tight during the lift, its completely safe. Ensuring that movement is only kept through the thorasic spine as a way to wrap yourself around the ball and pulling the ball in tight to the chest as a way to keep the cervical spine and shoulders in an active position. your lower back will remain safe. provided you dont over-extend in the hips during the lift either

Marcelo Abreslo 1 year ago
What are they made of?

Samuel Kwant 1 year ago
Good workout

wtfwtfwtf777 1 year ago
on technique side why not to learn to be bilateral here - and not creating more asymmetries throughout the body

ashercohen4 1 year ago
The part when you move it from the hips to your shoulder looks kinda risky for the back doesn't it?

Daniel Sperry 1 year ago in reply to Marcelo Abreslo
sakrete/quikcrete 5000 plus

Gsr2911 1 year ago
Awesome work

Lukas Belo 1 year ago
Fuck I wanna lift a stone now!

casiosx003 1 year ago
What was the song used on this please. anyone?

Eric Roman 1 year ago
great video!

Daniel Davis 1 year ago in reply to nerkouf17
in another Atlas Stone instructional video. Rob explains that you arent going to be doing enough of these lifts to become overbalanced on one side and these sort of movements shouldnt have as much of a strict focus on a particular technique or a set sequence. but rather about what feels comfortable. So if it feels natural to lift it to one shoulder over the other. then lifting equally shouldnt be first preference

casiosx003 1 year ago
A sick part of me wanted them to drop it on a foot.

wtfwtfwtf777 1 year ago
I honestly was surprised to discover Rob doesn't smile ALL the time

Rob Orlando's Food habits
by Rob Orlando
96,166 views

CrossFit - WOD 130114 Extended Workout Footage
by CrossFit
8,347 views

Rob Orlando CrossFit WOD: Overhead, Front & Back Squats
by Progenex Administrator
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Jouko Ahola - Atlas Stone Technique
by Lee0220
28,117 views

Hafthor Thor Bjornsson Strongman 141kg 310lbs Atlas Stone to shoulder
by DIST138
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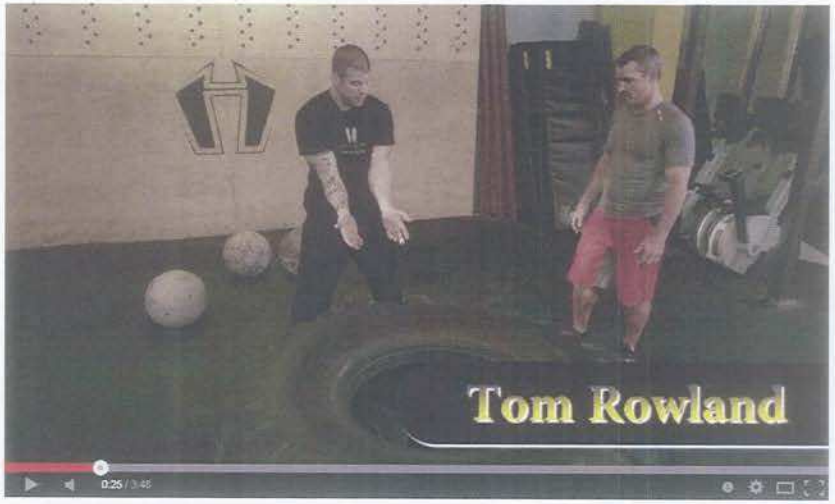

CrossFit - Tire Technique

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Start at: 0:25

Published on Jan 31, 2013

A tire flip is not a deadlift.

"You've got to think offensive lineman." Rob Orlando of CrossFit Strongman says as he instructs Tom Rowland to drive into the tire.

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jeff souder

I have a question. Why do you use your knee and take away the explosive movement when you transition from lifting the tire from the ground, similar to the deadlift, to the power-clean/hang-clean to the final movement by exploding through the tire to finally flip

CrossFit - Cueing the Push Jerk with Russell Berger

The CrossFit Games: Team - Deadlift & Big Bob 200

CrossFit - WOD 130130 Demo with Cara Hipskind and Kayla Baumgardner

4 on 1 with Dan Bailey

Proper Tire Flip Technique with Zach Even - Esh

Men's Event 7 Clean & Jerk

Strongman Training for Athletes - Correct Tire Flipping Tech

Tire Flips at Strength Camp Clinic

[OPEN GYM] Breaking the F*cking Rules

600 Pound Tire Flip Challenge

Intense [Full Body] Tire Workout

GNC Tire Training

2008 Fortissimus part 1

Is CrossFit Saving Weightlifting

Max Attempts with the Caffeine & Kilos Crew

HYBRID000616

clean. Hang-clean. thruster etc etc etc . I feel the knee drive slows everything down. I have a short video of how I do my tire flips on my channel without using my knee. I am able to engage my hips, glutes, legs and core. everything. I feel that if you use

Reply

krypteki2012 4 months ago
Leave it to crossfit to teach you how to incorrectly flip a tire. You're gonna pop a bicep like that.

Reply

antoinette race via Google+ 7 months ago
the coach is a great speaker . I like the idea of putting small tires inside of the big one . not sure how they did it . I liked/agreed with everything they said- However, one thing they didn't touch on is protecting your wrists. Don't let your dominate side do all of the work. If you put all the stress of the tire on one wrist as you flip it over, you will injure yourself.

Reply

Bob Daft 5 months ago
I'll let you dominate me

Reply

StdOutteDeCPT 5 months ago
We had to do all this exactly like this for strength an condotioning at school today except we has to squat then pick up the tire using our upper body.

Jesus Martinez 6 months ago
That guy looks like Henry Rollins.

Reply 2

Pieter Bezuidenhout via Google+ 8 months ago

Craig Van Spall originally shared this
Today's workout: CrossFit. Tire flips. Box jumps. **#KeepWarm**

Craig Van Spall originally shared this
Today's workout: CrossFit. Tire flips. Box jumps. **#KeepWarm**

Reply

mower235 11 months ago
Thanks this will help as I have no technique only will and drive and that has fell short

Reply

Nyghtewynd 1 year ago
A tire with tires in it . THE SUPERTIRE!

TheDaveDu 1 year ago
I see a mistake here: the position to lift, must be quite like a squat, a very exaggerated squat. you must be as close to the tire as possible. not with your feet away from the tire. Then, you will be able to dig in a lot better. just sayin'. nice vid!

themoon nedo 1 year ago
Crazy clip. Wonderful film. My dad was formerly an overweight fella. He revitalized himself from 284lbs of pure fat to 202 lbs of pure muscle mass. Shit's outrageous! I just subscribed personally as I'm seeking to get bigger muscles. He used the Muscle Building Bible (Google it).

Mpll90tymp 1 year ago
Omaha Nebraska baby

krizBrand 1 year ago in reply to Nyghtewynd
i bet you mean tireception :)

svennbeerg 1 year ago
Good training for Explosive Takedowns. Cool vidio.

Ben Zarco 1 year ago
What is a good tire size/weight for beginners/intermediates athletes ?

SR71 Blackbird Mildenhall 1984 (No Music & Higher Quality)
by Alan Gilchrist
Recommended for you

Andrea Ager- CrossFit Tabata
by Tabata Songs
1,504,301 views

Spin Tires | Trailer Towing Challenge: Round 1 | Chevy Silverado 2500HD
by TC9700Gaming
519,315 views

RossFit
by CrossFitB
187,224 views

The Women of CrossFit Dynamix
by Jo
1,062,456 views

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MunkyJoe
yo, i heard you like tires...

Kanisslover
that was cool thanks

Kasper Bruun
No rep on the BOX jumps!

Noel Min
Thats it...just like that... Rob orlando SMASH!!!!!

Charles Corneille
This is actually a really good movement

Peter Larsen
tire-ception

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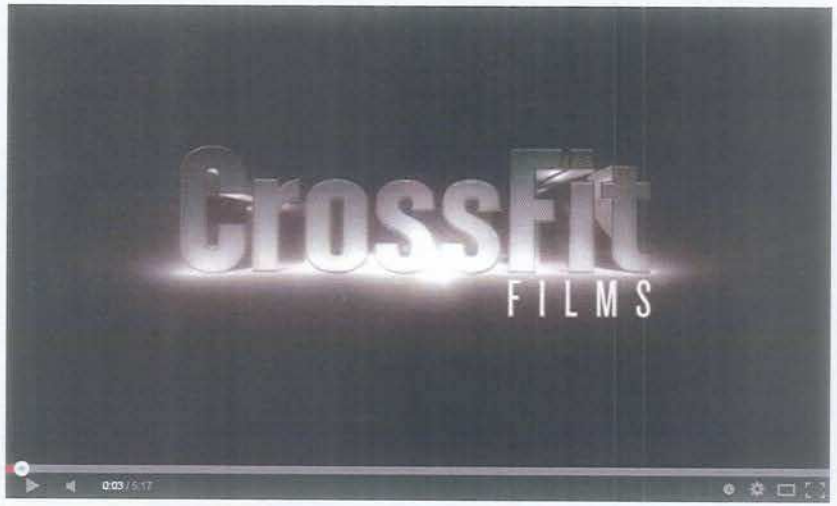

CrossFit - WOD 111014 Demo with Rob Orlando

CrossFit®

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http://youtu.be/C8otBoaZaaY

Start at: 0:03

Uploaded on Oct 14, 2011
Deadlift 1-1-1-1-1-1-1 reps

Rob Orlando 555lbs. Pat Barber 462lbs. Post loads to comments

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ALL COMMENTS (69)

Share your thoughts...

Top comments

Aaron Saber 1 month ago
Shut the fuck up Ty Gomes. There's nothing wrong with this. You're just being an arrogant fuck because you know your bodybuilding form is ratchet and sloppy, go break your back for me trying to go pull your pussy ass 400 pounds. Fucking ignorant

CrossFit - WOD 120112 Demo with Dave Lipson
by CrossFit®
56,566 views

4 on 1 with Dan Bailey
by CrossFit®
1,848,845 views

CrossFit - California Road Trip: Part 1
by CrossFit®
120,242 views

CrossFit - WOD 111011 Demo with Miranda Oldroyd and Pat Sherwood
by CrossFit®
62,758 views

"How to get stronger" - Rob Orlando
by ...entube
84,683 views

Khalipa & Maddox Battle Froning
by Jason Khalipa
258,816 views

Quick tips on the dead lift with Jason Khalipa
by Jason Khalipa
54,141 views

Rob Orlando
by Rogue Fitness
97,708 views

SEALFIT - EVO8
by Rogue Fitness
98,501 views

Rob Orlando 3-2-1 WOD
by George Street
13,069 views

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,756 views

Mikko Salo Death by Clean & Jerk
by George Street
212,338 views

RossFit
by CrossFit®
167,224 views

R You Rogue - Matt & Cherie Chan
by Rogue Fitness
122,288 views

655# Deadlift 2014 CrossFit Games - Sam Dancer
by TimeLapse Landscapes
7,271 views

HYBRID000619

Reply

Privium Grams 8 months ago
this is one of the top guys in crossfit right?
Reply

Ty Gomes 8 months ago
damn crossfit is gay. this just clarified it.
Reply

DoNotClickUFreak 7 months ago
shouldn't be feeding the trolls but do explain
Reply

55intruder 11 months ago (edited)
He mentions "cold bar." Love it!!

and some of these comments amaze me. Pure ignorance to anything outside themselves.
Reply

Nixon Ink 1 year ago
Rob Orlando should just get his own youtube channel
Reply

TheOriginalCP9 11 months ago
If you don't know, now you know http://www.youtube.com/user/hybridstonemolds
Reply

Raphael Kroon 3 years ago
405 looked like me lifting a PVC pipe

Michael Toomer 2 years ago in reply to JUSTIN CASH
@dfmclothing Well whatever it may be, you can be sure that i will eat my own words if he tests positive. As for now, i think he should be admired and not dragged down by keyboard warriors.

NastyYogaBunny2010 3 years ago
the guy is obviously on roids...

320man 2 years ago
ive kicked waterbottels clean across my gym and let me tell you releases so much stress!

Langston Walton 1 year ago
Was that proper form ?

lindsrlad 2 years ago
"It's not something that I'm good at" - Rob +500lbs deadlift-capable yet you're not convinced? Kids, THAT'S drive!

Bombsoldglory 3 years ago
"says it's his weak point and can almost deadlift 3x his bodyweight" I'm at 2x my bodyweight, pretty sure it's my weak point. Your deadlift is retarded, rob. Good job

JUSTIN CASH 3 years ago in reply to elvepak ytbr
you guys sound like dick riding pussys im a asshole to other assholes thats the truth your cool then im nicest guy ever!

aTim121200 3 years ago
good work. i'm just worried about your back man. you don't wear lifting belts?

wisdometernal 3 years ago
"Warning"- Graphic violence. A water bottle got straight up MURDERED in this video... All jokes aside I love this dude's intensity and prefer his approach to Crossfit over any other I've seen.

Team of Champions: The Story of the CrossFit Invitational
by CrossFitB
71,255 views

Original You Tube Humor #2
by Boomerang Fitness

CrossFit - Setting Records in Big Sky: Froning and Bailey
by CrossFitB
1,430,720 views

CrossFit - Transforming an NFL Quarterback with Matt Hasselbeck and
by CrossFitB
232,416 views

CrossFit - WOD 111019 Demo with Stacey Kroon and Camille Leblanc-
by CrossFitB
296,607 views

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Or the ones that have been doing it for 20 years

aTm121200 2 years ago in reply to cnamahoe

@cnamahoe right ... but u wouldn't want to snap something up and be stuck on the sidelines. just saying

Michael Toomer 2 years ago in reply to JUSTIN CASH

@dfmclothing I'll only believe it if he gets tested and busted at the crossfit games. Until then, i dont think anyone has the right to discount anything this guy does

Paul Maddock 1 year ago in reply to Sam Seamon

You need to work on auxillary exercises. Matt Kroc covered this he would hit this immovable sticking point on a deadlift, and no matter how hard he would train the deadlift it simply wouldn't budge. So he'd take a month off deadlifting and focus on the weak part (in this case I believe it was the upper part past the knee) so he did heavy dumbbell and barbell rows and 4 weeks later he PRed on the deadlift. If your sticking point is below the knee for example, do heavy glute ham raises.

skarpskytlar 2 years ago in reply to JUSTIN CASH

That is probably the stupidest thing I've read for a while ... you base him taking roids on his anger? so everyone with a temper does roids then? ... sigh

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https://www.youtube.com/watch?v=C6ofBasZaaY Sun Dec 29 2014 13:22:03 GMT-0500 (Eastern Standard Time)

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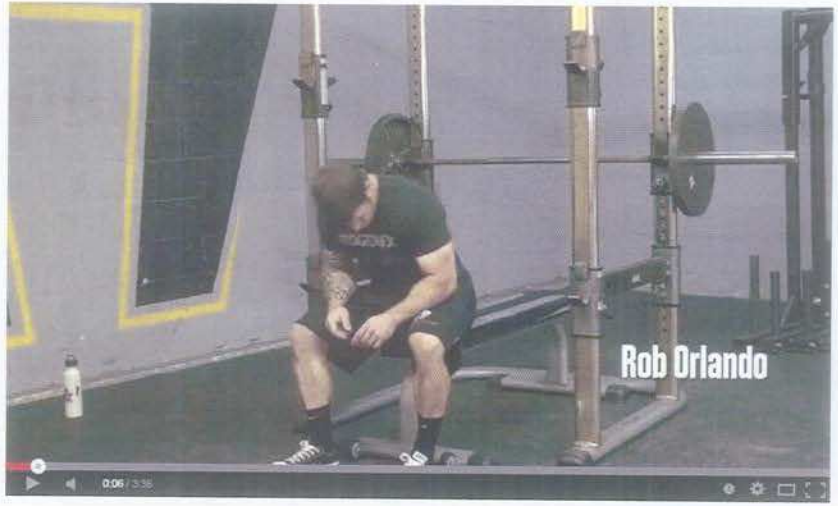

CrossFit - WOD 120622 Demo with Rob Orlando

CrossFit® 63

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Published on Jun 22, 2012
Bench Press 5-5-5-5-5 reps

Rob Orlando 315-315-315-315-325(x3)lbs

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ALL COMMENTS (22)

Top comments

Braxton Walton 11 months ago
Keep that butt down buddy. You may be a Crossfit hotshot but that shit won't fly at a powerlifting meet.
Reply

dfzyoonm 2 years ago
Wtf how do you bench so much

mathwx568 2 years ago in reply to Cleb Farley Jensen
shut up, stick to bodybuilding. you don't know a damn thing about power-lifting and maximizing strength by using complete physiological potential

tzaunia 2 years ago in reply to mathwx568

CrossFit - WOD 120623 Demo with CrossFit Cardiff
by CrossFit®
7,105 views

2012 CrossFit Games - All Over The Map: Phillips and Kittelberger
by CrossFit®
81,120 views

CrossFit and ISR - "Mallory's Story" with Emily Foreman
by CrossFit®
5,028 views

CrossFit - "Coaching Session: Kettlebell Snatch" with John Kaupp
by CrossFit®
119,832 views

RICH FRONING Bench Press Pull-up [CrossFit Workout] 2014
by vine vids
58,588 views

Bench Press - TechniqueWOD
by Barbell Struggle
12,371 views

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,966 views

Lucas Parker's Road to the Games - Episode 5: Sprints and Squats
by WODto
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RICH FRONING Workout [Bench press and Pull-ups] CrossFit
by TimeLapse Landscapes
27,758 views

RossFit
by CrossFit®
167,224 views

The Crossfit Bench Press
by Endomorphbeast
15,207 views

Crossfit is the One and Only Son of God
by strengthscamp
236,201 views

Project Mayhem Wednesday Workout - Bench Press, Pullup
by DPProjectMayhem
48,751 views

Rob Orlando's Food habits
by Rob Orlando
88,108 views

CrossFit Langley - Max Bench Press Workout
by getfitover40
5,526 views

HYBRID000622

I suspect these kinds of people who comment are really amateur bodybuilders who don't realize that there are people who do not lift for the sole purpose of building symmetrical mass.

vergonazo44 2 years ago
I just want to know why, there are people that can lift 180 lbs in snatch,and the same people are unable to lift 225 in bench press.why?what is the difference the technique? if i can lift more than 225 lbs in bench press that means i can lift at least 200 lbs in snatch?

Myproworkoutiswisky 2 years ago
freaking beast

Clint Farley Arruda 2 years ago in reply to Asher Dunitz
+cheating (arching back)

thearaban 2 years ago in reply to vergonazo44
completely different movement. Snatches do not involve any pressing like the bench press does. EXRX is a good site for understanding what muscles and movement patterns an exercise involves.

vikes47 2 years ago in reply to Clint Farley Arruda
It's not cheating to arch your back when you bench press. But you gotta keep your butt down so you don't injure your back. Keep that butt down Rob. Good work dude

kim Forslund 2 years ago
good work man

Cam MacLellan 2 years ago
Suicide Grip Bench. YIKES!

Clint Farley Arruda 2 years ago in reply to greyeagle
it doesn't, it's dangerous

tzaunie 2 years ago in reply to Clint Farley Arruda
I take it you guys don't powerlift

Rhidian D 2 years ago in reply to Asher Dunitz
LOL

Drownquietly 2 years ago
Rob Orlando is just a Stud!!! im digging the sleeve

tzaunie 2 years ago in reply to Asher Dunitz
yeah, power lifting is "about" one rep max. But I suppose you don't know that they train this way also to gain "strength"?

tubby52288 2 years ago in reply to dayvatun
hard work

Insert Name Here 2 years ago in reply to Asher Dunitz
crossfit is about finishing the workout

Alan Burnell 2 years ago
Robs ink is sweet

tzaunie 2 years ago in reply to Asher Dunitz
if by "cheating" you mean the arching of the back you should know that powerlifters bench press differently than bodybuilders even during their strength training

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Strength Camp eCoach: Floor Press
by strengthcamp
100,855 views

"The New Rob Orlando?" -2012 Crossfit Central East Regional Qualifier
by Kristen Wise-Billington
4,100 views

CrossFit Workout w/ Rich Froning - Bench Press
by Chris Hern
100,772 views

Team of Champions: The Story of the CrossFit Invitational
by CrossFit
71,855 views

Incline dumbbell press for upper pecs
by vicpoey1961
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CrossFit - WOD Demo 110329 with Rob Orlando

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Uploaded on Mar 29, 2011
WOD 110329: Thruster 3-3-3-3-3-3-3 Orlando uses 245lbs

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ALL COMMENTS (20)

Share your thoughts

Top comments

chipango87 @mykh100 with the amount of weight you would want to bail everytime you finish your rep. Setting it down properly may cause injury as you are fatigued you may have a rounded back lowering the weight and can pop a disc in your spine. Bumper plates are used in this video as they are designed to be dropped.

griffithu05 Just when you thought Rob couldn't look any more like a BA, you make him slow motion @ 1:00

northbrian131 Knee wraps add a lot of weight capabilities

chipango87 @mickemers I agree with @TheMightyLu and in addition he could have done 275 in the past and is either fatigued or not feeling right during this lifting session. Knowing you have done the weight in the past and not being able to do it again just makes you

CrossFit - Update on the Open: Week 1

CrossFit Games 2011 - Workout 11.2 Explanation

CrossFit - Mikko Salo Does Push Press WOD at Reebok CrossFit One

CrossFit - Chad Vaughn Coaches Snatch Form

RossFit

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

Rob Orlando, Deadlift

CrossFit Games Max Overhead- Spealler, Miko, Orlando, Holmberg

Quick tips for the Thruster Crossfit with Jason Khalipa

Crossfit

"Lynne" with 225 and a vest

Team of Champions: The Story of the CrossFit Invitational

Crossfit HQ - Rob Orlando - 100 BodyWeight BackSquats

Grace Rogue & Again Faster team WOD - Mikko - Rob Orlando

Rob Orlando plus guests do Hybrid Prowler Wod...

HYBRID000625

want to rage!

NastyYogaBunny2010 2 years ago in reply to mykh100
@mykh100 why not? as oppose to risk injury, i'd opt for throwing every time!

Dexter Carter 1 year ago
all true, so ehm, whats the song!? xD

WerSeidIhrDenn 1 year ago in reply to mykh100
@mykh100 why should he? he's alone. setting it down properly costs more energy than just dropping it.

Mike Emery 2 years ago
I don't understand why you'd jump from 245 to 275? Surely better to go up in increments as he would have made 260 and maybe even 270 going off that performance

TheMightyLu 1 year ago in reply to Mike Emery
@mickemers Adding more weight closer to his max is only gonna burn him out before he gets there

Dexter Carter 2 years ago
Its been a bloody year. c'mon someone's gotta know the song. 4000 of these views are me!

mykh100 1 year ago
nice one. but personally i would suggest to NOT throw the weights. i go to a gym where only the people with mouths bigger then their bench slam the weights. it sickens me. if you're strong enough to lift it then you sure as damn hell are strong enough to set it down properly

Krisbert1219 2 years ago
@mickemers Do not question the Rob, he will munch your bones for dinner

dauckiomo 2 years ago
What a heart.

Krisbert1219 3 years ago
I think that bottle that was thrown at the end just went through the wall... and then through the building behind that gym, and then through a semi truck, and it probably still traveling

Inebriatd 2 years ago in reply to Krisbert1219
I found the bottle in my tour of Afghanistan

pewp 1 year ago
Well when you are strong enough to Thrust 275 even once... then you go ahead and set it down properly. Rob is a beast either way... most people don't have that kind of competitive spirit and would have quit or reduced weight after the first failed set. He just attempted it 5 times. I'd be thrown shit around too

reaper919 1 year ago
Epic

guambomb100 1 year ago
Beast Mode!!! You pump me up!!!!!

mykh100 1 year ago in reply to chipango87
@chipango87 well i always watch my form. so i will HARDLY ever have a rounded back. and a man of THIS musculanty in the vid. i can safely say he is more than capable of setting it down without throwing it AND he has a rack infront of him. he didn't need to lower anything

dreamtiagorios 1 year ago
He really looks fucking angry... bad day??? Does anyone know the name of the song that plays through out the video?

CrossFit - "Santiago" Hero WOD Demo with Rob Orlando
by CrossFitHD
63,811 views

Michelle Kinney: Regionals Prep and Training
by Barbell Shrugged
1,362 views

CrossFit Miranda Thruster Muscle Up
by George Sieber
257,291 views

Touareg V10 TDI after crash tow fail
by Bobow
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Pat Barber CrossFit Games 2011 Sectionals Wod 2
by Patrick Barber
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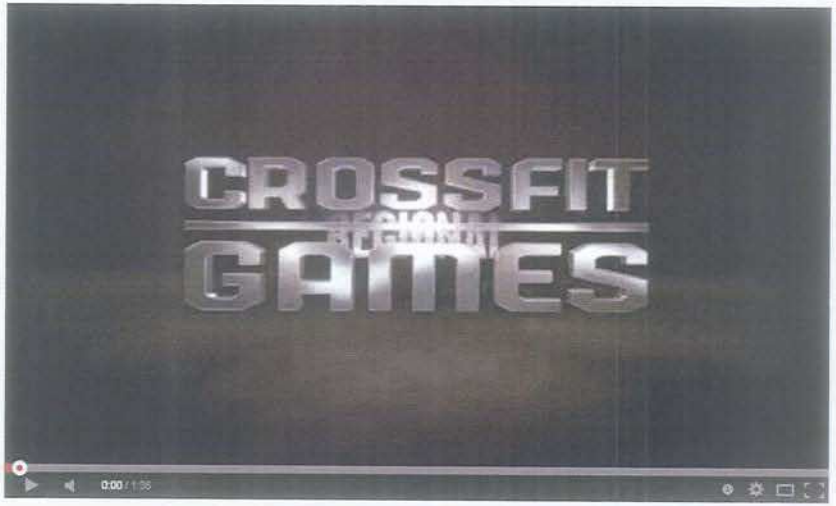

CrossFit Games: Rob Orlando Thrustering 285lbs at the 2011 North East Regional

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http://youtu.be/CGeNooCHDEY

Start at 0:00

Uploaded on Jun 22, 2011
Rob Orlando was one of the favorites to go all the way to 295 on the thruster ladder. He "only" hit 275, but it was still enough for first place.

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ALL COMMENTS (18)

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Pat Mcclure
Look up his squat clean to press at Big Sky when he jumped in vs. Froning and Bailey. 300 Lb full squat clean to press thruster

Reply

CrossFit - King Kong with Walls at the Arnold

CrossFit - Lauren Plumey's Missed Thruster at the '11 North East Regional

Eva T. does "Nate"

CrossFit - Questions for Rob Orlando

Rob Orlando, Deadlift

2014 Regionals WOD Pro Tips

RossFit

Bar Brutes @ Bondi Beach Strict Pull Up Comp & Freestyle!

CrossFit - Press Workout with Rob Orlando

Thruster Ladder Bonus Round

Rob Orlando does ManMakers with 235 pounds

Crossfit HQ - Rob Orlando - 100 BodyWeight BackSquats

2012 CrossFit North East Regional May 25-27

Rob O from Hybrid Athletics

Team of Champions: The Story of the CrossFit Invitational

HYBRID000628

So what you're 36 Rob....YOU STILL ROCK!!! Keep up the awesome work!!! You're an amazing athlete!!!!

Manu Aggarwal 1 year ago
Hello there, have you heard about h t t p ://m u s c l e g e n d . c o m yet? Simply have a look at their web page: h t t p ://m u s c l e g e n d . c o m There you can watch a great free video explaining how to gain visible muscle mass fast. It made it possible for James to break through his bodybuilding stagnation and therefore gain cut lean muscle free of fat very quickly. It may help you too.

Robert Justin Benavidez 1 year ago
great attitude always it seems. good job

4isotox 2 years ago
HE IS SO BEAST AND HE CANT WIN A CROSSFIT GAME!! THINK HE CAN LIFT MUCH WEIGHT BUT HE IS A LITTLE BIT SLOW HE NEEDS MORE ENDURANCE AND NOT ONLY LIFTING MORE MORE MORE MORE WEIGHT!!!

Murry Zborowski 2 years ago
soft spoken with an infectious smile Reebok has to know this guy leads the way for those of us with families jobs and hopes for a long healthy life of fitness Rob talks about real not about flipping 800 pound tires which is so much more informative than chest thumping macho interviews. Thanks HQ ! Thank you ROb

"To Catch a Predator" Archive 2 years ago
Actually testosterone levels start to drop in the mid 20s, so 36 is far from "young."

JukeNukem3D 2 years ago in reply to 4isotox
AND SHITLOADS OF CAPSLOCK! Tbh none of the crossfitters lift enough to earn nickname "beast" xD

santiago eckerlit 2 years ago
i wish i have his hair line

BRUTUSPLAC 2 years ago
GREAT JOB ROB !!!

Mark Mc5 2 years ago
my hero

Laxmi1427 2 years ago
Hello, have you considered "Musclegends" (just search Google)? There you will find a great free video featuring the best way to grow notable muscle very fast. It made it easier for Ryan to overcome his muscle mass building plateau and consequently develop toned muscle without fat super fast. It might help you also.

xilpo 2 years ago
Steve O when did u start doing CrossFit?

Nissy1969 2 years ago
36 is still young. Body won't start falling apart till 40. That's when you really need to take it down a notch. However, that was pretty impressive.

Galley415 2 years ago
i cant even deadlift that.

Zach Todd 2 years ago
"Can you get on the podium at the games?" "Why not?" "Cause you can't swim"

CrossFit Speal Wall Climb
by George Street
202,347 views

Southern California Regional Day 3 - 2011 CrossFit Games
by CrossFit
7,760 views

ROB ORLANDO SPECIAL
by CrossFit Hardcore
8,782 views

Rob Orlando Axle 300x10
by 200lb4
27,004 views

CrossFit - Back Squat Insights with David Millar, Rob Orlando, and Dave
by CrossFit
82,114 views

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CrossFit

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Uploaded on Oct 6, 2010
Commercial for HiTemp aired at the 2010 CrossFit/USAW event featuring Rob Orlando

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Carlos Cache
they should pisstest crossfitters!!

Garment1
The ocean sure as fuck don't care

alex4011 in reply to Carlos Cache
@carlitoscachesm they do

codeZhigh
All I can say is one word: BEAST!

"Isabel Off" with Josh Everett and Dave Lipson
by CrossFit
59,040 views

CrossFit - Khalipa's History with the Squat Clean Thruster
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James Hobart and CrossFit New England crush a CrossFit WOD
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SEALFIT - EVO 1
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crossfit
by sweets505124

Rob Orlando CrossFit WOD: Overhead, Front & Back Squats
by Progenex Administration
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Team of Champions: The Story of the CrossFit Invitational
by CrossFit
21,888 views

Lucas Parker's Road to the Games Episode 2 - Hard Week #1
by WODfit
Recommended for you

HYBRID000631

unbelieveble wooooow man one arm keep it up u give me more inspertional

CrossfitFan125
this is serious one of the most impressive commercials.

Amouxvaze
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 it's 40 degrees in the gym or 90 it's in 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?"

rangerdew1 in reply to OKstateCOWboyz
@OKstateCOWboyz I never said he was. I am drawing reference to his over-dramatizing of simply "picking something up, and putting it down". It's not that special.

Brandon Beaver
How in the hell.....?!?!?!!! Incredible!!

TaZZAKAStay3r
Wooooow!

CrossfitFan125
i can watch this over and over.

Todd Bailey
Amouxvaze, 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.

LeoIisMermorus
Stacked inside out it looks like 25-25-10 So I'm guessing 165, which is STILL no laughing matter. If you haven't seen his workouts, he's BEAST

Thomas Foster
awesome

rangerdew1
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 Davey in reply to Thejamo75
whys that then? am i wrong?

Sliver04
This commercial is awesome. I love it! If you guys would like to read the article that obviously inspired this commercial google THE IRON by Henry Rollins

mitchrulez in reply to Carlos Cache
@carlitoscachesini they do

Thejamo75
and you sound rather retarded

Amouxvaze
thank you!

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CrossFit Black Box Commercial
by CFBlackBox
107,697 views

Rob Orlando
by Rogue Fitness
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Progenex and Rob Orlando Hybrid Athletics.mov
by Progenex Administration
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2011 CrossFit Commercial (Super Bowl)
by Kevin Houston
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I am Your Strongest Competition
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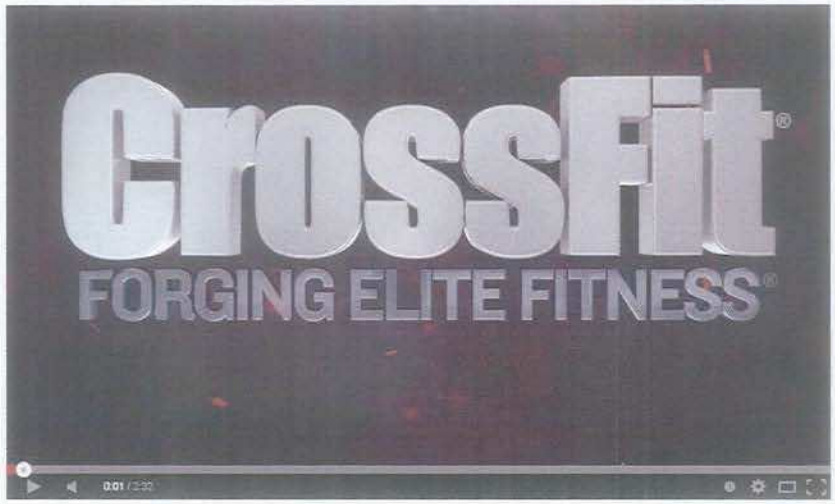

Overhead Yoke Carry with Rob Orlando

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Published on Apr 8, 2014
CrossFit – (http://www.crossfit.com)

The CrossFit Games® - The Sport of Fitness™

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Top comments

Justin Meyers
Strange to see someone say "go f yourself" if you don't lift heavy ... If you take lifting that seriously, might need to reevaluate your priorities. God forbid you were injured and couldn't lift heavy anymore, then you'd have to "go f your own self?" How does that work exactly?

View all 11 replies

Zerbz z
+Justin Meyers
Froning drives a big truck. Guarantee your mouth would be fucking shut if you saw him wearing that shirt, cause you know just because he drives a big truck he must like that shit

Open Announcement 14.5: San Francisco

Derek Hutchison: Maximum Warrior

Backstage Pass: Open Workout 14.5

Letting Beauty Speak

Rich Froning 14.4

Reebok Crossfit Games 2013 Men Clean & Jerk Ladder HD

Women's Event 7 Clean & Jerk Ladder

Crossfit 101 - The Basics

Days in the Life of Rich Froning

Bar Brutes @ Bondi Beach Strict Pull Up Comp & Freestyle!

CTP CAM: Behind the Scenes of Barbell Shrugged w/ Rich Froning 14.1

2014 Arnold Strongman Classic — THE HUMMER TIRE DEADLIFT

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

2014 Regionals WOD Pro Tips

RossFit

HYBRID000634

Justin Meyers 6 months ago
+Zerbz z Froning lives 20 minutes from me. He's worked out at our box. He's a nice guy. He doesn't wear retarded shirts like that. In fact, he's a Christian.

I'm seeing a trend of people that are presumably picked on in high school and are trying super hard to be extra tough in their

Reply

Nico 6 months ago
his sleeve is dope

Reply 5

Philip Bonaparte 6 months ago
Them posting all these extra "new" movements makes me think that they are about to go HAM during the Games this year.

Reply 2

darymetal 6 months ago
are u serious? i mean you can't wheeze like a dog while carrying this fucking wheight all over the room, but to not breath? that really is stupid. don't come to me and say things like "we train every day so we know what to do" because i train too, and it's fucking impossible to lift sub-massimal weights without breathing.

Reply 1

View all 9 replies

darymetal 6 months ago
+David Marshall that means that don't breath is unhealty, but hey, let them ruin their lives

Reply

Tony Tiso 6 months ago
So you breath during overhead yoke walks? Oh thats right, you've never done them, because if you did you'd know you cant go heavy & breathe in between

Reply

jeremysev 6 months ago
Yes dont breath while lifting heavy... NOT

Reply 1

View all 11 replies

Zerbz z 6 months ago
+jeremysev
you're not a troll, just an idiot

Reply 1

jeremysev 6 months ago
lol... ahh yesss... he's calling me names.
#winning #butthurt #1stsucker #relax

Reply

Matt Long 6 months ago
Not breathing while carrying this has got to be the dumbest thing I've seen all day.

2

Antonio Castaneda 6 months ago
how its possible such high huge muscle in crossfit...?

Reply

View all 8 replies

Fleazyy 6 months ago
+02Crimson
Please read my comment again, and research before you comment. The Rogue series to which I was referring is an hour and a half long total. I can say that he does high volume workouts because I watched it happen in the video. Also, I know that they do heavy lifting-- if you read, you'll see that I mentioned that. As I said, read before you reply. (BTW: Rich and Dan don't

Reply

mmuse 7 months ago
When you can strict press over 2 plates you'll have to have strong back, core, shoulder, tricep. When you can deadlift 500lbs for around 10 reps, you are going to have strong back, core, hamstring, quads, hand grips (forearms). When you can squat over 400lbs for reps you'll have strong back, core, quads, hamstrings etc. When you can do all of the above raw, you are going to have to strong back etc. And at only 185-195lbs, you are going to look jacked while doing all of the above. See

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gatoblanconzful
Sorry but that t shirt is stupid
Reply

02Crimson
Someone reply post the link for that shirt. thanks.
Reply

tomkuch1990
http://mighty.com/?q=go+heavy+or+go+f+yourself+shirt
Reply

Hamad Alruwaished
nice shirt :)
Reply

James Persing
Rob lookin good. What is he now like 180?
Reply

TheGangsterflavor
Why don't you grab some dum bells and do some military press. You don't need any fancy machines to work out. Get yoked by using free weights.
Reply

myntyd
thats a snapped back waiting to happen
Reply

David D
Best shirt ever.
Reply

rouski meadows
Great video!! dumbass t-shirt.
Reply

dcoolblue72
Really enjoyed the instructional video
Wanna learn more about proper lifts and such so keep posting these up crossfit!
Reply

brosky117
Rob Orlando is a BEAST!
Reply

View all 2 replies

shmana
+brosky117 AAAANNNNNNDDDDDD ya ruined it.
Reply

Richard Burns
Because locking out is great for your joints? IDIOT!
Reply

Kyle Krancher
320# overhead walk.
LOL Rob O
Reply

MALE230308
2014 crossfit games!
Reply

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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 Again Faster

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gatorbait67 2 years ago in reply to BreakingPoint

skinny bumper plates are about twice as expensive. it's really not that hilarious

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Lucas Parker's Training SECRET!
by WODn
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HYBRID000638

Jonathan Crespo · 4 years ago
awesome

thoomoo · 4 years ago
You guys are awesome

shaincaun · 4 years ago
BULLSHIT THATS NOT REAL WEIGHT

ke422azn · 4 years ago · in reply to jdq2570
@jdq2570 Lu Yong 85kg body weight does 214 kg. 471 pounds. I estimated his body weight. You're missing the big picture. The point still remains hes weak garbage

wisdometernal · 3 years ago
Now THIS guy makes me respect what Crossfit can be. Not these lames in my gym doing Cleans with 150# and pullups 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

EndlessaurusRex · 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

mtsfitness · 2 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 change minute mile, and with all of the other cardio he does, a 300x3 C&J is pretty World* Class!

Satanicustupis · 2 years ago · in reply to MrCrabs
FY! 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 everything

srb6522 · 1 year ago
Niiiice

justjoshin2006 · 2 years ago
BEAST

EndlessaurusRex · 2 years ago · in reply to magicapncot
@magicapncot 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"

Nemo Dank · 4 years ago
monster

jdq2570 · 4 years ago · in reply to ke422azn
@ke422azn 50 lbs less would be a 69 kg lifter (Orlando weighs 195 lbs). The record is 193 kg (about 434 lbs – meaning one man did it in 2003). Where is this land you come from where 145 lbs men C&J 480 lbs?

codyjblood · 4 years ago
damn this guy is fucking beast!

CrazyAssault · 4 years ago · in reply to azandu
@azandu no no steroids dummy but its funny everytime time you see someone strong its steroids

Rob O from Hybrid Athletics
by Rob Orlando
12,533 views

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by CrossFitAspen
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@GarrettLeeM sry man i comming off a sprained back.... from a car accident.... at 18 last year i did 335x3 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 discus who is married is a tool or douche?

Luis, Jr Cofresi
@Chiefonthedittty 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

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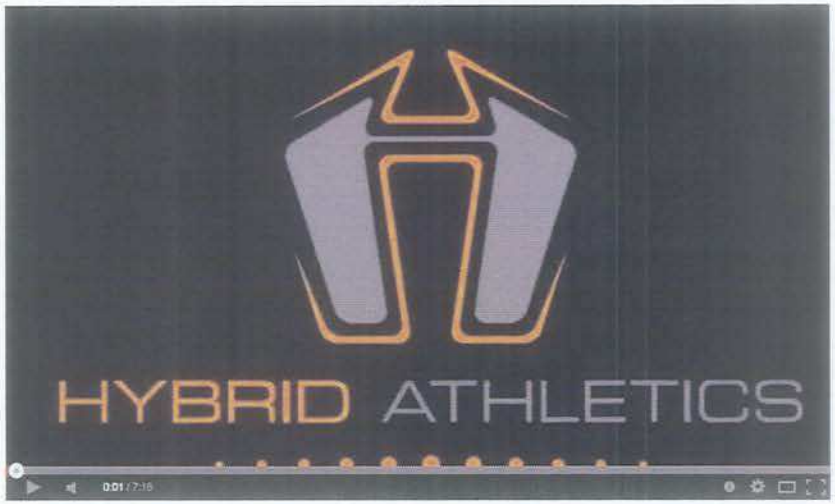

Rob Orlando at the Vikingfest Strongman Competition

CrossFit

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Start at 0:01

Uploaded on Sep 15, 2011
Originally published March 18, 2010

230lb axle clean and press for reps. 540lb 18" axle deadlift for reps. 25lb crucifix hold for time. 570lb frame hold for time. and atlas stones at

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yourvidiotsad101 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 1 0

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by Gigi Seyfer
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Natural Bodybuilder meets Strongman! (eng sub)
by BodybuildingRiv
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HYBRID000641

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

Reply

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

Justin Mathis 1 week ago
I train under the 5th strongest man in the country. yourvidisbad101 is right Declan Jones.

Reply

juan ruiz 1 month ago
So watching his back round on those deadlifts off the platforms hurt me

Reply

XmasokOne 4 months ago
crossfuck that's why

Reply

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

Reply

Matt Williams 10 months ago
Rob = Beast mode

Reply

Isac Ruzarlo 1 month ago
That form...

Reply

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

Reply

Majke Ti Tvoje 11 months ago
HARLEY DAVIDSOOON

Reply

Mathew 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

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

Something Different 9 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

View 1 reply

Americanbullymaiac 10 months ago
For everyone hating. Go do this shit with an axel not a regular barbell. then come back and comment.

Reply

View all 6 replies

100PercentOJ 4 months ago
If lifting heavy weight like a moron 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 Lee Dearck
400,918 views

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by Gnomes
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by Mike Rashad
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Reply

Nemo Nobody 4 months ago
speaking of Euro strongman deadlift how about eddie hall screwing himself out of tying for the world record at ESM this year? now THAT was a form clinic. Crazy how the world record keeps getting broken, someones going to hurt themselves.
Reply

juius77 1 year ago
Zamso, 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

Drumwannabe17 1 month ago
smh at all these keyboard warriors. I want to see you equal this performance, then you can talk, but for now stfu.
Reply

View all 4 replies

kyletheklidable 6 months ago
+kaga13 but the straps negate that anyway. Anywhere but WSM an axle bar is meant to test your grip given that most guys should be able to deadlift that on an oly bar no issue but by allowing straps in a competition with so few events, it is in fact just as shaun young said, a 540 lbs block pull
Reply

Christoffer Nilsson 1 month ago
So I cant think Justin Biebers lyrics are bad cause I cant write better ones myself? Good logic you dumb fuck
Reply

Ariel Paz 10 months ago
auch! my back is hurting just from watching this. the guys pretty strong but they left good form @ the door. this kind of videos promotes followers to get injure.
Reply

travis jones shared this via Google+ 11 months ago
Reply

juan ruiz 7 months ago
Lol that first grip is so fucking awkward
Reply

RebelForce6 7 months ago
Whats the fucking point of axel deadlifts if you use straps ?
Reply

View all 2 replies

Nemo Nobody 4 months ago (edited)
Yeh. 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. Id like to see more anvil holds.
Reply

Carlos Lira 7 months ago
that's just not right
Reply

Mike P 1 year ago
this is retarded, 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 columbo 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 rebuttals begin.
Reply

View all 4 replies

Michael Weston 10 months ago
I do believe franco columbo got injured lifting a fridge in strongman if I remember correctly. Strangely a powerlifting meet doesnt 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

badmeetsevil12345 3 months ago

You dont belong here

Reply

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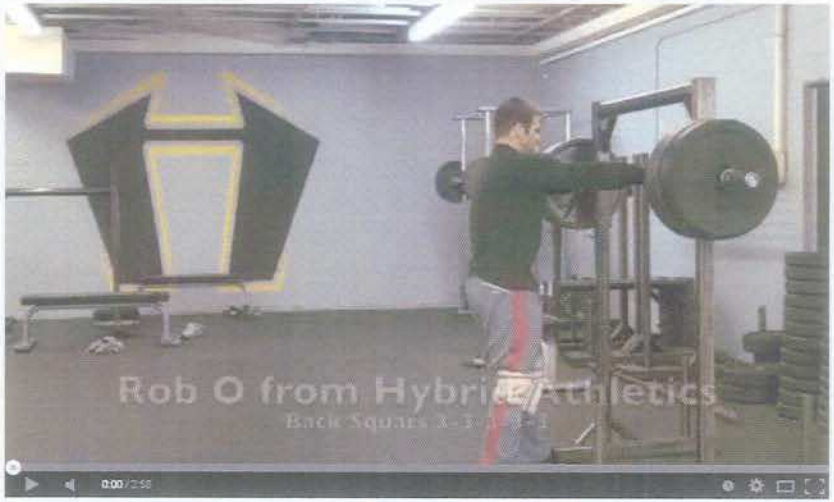

Rob Orlando Back Squats for WOD 110225

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Back Squat 3-3-3-3-3 reps

Rob Orlando 405-425-445-465-485(x2)lbs

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oscar mazo
How minutes did you rest in between each set? thank you
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HYBRID000645

benjrookavi
Once again awsesome!!

Myproworkoutswhskey
i'll be very happy if i can ever get my squat this strong

drkrames296
Love the skinny guy in the background pulling up his baggy shorts

mrkentucky03
Good job!

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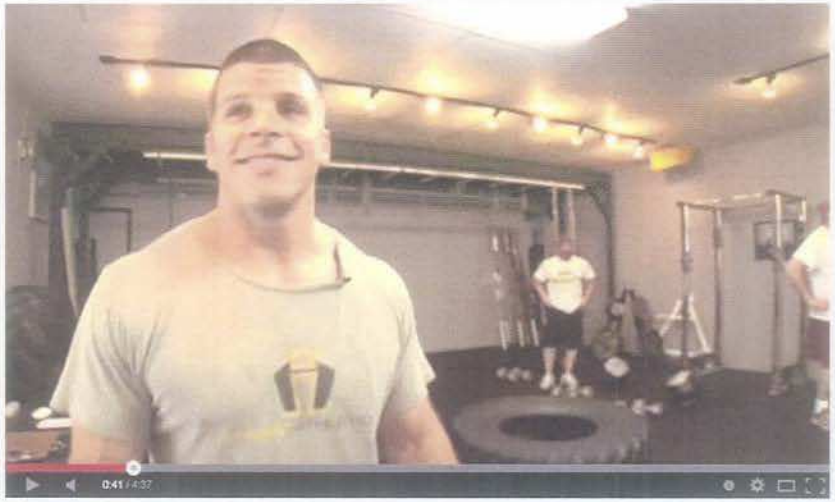

Rob Orlando: Class at CrossFit Conan

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Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds

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Skill Work with Graham

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Rob Orlando's 1,000 lbs. Tire Flip

CrossFit

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billthsalitsal

I'm just wondering how all those tires weigh so much? Do they use some super dense material or is the rubber enough? It looks like it could easily be like only 300-600 pounds ya know

Reply

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Rob Orlando's Food habits

Dynamic Bench Part 3/3

SEALFIT - EVO8

Lauren Attempts CrossFit

RossFit

Handstand Push-ups, Scales, Kipps, Strict

HYBRID000649

ffryan 1 month ago
It is just big dense rubber designed to support the weight of vehicles that weigh a few dozen tonnes. You're right, they are much heavier than they look.
Reply

venk88 1 month ago
they are reinforced by metal
Reply

MrBlackshotNoob 4 months ago
Is bending your back at the final part of the flip good? Just wondering I'm new to strongman
Reply

TheBlueBlur 2 months ago
Can't say that it is for normal, but from my curiosity of researching strongman which I would love to do. I don't think it would be good for anyone "normal". Since you know to become good at strongman you have to elite level strength to have a good base and also they have ridiculously strong cores.
Reply

ffryan 1 month ago (edited)
Technically, no it's not a good thing. But easy for us to say that from behind our keyboards. Rob is a strong guy who can get away with that from time to time. It's tough to have textbook form when you're pushing yourself this hard at such an unconventional lift. If you notice how his biceps are bent, you'd want to avoid that too because it can cause a bicep tear.
Reply

Matthew Belas 2 years ago
@Bombsofglory I'm an nsca cpt and a functional movement specialist. I'm not gonna fight on YouTube about exercise. And you don't know me.

milhouse4588 1 year ago in reply to ffryan
That's cool. But why are we comparing a CrossFit athlete to a competitive strongman? CrossFitters aren't trying to be the strongest person in the world. That's not the point of it.

jake heimer 2 years ago
OMG THEY KNOW HOW TO FLIP A TIRE 1ST THING CROSSFITTERS HAVE EVER DONE RIGHT.

Hristo Kostov 1 year ago
Hi there, have you tried "MuscLeader" (look on Google)? There you will find a great free video showing how to grow noteworthy muscle mass fast while reducing fat simultaneously. Kev and plenty other guys experienced good success by using this method. It may work for you too...

th34ltbo1 1 year ago in reply to ffryan
competitive strongmen cant do half of the other things rob orlando can do. he lifts heavy and runs fast. fitness not strength

straightuptripp 2 years ago
"Why would you let it fall back down? We have to move it now"

Travis Burns 1 year ago
Way to defeat the tire!

Ken Say 1 year ago
lol 5 at 10 at 35 lol ! idiot . that would be ur bones shattering like glass . u obviously dnt knw who this dude is

Stefan B 2 years ago
my spareture yo

tzaunie 2 years ago in reply to Matthew Belas
Your point is taken... yes, Rob could have broken his back... and calling someone a "dumb fuck" on a vid says enough about you anyway.

Chris 2 years ago
Crossfit is like fighting a lion. Sure, you use skill and technique to take out all the small cubs... but as soon as the momma is here, you just do whatever the hell it takes to get it done. R I P body.

boricuafitcau 1 year ago in reply to Tzaunie

Rob Orlando
by Rogue Fitness
27,701 views

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by CrossFit
71,692 views

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by robertonlv
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by Goomen
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by Rob Orlando
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hope you don't cook food with that logic...otherwise you'd be cooking the same side every time you flip something. flip means turn something to the opposite side. you might know that by now though.

Rory McDaniels 2 years ago in reply to HighTechRicky
@HighTechRicky fail like that?

rio setiawan 1 year ago
Hello there, have you heard about "MuscLeader" (have a look on Google)? There you can watch a smart free video showing how you can develop notable muscle quickly while losing body fat all at once. Ralph is among the numerous guys who had positive results applying this approach. It may work for you too.

tyler hooker 1 year ago
lunk alarm at pt would have exploded on that one

Cameron Wylie 2 years ago in reply to adamN00
Are you stupid? All the work is pushing the tire up...anyone can give it a little push so that it falls over. It's a successful lift

Anthony Taylor 2 years ago in reply to Pryvayt
This isn't a strongman competition.....

BeanAndCheeseburgers 2 years ago
wait are there REALLY retards saying its a fail cause he didnt flip it? it was about to fall but he pulled it back

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Rob Orlando's Bear Complex at 200 lbs.

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Start at 0:00

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

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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.

CrossFit Games - Sixth for Speal

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CrossFit - Structure and Purpose

Rob Orlando at the Vikingfest Strongman Competition

Men's Event 7 Clean & Jerk

Rob Orlando, Deadlift

125lb Bear Complex- ANDREA AGER

SEALFIT - EVO8

Crossfit 101 - The Basics

Mikko Salo Death by Clean & Jerk

SR71 Blackbird Mildenhall 1984 (No Music & Higher Quality)

CrossFit Managing Work and Rest

Barbell- og Bear complex

RossFit

"Air Force" CrossFit WOD - CrossFit One World

HYBRID000652

WildMight
beautiful

Julio Gouvera
When i grow up i want to be just like Rob!

Theron Hoedel
That's awesome and motivating. I did the complex yesterday and wanted die afterwards and I only went up to 125# (failed at 135# after 5 reps/rounds)

capoman1
That'll make you sweat

Rory McDaniels
diggin the marley

mugginish
if you look closely, you'll realise he's actually a bear, wearing human skin over

Brandon Jackson
I did 315

leo.pena
Fuckin beast!

Cammon Wylie
Says who? And in what context?

longagx12
monster

beanerbones
That's crazy, great job

heighastl2nd
We call these man makers lol I like Bear Complex more

Rafael Villanueva
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
Troll? You would know if I were trolling. I was just asking what you meant by "why don't you" ... chill dude

jake heimer
In crossfit terms how much weight it that? 88lb's?

XxProHighSerxX
well done sir

Luke Biz
Bob Marley

SublimeDD

Why are Crossfitters So Jacked?
by strengthcamp
670,906 views

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Getting Complex N' Intense at California Strength
by CaliforniaStrength
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Donny Shankle is Bigger Than You - 200kg PR Hang Clean
by CaliforniaStrength
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You want what in your mouth?

Rafael Villanueva 2 years ago
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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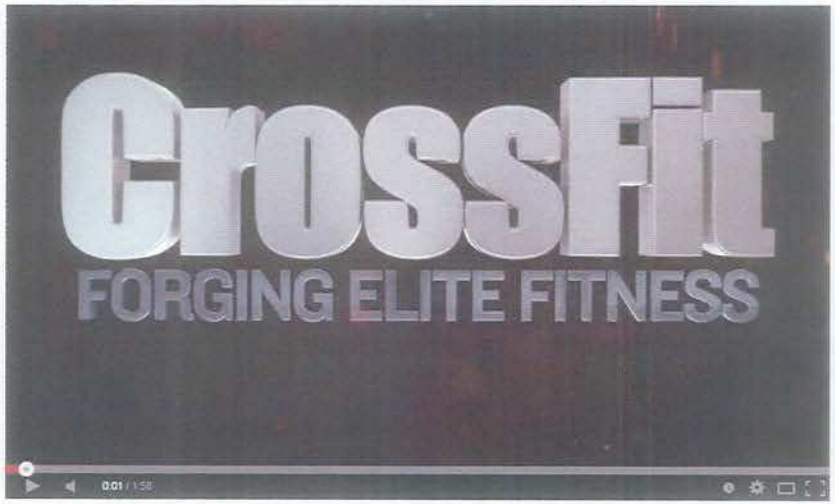

"The Log" with Rob Orlando

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Start at: 0:01

Published on Oct 31, 2013
CrossFit → (http://www.crossfit.com)

Rob Orlando of CrossFit Strongman teaches technique with "the log."

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Perfection7 1 year ago
Rob's the man. whenever I see him I think of him at Big Sky when Dave Castro said 'just go grab Robbie'. and he did some ridiculous thrusters after he'd just eaten tons of cheesecake lol

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by George Street
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by Barbell Shrugged
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4 on 1 with Dan Bailey
by CrossFit®
1,845,845 views

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Reply

meloh757 1 year ago
crossfit channel has some of the worst camera man on youtube. i got sick watching him go up and down

pgmorse 1 year ago
What about midline about which they often preach? That athlete had terrible curve, lumbar and otherwise. The exercise looks fun but body position looked poor, no?

TheSunMoon 1 year ago
I watched SEALFIT series afew days back. Rob Orlando is a beast!

subjidealist 1 year ago
Rob's the man

CFDavidZDW 1 year ago
Nice! Dominick from Caution Crossfit!

madrid556 1 year ago
Rob is fucking strong as hell

Brook Ferguson 1 year ago
I want one

Robert Leduc 1 year ago
he looks like kelly

daniel natanael osorio barrales 1 year ago
Buenisimo! muy facil de entender, gracias!

nocavedo15 1 year ago
DOM

maxix5000 1 year ago
Is Rob getting smaller? A serious question

Waseem Arab 1 year ago
and what about lower back??? I used to like crossfit but this is too much for the average person

Michael Leos 1 year ago
me too

Ryan Riddle 1 year ago
Rob's sleeve is epic

Sunwuk0n 1 year ago
When i saw this, i remembered Elliot Hulse.

John Konye 1 year ago
These need to be in Crossfit Competition

FreshProduce602 1 year ago
I miss Rob

"How to get stronger" - Rob Orlando
by Jenfoxc
94,653 views

Kendrick Farris' Clean and Jerks at the 2013 World University Games
by John McGovern
210,251 views

Rob Orlando's Food habits
by Rob Orlando
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Robert Orlando

Rob O from Hybrid Athletics

Rob O from Hybrid Athletics...1 handed Fran ...

tim's 800 pound yoke

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CF Barrington slapped a board between 2 yokes and added some Speal push bars creating a team sled push. Creative idea!

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Phillip J. 9 months ago
Pumped your knee is feeling better Rob!
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Shaun S 7 months ago
Awesome! Keep the videos coming. I don't want to get all "gay" but your videos are the main reason I gave crossfit a shot. I use to think crossfit was for a bunch of women trying to lose weight. I've seen awesome strength and all around fitness since I started. I program a strongman wod 1 to 2 times a week. I would like to see more of your workout videos
Reply

Jason Falcon 9 months ago
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Kieran R 6 months ago
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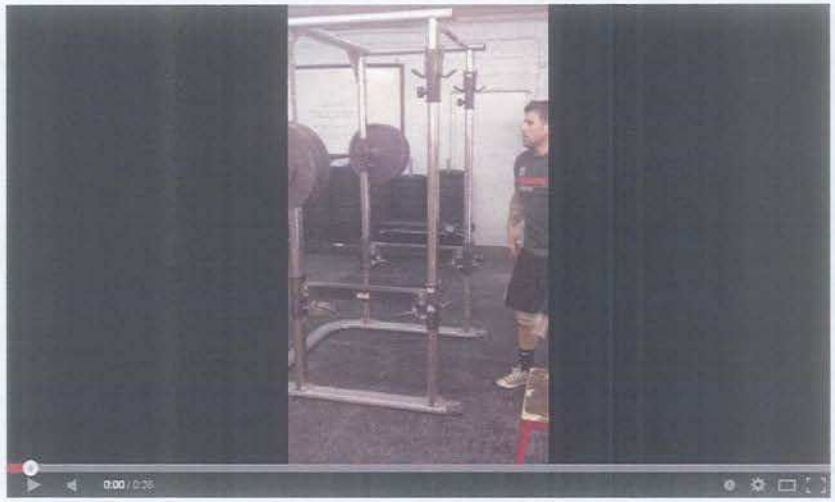

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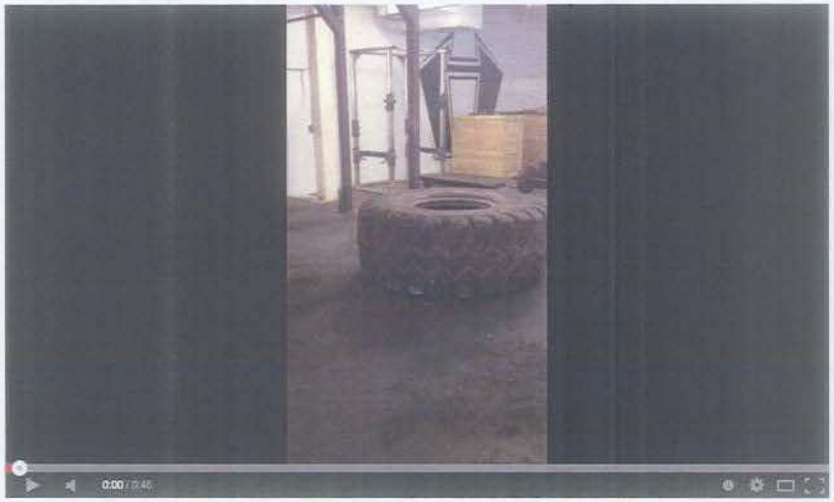

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Great music. Everytime I hear Taylor Swift, it makes me what to do thrusters too.

ForeverStrong86 1 year ago
Wait wait... Suit and Tie is also playing.

mordulencia 1 year ago
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50 reps at 225 with 50 double unders every time I rack the bar

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225 power clean x 5 and push jerk x 5. 245 x 4 each. 265 x 3 each. 285 x 2 each. 305 x 1 each. Missed the last lockout and it cost me a full minute. 6:56.

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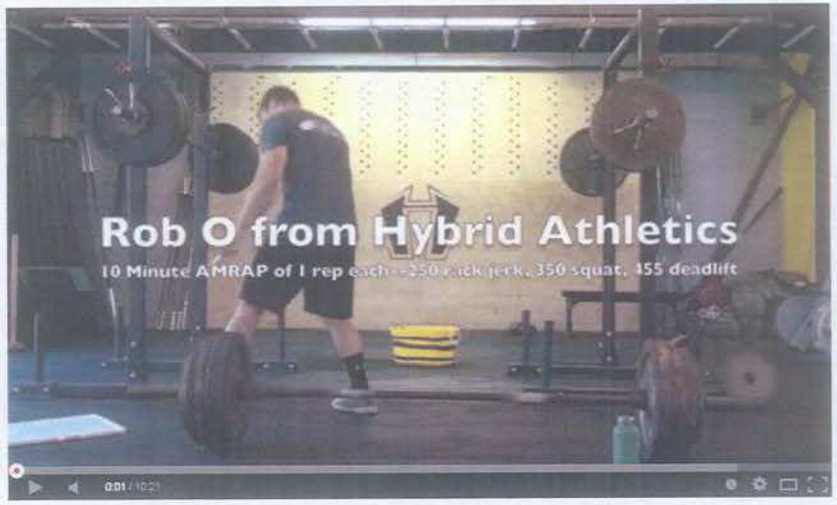

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12 rounds + 1 rep

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Awesome work Rob!

Robert Orlando shared this 1 year ago

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keep the vids coming, heavy wods are the best

Zumba Instructor 1 year ago
7 cals? lol thas random

RP Evans 1 year ago
Good to see more vids Rob!

alex chen shared this via Google+ 1 year ago

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9 + 6

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zbengermann · 2 months ago
no music. i love it.
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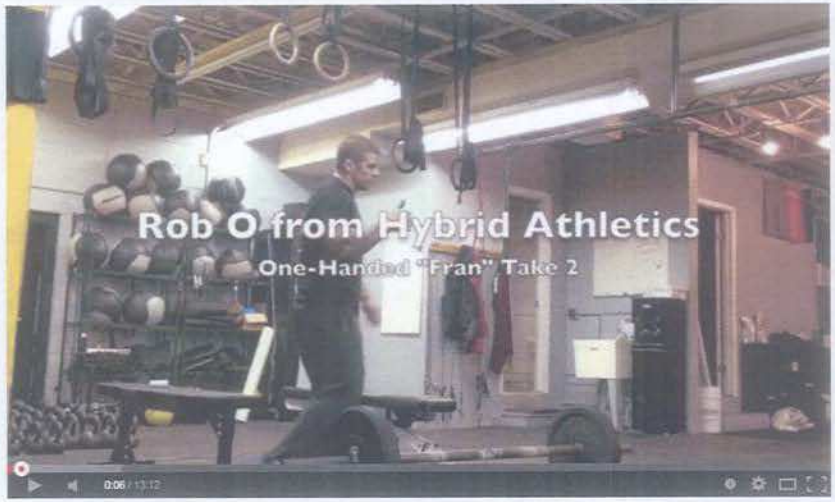

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XanderPetrov 1 year ago

Another single-handed Fran by you! Thank you!!! Much love from Ukraine!

kickinwang1996 1 year ago

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1:58

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0:14

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Chris Minor 1 year ago

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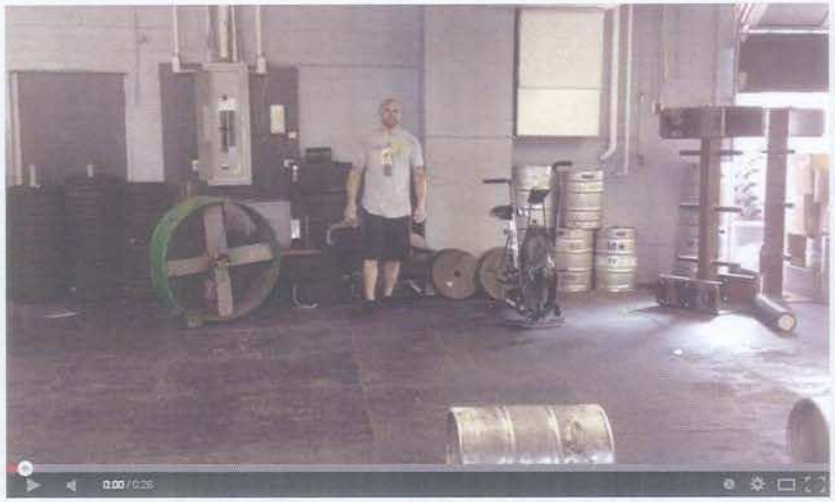

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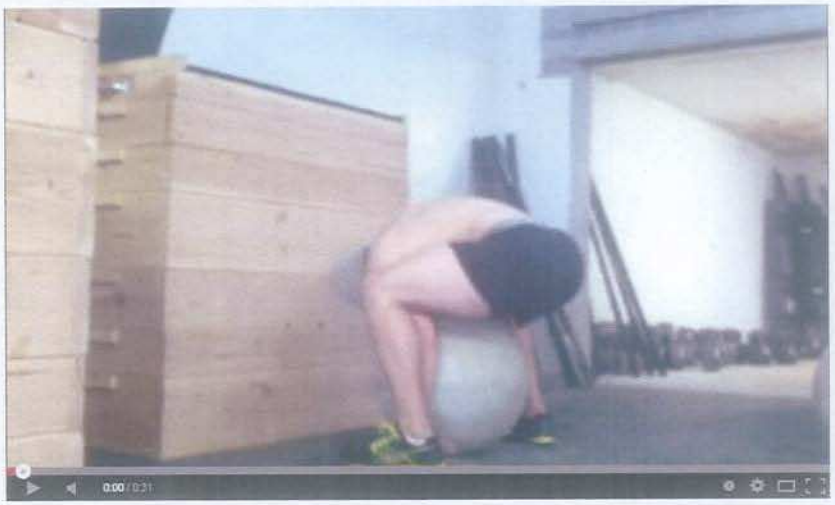

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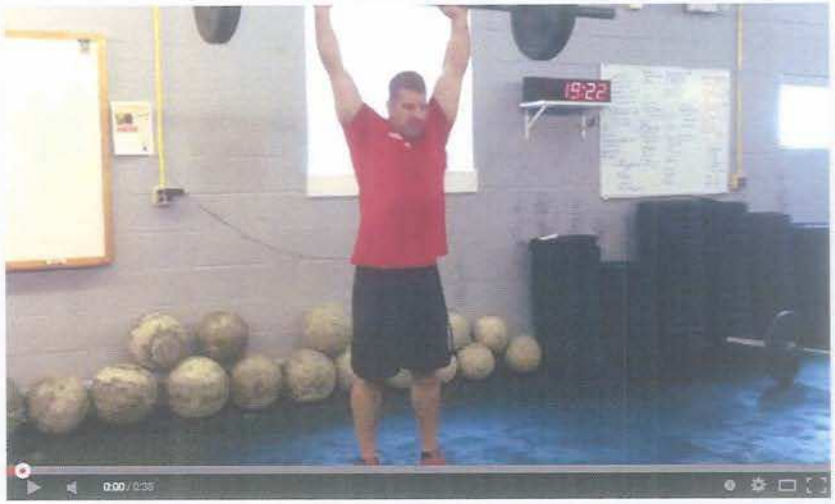

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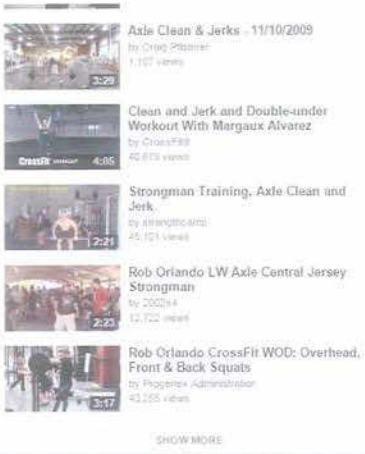
Rob Orlando 385 Axle Clean 405 Attempt
by 2002x4
28,266 views

Rob O from Hybrid Athletics
by Rob Orlando
10,636 views

"How to get stronger" - Rob Orlando
by Jeffdiu
84,662 views

HYBRID000804



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Rob O from Hybrid Athletics...filmed in Beak's Garage

35 Degrees in the garage and snowing outside

0:01 / 4:11

Castro Stone Wod

Rob Orlando

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Uploaded on Dec 26, 2010

155 pound stone to the shoulder x 3 reps. CTB pullups x 6 reps. 20" box jumps x 12 reps. 5 rounds for time. Goal was sub 5

Music "Pain (Main Version)" by Three Days Grace (Google Play • AmazonMP3 • iTunes)

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angel munoz · 3 months ago

Them bag jumps ha. shows you dont have to waste $100 on a box

Reply

PodroiatheDestroia15 · 3 years ago

this video is RAW!! liftin' stones doin box jumps on bags on mulch. ROB is a tank!!

HYDERABAD FITNESS · 3 years ago

MASTADON CONDITIONING

rlevkov · 3 years ago

Is there a difference to what shoulder you lift the stones too? Should you switch sides ever / during a WOD?

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Mold Prep and Pouring
by Rob Orlando
26,796 views
8:28

Sarah hitting the Hybrid stones
by Rob Orlando
2,006 views
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How To Lift Atlas Stones Like A Strongman
by strengthcamp
51,921 views
4:41

RossFit
by CrossFit
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24:25

Rob O from Hybrid Athletics doing Atlas Stone Squats
by Rob Orlando
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James Randi exposes James Hydrick
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Rob O from Hybrid Athletics
by Rob Orlando
8,463 views
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Rob O from Hybrid Athletics
by Rob Orlando
2,922 views
0:44

Strongmanwod Atlas Stone Instructional
by Rob Orlando
7,058 views
2:16

Crossfit HQ - Rob Orlando - 100 BodyWeight BackSquats
by CrossfitOgden

CrucialCrossfit 4 years ago
Beast Rob! Nice substitute for the box jumps haha

A.J. Nystrom 1 year ago in reply to rkirkov
Rob said in another video that if you give him a bat he'll always swing righty. If I'm just training, I'll switch up which side I lift to just for ambidexterity's sake (being even strength/ ability on either side) but for speed I always go righty. ** Just noticed this comment is like 2 years old. My bad

7:47 13,063 views

"Lynne" with 225 and a vest
by Rob Orlando
22,312 views

How To Make Atlas Stones
by strengthcamp
128,837 views

Rob O from Hybrid Athletics
by Rob Orlando
17,533 views

Derek Poundstone bending / breaking hammer
by ppthush
40,787 views

Rob O from Hybrid Athletics
by Robert Orlando
2,569 views

Rob Orlando. Heavy Ass Grace
by George Street
10,552 views

Grace Rogue & Again Faster team WOD - Mikko - Rob Orlando
by Crossfit Akron
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Seminar Promo
by Rob Orlando
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Dannel Malloy 5,4,3,2,1 Bar Muscle Up, 215 lb Stone to Shoulder 4:16 @ Hybrid
by Dannel Malloy
555 views

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by Saabkyle04
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Seth Raphael claims Randi's Million Dollar Challenge
by Magic Seth
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Beyond 2012 From Legend to Reality - Daniel Pinchbeck
by FilmGuardNetwork
85 views

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7,335 views

Rob O from Hybrid Athletics
by Rob Orlando
3,852 views

Daniel Divine vs. Hybrid [FULL] [GoPro Angle]
by Michael Sinisi
144 views

HYBRID000808

Dannel Malloy Deadlifts 640 lbs, Pulling Fran 21/15/9 225lb Deadlift/Pull up @

by Dannel Malloy

767 views

Sarah hitting the Hybrid stones

by Rob Orlando

2,038 views

Rob O from Hybrid Athletics

by Rob Orlando

5,491 views

Project BRAVO Overview

by Daniel James

6,634 views

Dannel Malloy 13 Tire Flips @ 750 lbs in 1 Minute AMRAP @ Hybrid Athletics

by Dannel Malloy

262 views

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24:25

SR-71 "Blackbird" Airshow
by Keith Breazeal
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Sarah hitting the Hybrid stones
by Rob Orlando
2:56

England's Strongest Man Under 105kg 2012 - Dan Cave
by wilsendonck50
0:23

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by Rational Response Squad
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by Magic Sam
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by Dannel Malloy
4:47

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by Rob Orlando
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by Rob Orlando
0:17

CrossFit - Coaching Points for Lifting Stones: Part 1
by CrossFit
10:48

The Wellington School: Building a CrossFit Program
by CrossFit
5:42

June 9 - Stone WOD
by Jay Rhodes
0:37

HYBRID000810

Rob O from Hybrid Athletics
by Rob Orlando
3,902 views

Meathead
by permitty1
1,041 views

Rob Orlando does "King Kong".....twice
by 2002x4
16,125 views

Strongwoman Sarah M
by Rob Orlando
2,825 views

How to Build a Garage Gym Rogue Style
by Rogue Fitness
189,123 views

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Rob Orlando

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Uploaded on Feb 3, 2012
Strongmanwod.com Dynamic Stone Day

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wisdominternal
Whats the weight of that stone?

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by CrossFit

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by Rob Orlando

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by SadbkyboX
Recommended for you

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by Rob Orlando

FITNESS TRUTH - 206 - The Strongman Technique
by Fitness Truth

Strength Feat Compilation (4)
by Joel Perry

Castro Stone Wod
by Rob Orlando

Rob O from Hybrid Athletics
by Rob Orlando

Rob O from Hybrid Athletics doing power clean "Kaisu"
by Rob Orlando

CrossFit - California Road Trip: Part 1
by CrossFit

Rob Orlando - CrossFit-Trainig in Kassel, 15.01.2013
by ExtraTipKa

HYBRID000812

The Wellington School: Building a CrossFit Program

by CrossFit

CrossFit - The Fittest Woman in the World: Thor's Daughter

by CrossFit

Rob O from Hybrid Athletics...1 handed Fran re-test

by Robert Orlando

CrossFit Games - Workout video demo with Graham Holmberg

by CrossFit

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Elevated Knee Jumps

Rob Orlando

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Knee jump/ 12" box jumps from strongmanwod.com

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A.J. Nystrom · 1 year ago · in reply to freebird1andwork out
I would say yes because it looks like his thighs act as a natural spring/ catalyst to help propel him upwards. If you didn't sit all the way back I would assume that you'd use more upper body for momentum. I'm just getting into CF and getting back into working out so take my commentary with a huge grain of salt

Murfreesboro Crossfit Paleo-Nutrition Seminar Part 1
by Kelly Frost
9,258 views

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by Rob Orlando
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Ultimate Crossfit Fails Compilation || FailArmy
by FailArmy
10,202,226 views

60" Box Jump (knee hip pop) 38" - 60"
by acjump
34,110 views

Tommy Hackenbruck knee jump, barbell tgu, 1 arm snatch
by Tommy Hackenbruck
2,860 views

Knee Jump Progressions
by Beyond Strong
29,567 views

The Wellington School: Building a CrossFit Program
by CrossFit
7,326 views

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds
by Rob Orlando
4,163 views

HYBRID000814

freebackyardworkout 2 years ago
Do you think it is necessary to sit back all the way to your heels before you initiate the jump?

Project Deliverance: Knee Jump
by projectdeliverance
2,919 views

Rob O from Hybrid Athletics
by Rob Orlando
8,465 views

Ellie Goulding - Lights (Bassnectar Remix)
by bico
1,450,979 views

Clean and Jerk and Double-under Workout With Margaux Alvarez
by CrossFit
40,679 views

Knee Snatching with Louie Simmons
by CrossFit
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Rob Orlando

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Walk of Shame and Stand Ups - 2 moves we use at Hybrid

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Hybrid Athletics Winter Challenge
by haleyannetymes
1,389 views
10:54

RossFit
by CrossFitB
167,234 views
24:25

Team of Champions: The Story of the CrossFit Invitational
by CrossFitB
71,055 views
26:28

Hybrid Athletics' Movements
by Rob Orlando
4,400 views
3:19

Rob O from Hybrid Athletics
by Rob Orlando
1,682 views
10:45

Sylvia Browne exposed as a fraud on CNN Anderson Cooper by James Randi
by yaue Degimenci
Recommended for you
9:21

2015 Mercedes-Benz S65 AMG (V12 Biturbo) Start Up, Exhaust, and In Depth
by Seattlyler04
Recommended for you
48:40

Rob O from Hybrid Athletics
by Rob Orlando
3,955 views
18:15

Sarah hitting the Hybrid stones
by Rob Orlando
2,355 views
2:58

Rob O from Hybrid Athletics
by Rob Orlando
5,019 views
18:27

Strength conditioning in Greco-Roman wrestling (1\2)
by usarwrestling
58,201 views
18:01

Women's WOD competition at Hybrid Athletics by Engineered Bodies
by AgaragPEng
1,141 views
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Take One For The Team | Hybrid Athletics
by Jenfolo
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by Jenfolo
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Rob O from Hybrid Athletics does Atlas Stone "Grace"
by Rob Orlando
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Rob Orlando Interview at Reebok CrossFit Nürnberg - suprfit.tv
by SuprFit de
1,181 views

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by CrossFit
7,729 views

CrossFit Games Max Overhead-Spealler, Miko, Orlando, Holmberg
by Terry Shanahan
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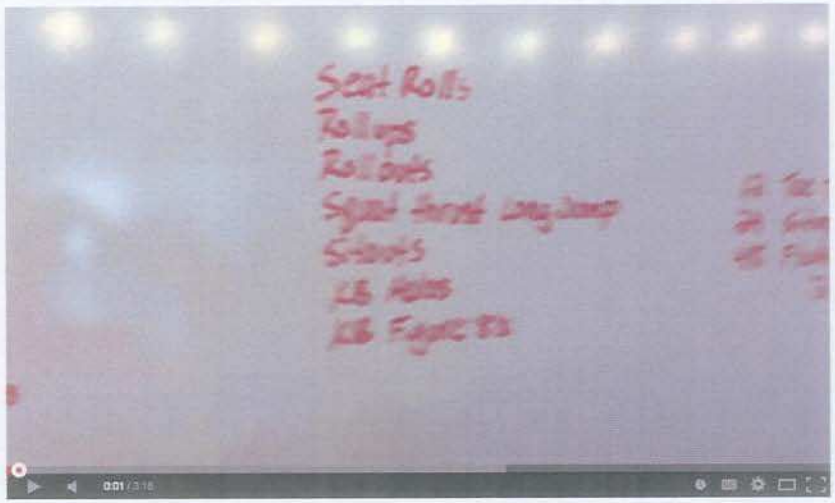

Hybrid Athletics' Movements

Rob Orlando

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Uploaded on Jun 30, 2011

These movements aren't unique to Hybrid but our language may not be the same.

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StefanoPellegs 1 week ago

First! (JK) awesome demo of key terms!

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by Rob Orlando
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by George Street
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by Robert Orlando
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Rob O from Hybrid Athletics
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Rob O from Hybrid Athletics--Hang Cleans before Regionals
by Rob Orlando
5,724 views

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,986 views

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,047 views

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Progenex and Rob Orlando Hybrid Athletics.mov
by Progenex Administration
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by Gigi Seyfan
1,561,323 views

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by Bergen Performance Center
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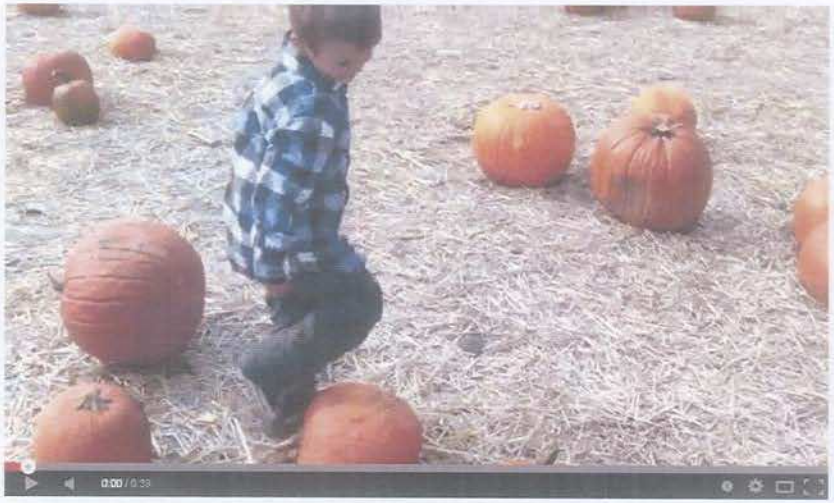

Hybrid Athletics' youngest member

Rob Orlando

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Logan executing a perfect lift with no instruction

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Kurt Hessenbruch
Excellent!

Stephen
very cool

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by GenuineSport
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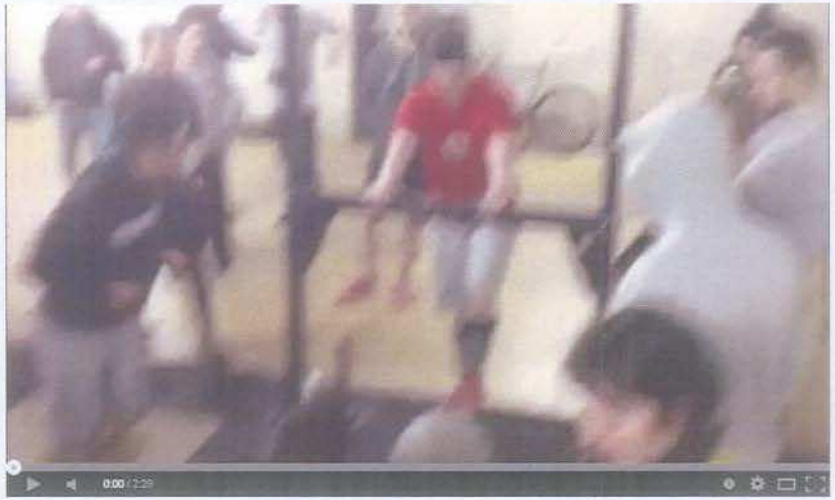

Hybrid Challenge at CF Antwerpen

Rob Orlando

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Bert having fun at a Hybrid Challenge

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Efficiency Tips- Muscle-ups with Chris Spealler

The Test of Fitness

CrossFit - Invitational Archives: Part 3

Rob O from Hybrid Athletics

CrossFit - Rob Orlando on WOD Lynne

CrossFit - Rob Orlando on WOD 21-15-9 [Hybrid Athletics]

Rob O from Hybrid Athletics doing power clean "Kalsu"

Rob O from Hybrid Athletics

HYBRID000822

Rob O from Hybrid Athletics
by Rob Orlando
7,217 views

CrossFit Antwerpen Pull-up / Toes to bar Grip
by crossfitantwerpen
806 views

Arnold Classic 2013 Crossfit Strongman Final Wod
by Joshua Page
8,600 views

CrossFit - Rob Orlando on WOD Santiago Hero [Hybrid-Athletics]
by vancathlete
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Katie Burke from Hybrid Athletics works the yoke with 400 pounds

Rob Orlando

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http://youtu.be/TaCtMrRdQ1I

Start at 0:00

Uploaded on Jun 25, 2011

Katie spent some time with the yoke today. Regionals are over but Beast of the East is right around the corner

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2,560 views

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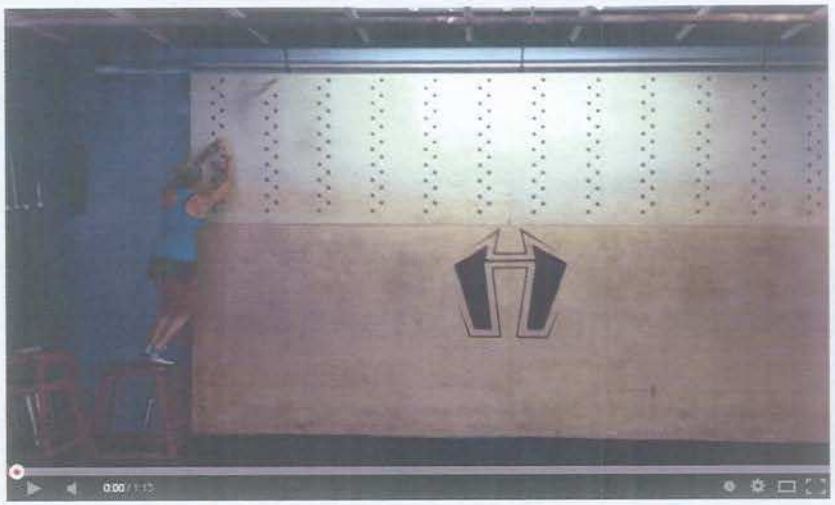

Katie Kelley nails the Hybrid Peg Board

Rob Orlando

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Katie making this look way too easy

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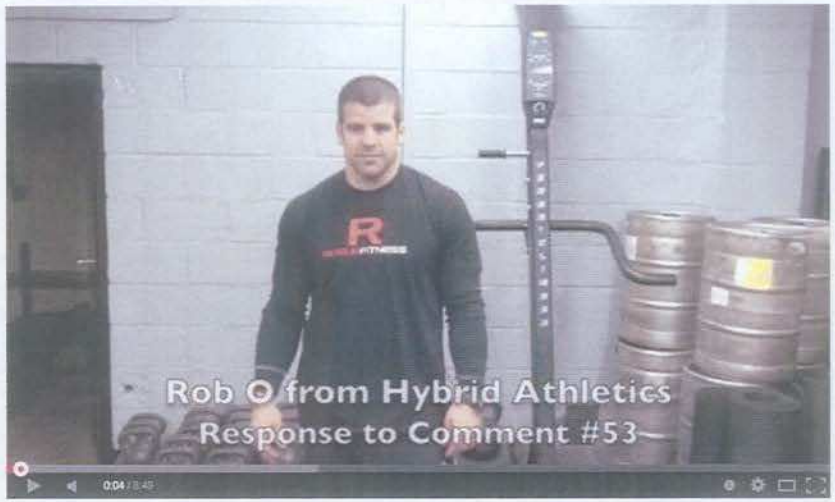

"Lynne" with 225 and a vest

Rob Orlando

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Uploaded on Dec 13, 2010
Rob Orlando does "Lynne" with 225 on the bench and a 23 pound vest in response to some hammerhead on the CrossFit comments board. Comment #53 ... this one was for you.

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andre diaz · 6 months ago
i can't wait to see this new generation of "crossfitters" in their 50s with massive arthritis in their shoulders from them rocking pull-ups. Pull-ups are already bad on ur elbows and shoulders. U go a put a weighted vest on? Wow. Hope Obama care accounts ur preexisting retardation into consideration b4 u are denied!

clevelandtundra · 1 year ago
rob orlando is a goddamn beast but kipping is still gay ... even if its rob doing it.
Reply

CsOsLsE · 3 years ago
dude no need for roid rage twice haha but impressive i just started crossfit a month ago!

The New Transgender Youth
by Yahoo News
73,522 views
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by strengthcamp
128,337 views
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Mold Prep and Pouring
by Rob Orlando
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"How to get stronger" - Rob Orlando
by Jeritbiki
54,603 views
1:58

RossFit
by CrossFit8
187,234 views
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CrossFit - WOD 110914 "Lynne" Demo with Malleolo, Lipson, and Hobart
by CrossFit8
21,175 views
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by Rob Orlando
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CrossFit - One Arm "Fran" by Rob Orlando
by CrossFit8
201,177 views
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CrossFit - WORKOUT FROM HELL! (Chris Spealler and Jason Khalipa)
by EveScape Phoenix
355,775 views
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EXTREMELY RIPPED 46 YEAR OLD!
by Drfeelfantastic
3,439,452 views
2:46

Bionic on "Fran", 1min58
by Omer Torres
58,196 views
2:50

Hybrid Athletics' Movements
by Rob Orlando
4,490 views
3:19

Lynne (Crossfit WOD)
by RJLCoach
75,556 views
4:33

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bishoya · 1 year ago
strong man

Jaseenpal Pannu · 2 years ago
whats lynne again pls anyone

Steve Wingate · 4 years ago
You know some douche nozzle will claim the weights are fake and/or that you tared the scale wrong on purpose. The haters will never stop making more Kool-Aid. Nice that you left in the vest failures, looks more authentic that way. You seem like a pretty solid cat... solid as in cool, not just built.

Scott Walker · 1 year ago · in reply to jake heimer
badtrollisbad

RD929 · 1 year ago · in reply to 300lbwb
I strongly disagree

dtrapc347 · 1 year ago · in reply to deeves32
Gotcha. I think that there a lot of guys who read "pull ups" and assume "strict pull ups". What is the benefit of kipping?

axemurderer4hire · 2 years ago
What brand vest was that first one that failed twice? I'm not wanting to purchase one that I have to throw after each round. :)

RD929 · 1 year ago
The best parts about robs videos are the ridiculous amounts of weight being used and of course when Rob gets angry and destroys things.

chib44 · 1 year ago
I love the reaction when his vest fails ! lol

tscp20th · 3 years ago
Crazy respect i saw this right as i got home from a trip overseas and can't believe some jackass would even bother fucking with you on something like bodyweight. You keep crushing those WOD's and good luck this year on the games.

shuffle · 2 years ago · in reply to jake heimer
on every crossfit video, some douche has got to say this lol

Jason Tumpane · 1 year ago · in reply to jake heimer
your about as fucking stupid as it gets... A pull-up by definition is "chinning" the bar.

StripexHipHop · 2 years ago
He's doin the worm on those pullups! Definitely a lot different than how I train my pull ups that's for sure...

300lbwb · 1 year ago
30 pulls with vest is not as impressive as 20 strict without vest.

dabuscagne · 3 years ago
Rob you are an inspiration! I did Lynne today and I'm embarrassed to repeat my score after seeing this!

Nero Blues · 2 years ago · in reply to Chew Baka
There's always an idiot ready to comment what he doesnt understand! In Crossfit (if u know what im talking about) u dont have to work just on your strengh but also on your accuracy, coordination, stamina and many other stuff. He's not doing strict pullup 'couse is going for speed, and its allowed to do kipping pullup...ok lets stop here, I know that's too much for your poor little brain today!

erick barrera · 2 years ago · in reply to Sonlinedjay
He's 5" 8' tall that's maybe why. He's still a beast though

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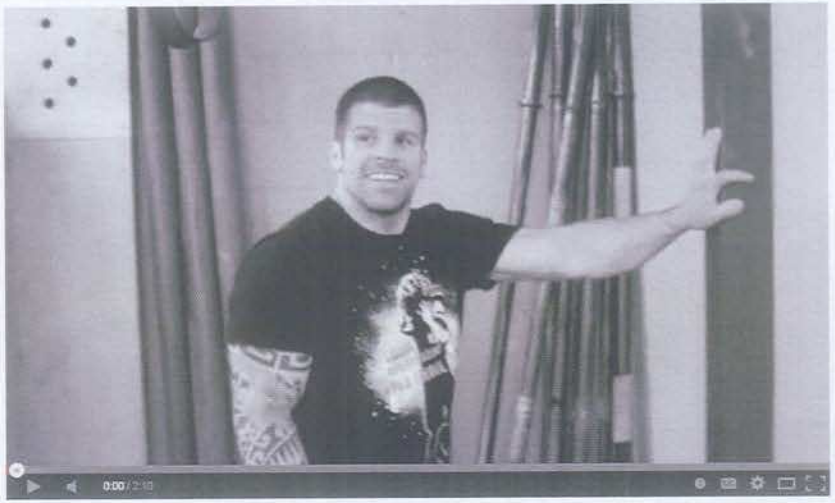

mobility

Rob Orlando

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Nice ink bro

Rob O from Hybrid Athletics

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Rob Orlando's Food habits

Sarah hitting the Hybrid stones

Roy Orlando Goat Fest | Feat. Kelly Starrett | MobilityWOD

Rob O from Hybrid Athletics

Rob O from Hybrid Athletics

2010 CrossFit Games - Men's Final Event

HYBRID000833

sick sleeve!!!

jcash629 · 2 years ago
I'm curious as to what that guy says in the background when you are talking about what hip stretches you do ..... please share lol

Bixtar91 · 2 years ago
u r fucking awesome rob

Alan Burnell · 2 years ago
Serious ink Rob! Stones are gonna rip that shit up

soldieroftchrist09151 · 2 years ago
tattoo looks awesome bro!

"The New Rob Orlando?" -2012 Crossfit Central East Regional Qualifier
by Kimberly Wade-Billington
4,103 views

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by Rob Orlando
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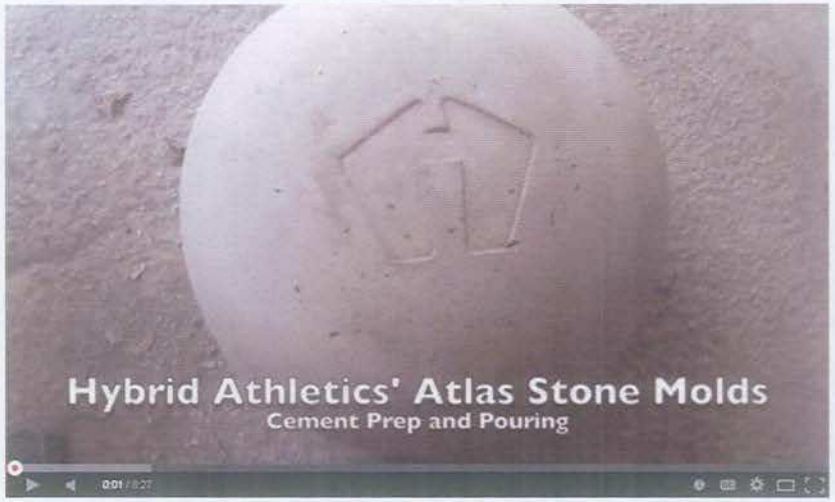

Mold Prep and Pouring

Rob Orlando

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Uploaded on Oct 26, 2010
From start to finish here is the process to make a smooth atlas stone using the Hybrid mold.

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Jiz Flinger 2 weeks ago
playing with balls is gay
Reply

Ryan 1 year ago in reply to PLAEUSA
The H logo is part of the mold. I have the exact same mold and the weight (ie 142lbs) is also cut into the mold as well

6away 1 year ago
You don't mention how much Concrete is needed per molds ... I know it might sound stupid but if you have a 95lb mold ... does that mean that 95lbs of concrete (if they made a 95lb bag of concrete) would be enough ... or do you buy more or less?

PLAEUSA 2 years ago
Did you use an insert for the H logo? Or was that made into the mold?

- How to Make Atlas Stones — by Nick Dewey — 10,023 views
- How To Make Atlas Stones — by strengthcamp — 128,307 views
- NOTHING IS IMPOSSIBLE 2013: MOST AMAZING FEATS OF STRENGTH & — by YouGotaGOTHA — 141,263 views
- Homemade Atlas Stone Part 1 — by goatfrenzied — 12,504 views
- Build a Strongman Farmers Walk Log - DIY Dudes — by Buff Dudes — 45,483 views
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- CrossFit - "Grace" with a Stone — by CrossFitR — 100,153 views
- How to make Plyo boxes and Atlas Stones - Paul stephens Training — by goatfrenzied — 16,529 views
- DIY Strongman Stones — by toddsmith43 — 5,434 views
- 370 stone DISASTER! ! — by strengthcamp — 55,590 views
- Seminar Promo — by Rob Orlando — 11,289 views
- Derek Poundstone 1st attempt at the 555lb atlas stone — by Derek Poundstone — 30,011 views
- CrossFit - Making Atlas Stones with Rob Orlando — by CrossFitR — 16,841 views
- Caveman Atlas Stone Workout, My Mad Methods Magazine Dec/Jan 2012 — by MyMadMethods — 8,009 views

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fuzzie567 3 years ago
Where did you get the mold containers at?

chris lyons 1 year ago
Diesel fuel works better than silicone with a garden sprayer

glock35psc 2 years ago
Really? No one knows how to use Google?? hybridathletics . net/shop/

yypontiac 3 years ago
This molds look a little easier to use then the Slater ones but I really don't like the "H" imprint in the stone. Two things I would add to this video are: 1) use something like a hand sander to vibrate the filled mold because this will get rid of air pockets (which are why there are voids in the stone) and bring the excess water to the top where the hole is and 2) put the mold on as tire, not a bucket. Tires are more pliable and lower to the ground making it much easier to get off.

ffryan 1 year ago in reply to fuzzie567
These are commercially made molds. You can get them from Rogue Fitness and a few other places.

fuzzie567 2 years ago in reply to ShaneSchomburg
@ShaneSchomburg Thank You Sir for your information! :)

guinnessmad 4 years ago
thats a really interesting video, thanks guys!! ive always bought my molds from slaters and on thier instructional videos they say make it really soupy so you get more of the air bubbles out. They also vibrate the mold. they say leave it in the mold for about a week aswell. Its interesting to see though how perfect your stone comes out when you go against pretty much everything they advise. REALLY GOOD VID GUYS THANKS

RuggedRam73 3 years ago
hey i was just wondering where you guys got your molds?

abubakryounis 3 years ago
Great vid Where can i get the molds from?

HYDERABAD FITNESS 3 years ago
LOVE THE STONE MAKING HVIN SOME DONE TM.

fuzzie567 3 years ago
Still was wandering where You Gentlemen got your round plastic containers from to create your atlas stones? I look forward to the information You can give me as soon as You get a chance. Thank You.)

ffryan 1 year ago
I recently made a stone using these molds and found the bottom half to be very difficult to get off. The techniques in this video didn't work for me. I took the mold off approximately 20 hours after making it. What I did was use my heat gun and lightly treat the outside of the mold body (not the lip). Put the mold upside down when doing this and after about a minute of heat treatment I was able to pull off the bottom half.

baranoush 1 year ago
Where do you get the molds? Can they make molds in other designs? Grateful for your response

Everett Sloan 4 years ago
Can't wait to order some of these, good job Rob!

ShaneSchomburg 2 years ago in reply to fuzzie567
@fuzzie567 guessing you will have to search, hybird mold.

luolot123 1 year ago
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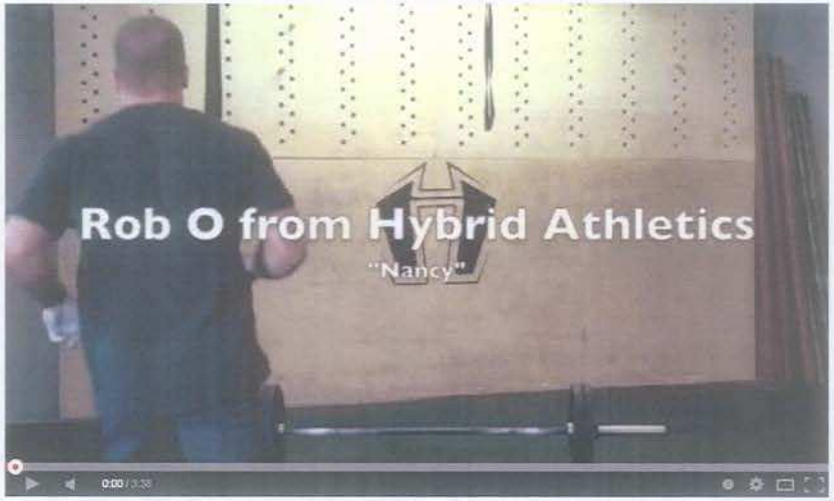

Nancy

Rob Orlando

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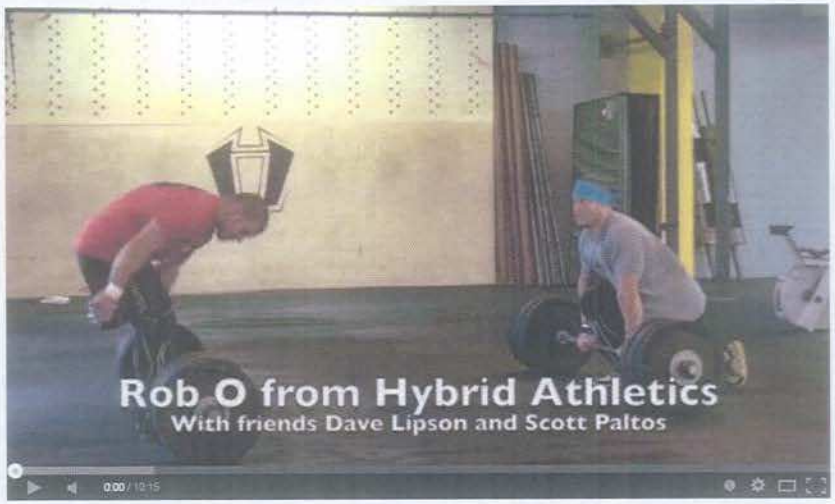

Rob O does Clean and Jerks @ 300 x 10 reps

Rob Orlando

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300 pound clean and jerk x 1 followed by a 280 foot shuttle run x 10 rounds. My time was 8:04

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lontbostonl05 2 years ago in reply to lontbostonl05
Cleaning 300 isnt easy let alone pushing it above your head. It is hard to judge how big and tall he is from the video, but he just seems to lack some of the size you might expect. Also he isnt using straps. Most people use straps and think they are just as strong. I can do this, but im a lot bigger. Just my thoughts. not saying it isnt legit.

racabbage 1 year ago
i think rob just likes to lift a lot of weight lol

lontbostonl05 2 years ago
I want to say steroids, but i guess i will be optimistic and say he is legit

WeliSbOxS 2 years ago in reply to jerry.adamthompson
Just like there's no chance a guy like Klokov is on juice, just because he's tested as well?

Rob O from Hybrid Athletics--Hang Cleans before Regionals
by Rob Orlando
9,724 views

Rob O from Hybrid Athletics
by Rob Orlando
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Reebok Crossfit Games 2013 Men Clean & Jerk Ladder HD
by Jerrod Pierpoe
828,036 views

Sydney 2000 69kg Class Weightlifting - Clean and Jerk
by Serge342
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Rob O from Hybrid Athletics doing Atlas Stone Squats
by Rob Orlando
9,266 views

Olympic Coaching Tips: Clean and Jerk in Slo Mo
by Team USA
414,771 views

CrossFit - One Arm "Fran" by Rob Orlando
by CrossFitB
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sonofluger 3 years ago
power clean and push press 300?! not fair. good work gentlemen

Xerion1 2 years ago
That guy's 3rd or maybe 4th rep didn't count but he ran to the wall anyway. I know its heavy man, but common just wait and catch your breath.

sonofluger 3 years ago in reply to sonofluger
@sonofluger guess thats actually a push jerk...as if that takes away from it.

rickywilliams527 2 years ago
Orlando > Dweeb on the right failing several reps

jonnyadamthompson 2 years ago
No chance he is on the juice, he's a CrossFit athlete. This means he is drugs tested before competition.

ThePirateMD 3 years ago
Deadlifting 300 is really hard for me. I cant imagine jerking that much weight. I need to add some mass.

panayiotis roufa 2 years ago in reply to londboston05
your argument is Ridiculous, all athletes are tested before competition, that does not mean that olympic lifters or any other type of athletes (let alone amateurs) around the world don't take drugs. most likely he does-deal with that and before writing-think. 1st - always friendly

Andre Morphis 2 years ago
Rob, you are a legend here. Plz say "Hi" to Brazil.

londboston05 2 years ago in reply to panayiotis roufa
I have no idea why you felt the need to write that, but in response i would just like to say that you are a dumb nigger. P.S My first comment was in jest. P.P.S Go fuck yourself.

J Dub 3 years ago
wow. rob does it raw (no straps). very impressive

mikefein 2 years ago
Why is that guy using straps? And he is catching the bar in a shoulder press position. C'mon man! Do it like RobO

Mike Fierro 2 years ago
How on earth is someone this explosive... this strong... and has this much endurance? just ridiculous. very inspired.

Kendrick Farris 205kg Clean & Jerk American Record Attempt 2010 Arnold
by kennoverkamp
187,559 views

Katie Kelley nails the Hybrid Peg Board
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Lauren Fisher 80kg Snatch and 108kg Clean and Jerk at 2014 University Worlds
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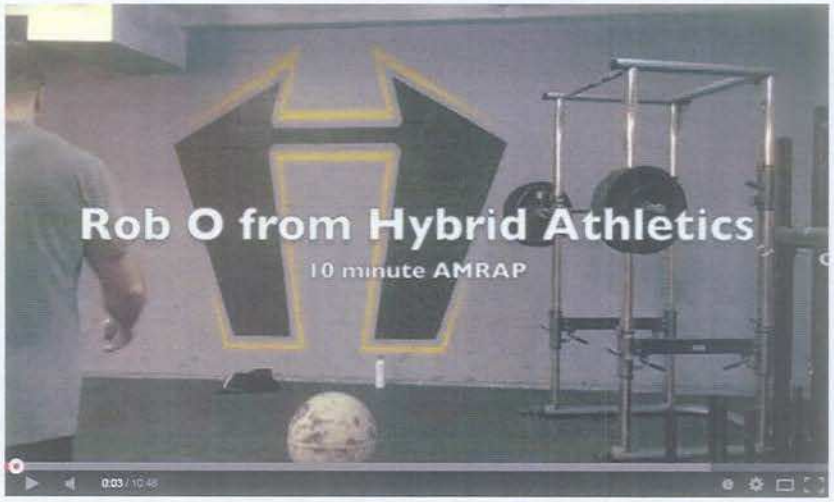

Rob O from Hybrid Athletics

Rob Orlando

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255 Thruster x 1 and 215 Stone x 1 for 10 minutes. AMRAP

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PrimalDNA 2 years ago
You are a MONSTER dude. I would probably have to scale that half weight for both!!

derhsperfect 2 years ago
Ow my knee! Jesus!

njstrongman32 2 years ago
Crossed the line from crossfit to torture lol

Vincent Mazza 2 years ago
What brand of rack is that?

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Nice WOD Rob! Where did it hit you most?

Joshood117 2 years ago
Beast

Rob O from Hybrid Athletics
by Rob Orlando
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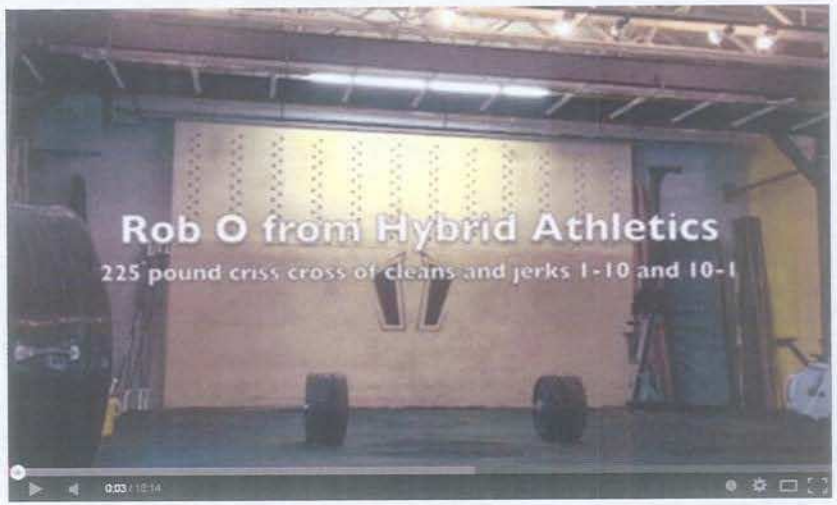

Rob O from Hybrid Athletics

Rob Orlando

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Criss Cross Workout with Power Cleans and Push Jerks @ 225 pounds

1/10, 2/9, 3/8, 4/7, 5/6, 6/5, 7/4, 8/3, 9/2, 10/1

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Robbie Southards 2 years ago
Great workout. Just did this at 165lbs (BW for me). Time: 29:42.

Kurt Hessenbusch 2 years ago
Love the return of the shaggy mop and backwards hat!

Drew Hatley 2 years ago
when did rob get the tats

Sarah hitting the Hybrid stones
by Rob Orlando
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Louis CK - "If murder was legal"
by Bert Tocas
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Rob Orlando plus guests do Hybrid Prowler Wod...
by Eve Martinez
3,287 views
5:03

Movement Demo - Atlas Stone To Shoulder
by Rogue Fitness
8,343 views
6:53

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,750 views
10:18

Rob O from Hybrid Athletics
by Rob Orlando
10,838 views
8:17

Rob O from Hybrid Athletics
by Rob Orlando
8,458 views
1:14

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Rob Orlando

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315 step ups x 6
Strict handstand push-ups x 10
3 rounds

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Javoris Johnson 2 years ago
Rob is a real role model.

XanderPetrov 2 years ago
Bro, your hair is getting all nice & wavy. Are we to expect Hybrid Athletics put out a shampoo line? :)

alexander redpill 2 years ago
crazy moth^&%ker!!!

John Cintron 2 years ago
Rob do you plan on doing anymore strongman contest? This video was sick!

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,847 views

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by CrossFitB
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Rob O from Hybrid Athletics
by Robert Orlando
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by Rob Orlando
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BillCoachingChris
by Billy Bybee
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by Rob Orlando
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by CrossFitB
39,672 views

Rob O from Hybrid Athletics
by Rob Orlando
12,295 views

Rob O from Hybrid Athletics
by Rob Orlando
3,455 views

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Prabesh Gurung 2 years ago
he made that like its 100#!!

Ryan Virden 1 year ago
damn rob grew his hair out

Smokewater73 2 years ago
315# step ups is so bad ass Rob! Thanks for the inspiration

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,386 views

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by CrossFit6
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rx-d.co.uk Reebok CrossFit Invitational FINAL USA WINS!!!
by redbless
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dannyinmelissa57 2 years ago
That is cool

dmirobinson 2 years ago
Nice work, buddy

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by CrossFit8
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Constant Variety | Hybrid Athletics
by Jenfolio
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by vincehollist
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by Rob Orlando
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30 min of 1 rep per movement. Alternating movements Emom: 525 dead--425 squat--325 push jerk

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55intruder · 2 years ago
Suggestion for weights used? 85% 1RM? 90%?

tacp20th · 2 years ago
Go ROB go.

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by Rob Orlando
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by Rob Orlando
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by Michael Kalcher
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by Michael Morfes
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Published on Nov 21, 2012

1RM front squat

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dairommonk 2 years ago

Looked easy

wisdometernal 2 years ago

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by Scam School

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419,145 views

Alberto Nunez | 2013 USPA North American Powerlifting Championships

by elevation

2,725 views

Rob Orlando, Deadlift

by George Street

72,736 views

Rob O from Hybrid Athletics

by Rob Orlando

3,435 views

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this shouldn't be titled as "1RM" it should be "killed this b@#!"

Brian Sanderson 2 years ago
That looked more like a workset than a 1RM- crazy nice form there rob

dannynmelissa57 2 years ago
How much was it

mick barrera 2 years ago
Way too easy

Extension of a Psoas Flavor | Feat. Kelly Starrett | Ep. 4 | MobilityWOD
by Kelly Starrett
139,252 views

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Caylin Duran · 1 year ago
Rob, you need to come up to Canada!!! Kelowna, BC more specifically... Although I would definitely make the trip anywhere up here to meet you!

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by bioLayne
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GodheAbothuMotheE 2 years ago
oh boy ...

R Ebalo 1 year ago
What rack is this? Thing looks bomb proof

guitarchan16 1 year ago
Amazing!

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by Rob Orlando
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30 sec each movement x 2 rounds
Double unders and axle deads at 300. 4 min rest. Repeat

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Nick Webb 2 years ago
Gotta be the shirt.

BRUTUSPLAC 2 years ago
YOUR AWESOME ROB !! Happy New Years !

wisdometernal 2 years ago
Great workout, not so great soundtrack :)

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by Kimberly Wise-Billington
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5-4-3-2-1

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Ryan Virden
its no longer beast mode engage its now rob mode engage

Mitho77
CRUSHED IT

wisdometernal
This is some straight up Man S***

Robert Orlando
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This is Jenny LaBaw
by Marcus Brown
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Wowysauce1 1 year ago
Thrusters are gnarly. Much respect Mr. O. Much respect.

Ben Giordano 1 year ago
Howly mowly

Strongman_Jon 1 year ago
damn... nice job rob. I will see you at the CF Strongman cert in May

xLoshVote 1 year ago
I can do that. Hold my beer

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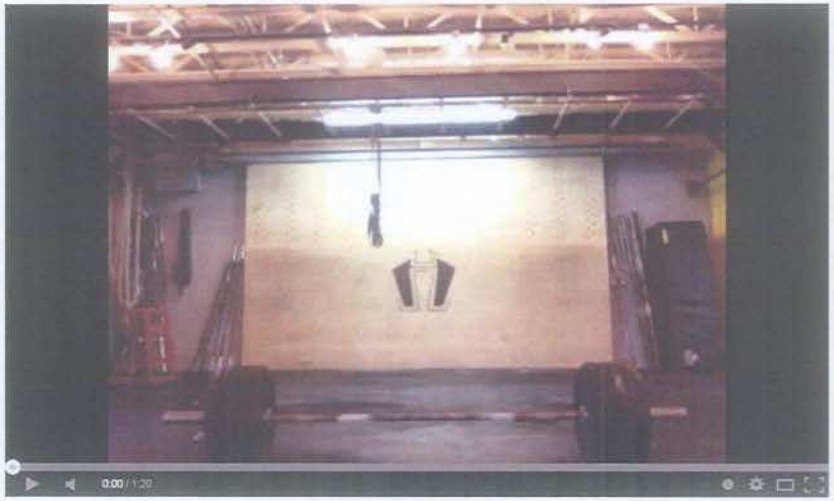

Rob O from Hybrid Athletics

Rob Orlando

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DT as a complex: No drop allowed. Add weight each round. Rest as needed between attempts

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That was dope as.^%#

Torrence Linbert · 1 year ago
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Erich Barkhuizen · 1 year ago
What is the weight he has loaded?

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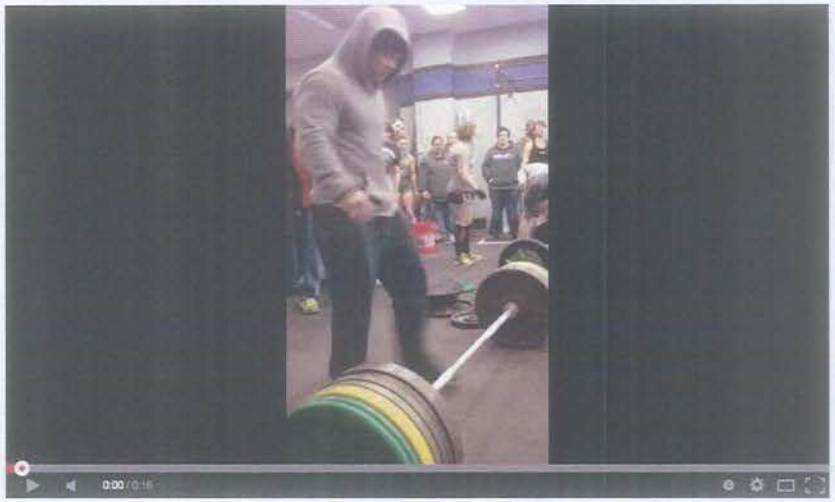

Rob O from Hybrid Athletics

Rob Orlando

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Published on Feb 4, 2013

510 pound deadlift at 190 pounds. Not regulation but it went up

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ALL COMMENTS (12)

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Top comments

Charleston Burr 5 months ago

"Not regulation but it went up" ...so it's still a deadlift? Makes as much sense as saying 1/2 squats count

Reply

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by Aaron Petrow
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by OFFICIAL MUTANT TV
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by Bergen Performance Center
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by CT Fletcher Motivation
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by George Street
150,730 views

Sarah hitting the Hybrid stones
by Rob Orlando
2,036 views

HYBRID000864

no rep.
Reply

Paul Hughes 1 year ago
You got the confidence now, ull have that clean the next time u try it.

Aspiring Runner 1 year ago
Great job dude. Keep at it. May i suggest trying belt and leg wraps. I think you have tremendous potential but they'll help keep them injuries to a minimum and push you through heavier weights. Awesome job.

Ian Currie 1 year ago
Man, good stuff! Keep going hard!

fuzzymuzzy909 1 year ago in reply to thaffoo
510lbs :)

HighGear39 1 year ago
What an animal!

Peter D 1 year ago
absolute beast

Aaron Steele 1 year ago
Awesome man. I remember you talking about 600 being a mental barrier in a WOD demo a while back (/watch?v=x3WL-PnTh1c) Congrats. Celebration well deserved.

BRUTUSPLAC 1 year ago
GREAT JOB ROB !! . 3,015 LOSERS watched you and refused to give to props . I laugh at them all . YOUR GREAT !

Mitho77 1 year ago
Looks like he could do it without putting it on his knees, if he wanted to.

Thaffoo 1 year ago
How heavys that

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,847 views

Posterior Chain Exercises, Part 3 (Deadlift Variations & Box Squats)
by CaliforniaStrength
28,916 views

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by CrossFitB
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by George Street
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by TJ O'Neill
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Rob O from Hybrid Athletics

Rob Orlando

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1 squat clean EMOM starting at 155 and adding 20 pounds per minute. This was the final successful lift at 335. I missed 355

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Benjamin Whitcomb 1 year ago

mumford and sons on the stereo while lifting like a beast i love it! also you inspired me to implement strongman into my training thanks rob!

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by CrossFit
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by Rob Orlando
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by CrossFit
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by CommonReason
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by BoyerPerformance
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Rob O from Hybrid Athletics
by Rob Orlando
6,427 views

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by CrossFit
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by Robert Orlando
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by Top Gear
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by STACK
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by Rob Orlando
4,431 views

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by Rogue Fitness
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by Rob Orlando
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Rob Orlando

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Published on Feb 25, 2013

10 touch n go squat cleans at 225

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John Kelly 1 year ago

put some weight on that bar!!!

Caylin Duran 1 year ago

Rob O from Hybrid Athletics

by Robert Orlando

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Tuning up for the Arnold Classic

by CaliforniaStrength

23,417 views

Rob Orlando's Food habits

by Rob Orlando

66,366 views

500x15 Squats (no belt or wraps)

by Pete Rubain

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by Rob Orlando

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by CrossFit6

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by Rob Orlando

6,427 views

Sarah hitting the Hybrid stones

by Rob Orlando

2,009 views

CrossFit - WOD 120712 Demo with Rob Orlando and Katie Hogan

by CrossFit6

39,073 views

Team of Champions: The Story of the CrossFit Invitational

by CrossFit6

77,585 views

Rob O from Hybrid Athletics

by Robert Orlando

3,045 views

HYBRID000868

I want kobs gnprorearms

tengentli420 1 year ago
Awesome ankle flexibility!

MisterBennigan 1 year ago
He makes that look so easy

TheNahkahaulikko 1 year ago
good luck to the games mb! you have always been one of my favorites!

mm8665 1 year ago
wow - that is an awesome lift. with impeccable form - very impressive

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds
by Rob Orlando
4,553 views

Rob O from Hybrid Athletics
by Rob Orlando
5,013 views

Rob O from Hybrid Athletics
by Rob Orlando
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by permfly4
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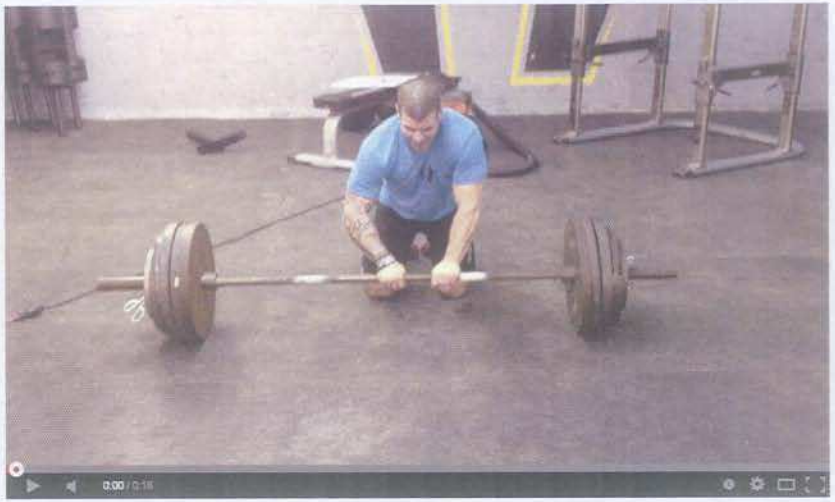

Rob O from Hybrid Athletics

Rob Orlando

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Published on Mar 26, 2013
466 single handed deadlift

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Herbauer41 11 months ago
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by CrossFit®
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by GeneticPotentialTV
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by Rob Orlando
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by CrossFit®
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by CrossFit®
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by CrossFit®
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by strengthcamp
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by Rob Orlando
11,980 views

Rob O using the 1000 pounder
by Rob Orlando
9,281 views

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds
by Rob Orlando
4,163 views

HYBRID000870

yep, just bragging rights

sysxtc9 1 year ago
Dude

Roger Almeida 1 year ago
There's absolutely no point of this except to look like an idiot

darkwasabi2 1 year ago
Rob just looks at things(Fran) and says "yeah I can probably do that with one arm." And then he does it.

daedali 1 year ago
Great. Outlifted by 1 arm. I hate you. Nice work, though.

XanderPetrov 1 year ago
455 lbs AND 720p! Double win!

Frank Sabala Jr 1 year ago
Made it look heavy

CandiloTrainingHQ 1 year ago in reply to TheHelldiscoBitch
He had a strap so grip strength isnt a factor. Still impressive though

RD929 1 year ago in reply to CandiloTrainingHQ
He can rep 500lb deadlift for 10 reps no problem with two hands, and I think that's without straps. Using a strap definitely makes it easier but you still need grip strength, otherwise this 455 would've been cake for him.

sv1bl 1 year ago
This is just stupid. The right arm is used to push the weight up, and the lift wasnt even locked completely out.

Ryan B 1 year ago in reply to Roger Almeida
coming from the guy with that photo... ironic

Tedbear2269 1 year ago
grip strength to the fullest, haters goiin hate

Abraham Ayala 1 year ago
Pinche loco!

Will Raynes 1 year ago
your a bad man!

CandiloTrainingHQ 1 year ago in reply to trifitness69
Yep. It means exactly that, because the weight is all on your wrist. So you would literally have to have enough weight to snap your wrist off to be limited by your grip with straps. Thats why people use straps, to make the lower back the limiting factor. Which it is here.

trifitness69 1 year ago in reply to CandiloTrainingHQ
That means with a strap you can lift anything regardless of your grip? :)

ala ala5 1 year ago in reply to TheHelldiscoBitch
thats 2 words... Here's one word: Strap

CandiloTrainingHQ 1 year ago in reply to RD929
I'm not doubting his grip strength. I'm saying in this video it isnt a factor because of the strap. I believe the reason 455 is hard for him is simply the balance issue and the fact that one of his lats are completely taken out of the lift. At least that is how it looks to me.

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by CrossFit
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by BodybuildingRen
727,883 views

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by CrossFit
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by George Sheen
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one word: grip strenght

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Rob Orlando

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5 down to 1 of dead lifts @ 505 with 10 box jumps and 5 ring hand stand pushups between each set of deads

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ALL COMMENTS (11)

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Top comments

Kieran R 2 months ago
Awesome, I love how you post your workouts here. Gives me some ideas too thanks! Keep it up dude! Always looking out fir you on the playing field
Reply

dildoutscher 2 years ago
that was freakin awesome Rob !

relapse004400 2 years ago
never fully opened the hips with straight legs on box jump, rx?

Kory Hardy 2 years ago
Love the Guy, hope I can achive even close to what he does

Rob O from Hybrid Athletics--Hang Cleans before Regionals
by Rob Orlando
9,724 views

CrossFit - Tahoe Throwdown: Rogue Vs. Again Faster Part 2
by CrossFitB
30,123 views

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,986 views

CrossFit - 30 Muscle-ups, Isabel and Grace for time by Rob Orlando
by CrossFitB
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by Programs Administration
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Rob O using the 1000 pounder
by Rob Orlando
8,261 views

Reebok Crossfit Games 2013 Men Clean & Jerk Ladder HD
by Akros Πατρών
325,036 views

Rob O from Hybrid Athletics does Atlas Stone "Grace"
by Rob Orlando
15,792 views

HYBRID000873

Thensolomonsaid 2 years ago
He beat my time by 2 seconds man i can't believe it.

Cooper Hanson 1 year ago in reply to reppe400400
Called "Jackrabbiting" and unless stated that you cant do this then it counts

shemeato1980 1 year ago
Thank you Rob for your Inspiration!

Michael Toomer 2 years ago
Rob O is my hero Champion!

Brandon Hancock 2 years ago in reply to reppe400400
personally i don't think so, but one of the coaches at my gym said he was taught that if you extend while you are jumping off the box, it counts.

johnguarnero79 2 years ago in reply to Thensolomonsaid
He beat me by about an hour. I can't believe it either. Breaking up those duck walks into 20 lb increments was what got me. I made up some time by rolling that keg. Way more efficient that way.

cracktroop75 2 years ago
All of my goats in one workout!

CrossFit - WORKOUT FROM HELL! (Chris Spealler and Jason Khalipa)
by EleScape Phoenix
956,779 views

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by CrossFitR
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CrossFit - Rob Orlando on WOD 111210
by CrossFitR
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by CrossFitR
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by supertraining06
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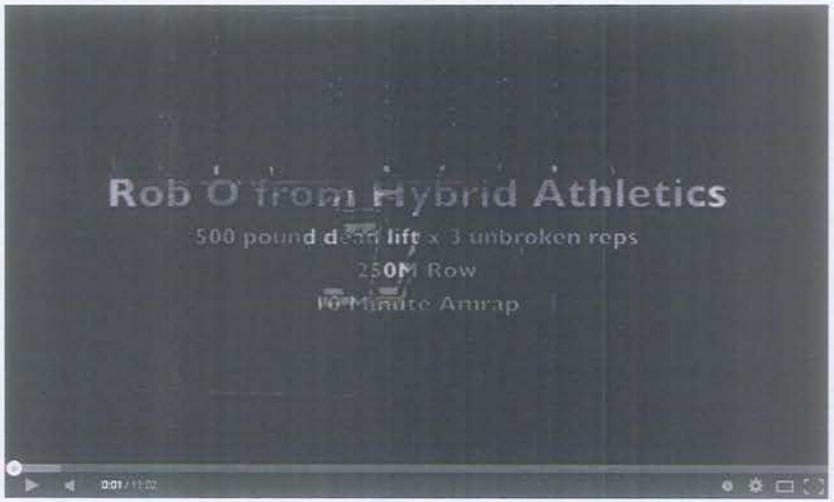

Rob O from Hybrid Athletics

Rob Orlando

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500 pound dead lift x 3 unbroken reps
250 M row
10 minute amrap

Music "Make It Stop (September's Children)" by Rise Against (Google Play • iTunes • AmazonMP3)

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athexTwinnxx 3 years ago
what artist are you listening to? sounds like rise against

06livefast 2 years ago
Rob would be a sweet natural bodybuilder

wisdometernal 2 years ago
Does anybody else experience either leg and/or foot going numb when rowing? Everytime I get ona rower about 30 secs in my left foot goes completely numb to the point of it being painful to continue and doesn't stop unless I bow my knees out as I row. It slows me down and pissies me off!

Why Cardio Makes You Fat
by Six Pack Shortcuts
551,030 views

SEALFIT - EVO6
by Rogue Fitness
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Rob O using the 1000 pounder
by Rob Orlando
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by Rob Orlando
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by CrossFit
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Dexter Carter 2 years ago
is there a mic right next to the rower? my ears!

sofa king yoked brah 2 years ago
no foot straps on the rower, sick.

wbastien11 2 years ago
as a rower... i wanna hurt myself watching this.

wisdomnurse 2 years ago in reply to BlakeMcMurray
@BlakeMcMurrayMusic Thanks alot bro I'm going to pay attention to that on my next Met Con day. I appreciate it. I do push hard off of my feet so that may be too much ankle flexion. I'm going to try focusing on the quads more. And the shoe size thing may help too. It's hard to find a comfortable one with size 15s so I'll experiment.

okahn 1 year ago
Hey Rob try using less arms on the rower and more of a lean back, you can generate more force with less energy that way. You want to basically mimic a deadlift. When I used to row my coach always yelled at me for that kind of stuff, ha.

0filivefast 2 years ago in reply to PowerSprinter
f h rae for size and aesthetics, he'd get over 200 n problem with thsaid of srength.

xXxMrMysteryxXx 2 years ago in reply to 0filivefast
That sentence doesn't even make sense you fuckin tool.

ViperEffect1 2 years ago
wow this motherfucker is explosive!! great job man

Krisbert1219 3 years ago
BAMF!!!!

xthexTxvirusx 2 years ago in reply to likeomgutube
@likeomgutube calm down dawg. i happen to be a musician and was digging the music. if i had to choose between my squat rack or my guitar, my rack would be in a craigslist ad. if i had to choose between crossfit or my music, my music is what build a better "me".

xthexTxvirusx 2 years ago in reply to likeomgutube
@likeomgutube and dont forget the 21-15-9 reps for time of 115lb Power Cleans and 115lb Thrusters.

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
16,738 views

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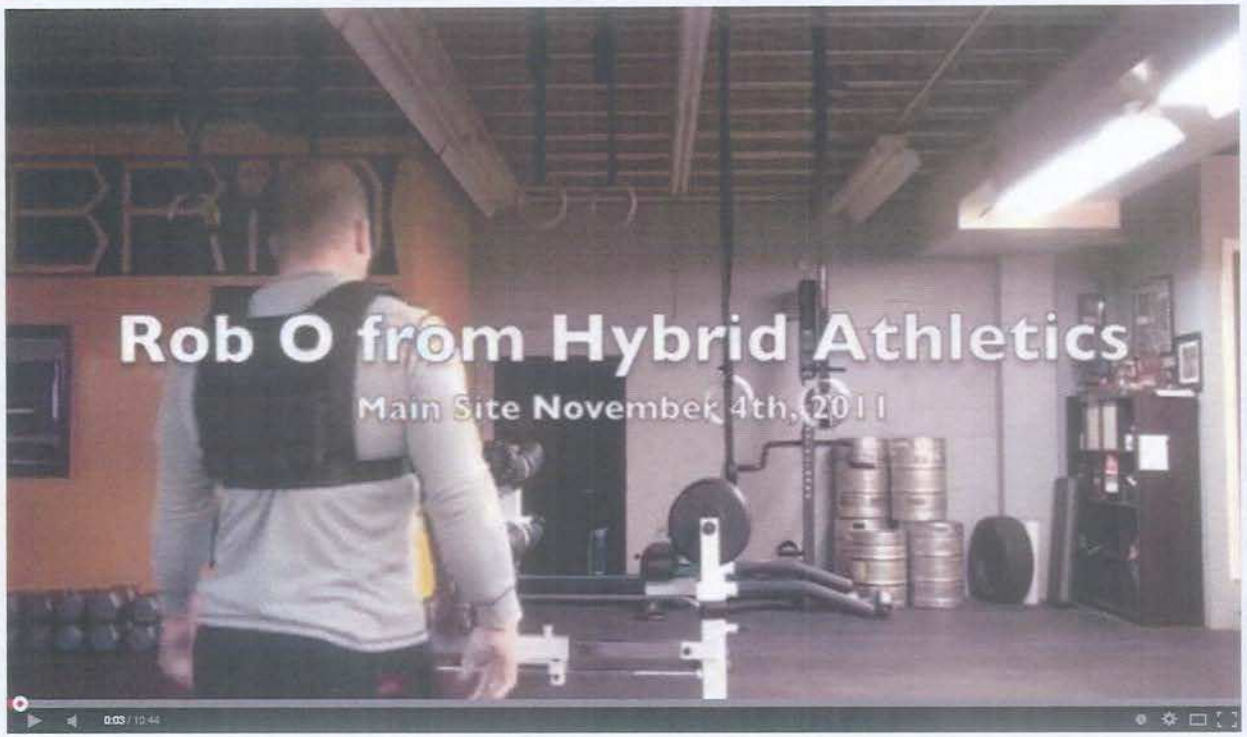

Rob O from Hybrid Athletics

Rob Orlando

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Uploaded on Nov 3, 2011
Main site wod from 11/4/11. Scaled up to 21 pound vest

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ALL COMMENTS (1)

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wisdometernal · 2 years ago
THis is why IN MY OPINION- Rob is the man. On exercises where alot of kip or momentum is used, he uses more muscle than most. I've watched most of the WOD posts from 11/4/11 and Rob used the least amount of leg drive to get these GHD Situps-and was wearing a 21lb vest! Beast.

"How to get stronger" - Rob Orlando
by Jenbeo
84,803 views

Rob O from Hybrid Athletics
by Rob Orlando
5,019 views

Women's WOD competition at Hybrid Athletics by Engineered Bodies
by AgatasPEng
1,141 views

RossFit
by CrossFitR
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by mileyannebyrnes
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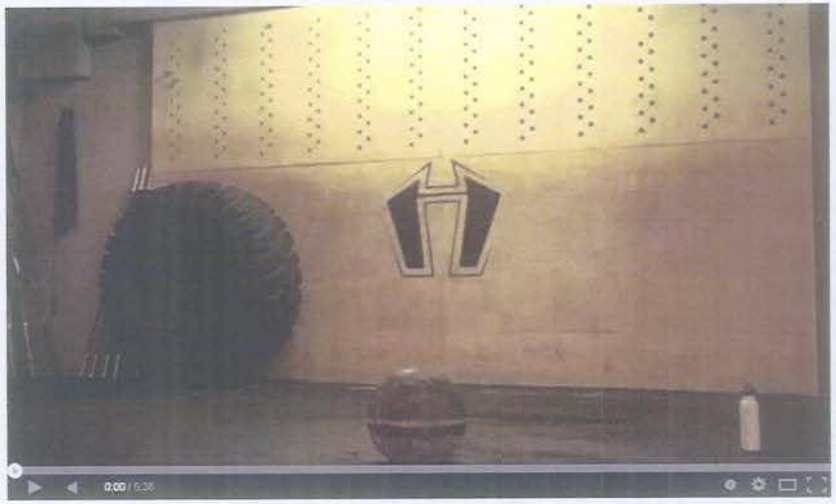

Rob O from Hybrid Athletics does Atlas Stone "Grace"

Rob Orlando

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15,796

Published on Dec 27, 2012
145 pound Atlas Stone "Grace" 30 reps ground to overhead for time

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ALL COMMENTS (14)

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Top comments

Tabibuschna
Hi Rob ! :) I did that today with 95 lbs atlas stone at Reebok Crossfit Nürnberg / Nuremberg. Maybe we'll meet in March when you are around. Big respect for your strength and ideas! I enjoyed it, and it kicked my ass. Greets from Bavaria, Germany. Juergen :) PS: It took me 9:20 mins. I have to work on that.

Bryan Spillman
Pretty Crazy! what did the flooring look like after this one?

WarriorZ Yell
Awesome job Rob!

Corey Cenate
Might want to flatten the back out a bit. looks pretty rounded from my POV am I wrong

3 Tips To Lose Belly Fat
by Six Pack Shortcuts
1,801,315 views

Europe's Strongest Man 2013
by matchmerel
726,586 views

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by Rob Orlando
22,233 views

Rob O from Hybrid Athletics
by Rob Orlando
12,298 views

Build a Strongman Farmers Walk Log - DIY Dudes
by Buff Dudes
46,463 views

Rob O from Hybrid Athletics
by Rob Orlando
5,479 views

HYBRID000879

gokuryo 2 years ago
@corey You can't do an atlas stone with a flat back. Just search some video on atlas stone lifting.

LFDZ32 1 year ago
@Corey Cerate, in lifting an atlas stone, your spine is stabilized against the stone, which allows for a rounded back.

Ian Currie 2 years ago
Atlas stone Grace - LIKE A BOSS!!! I'd love to give (a scaled version) a try, as reg. Grace is my favorite Girl!

RD929 1 year ago in reply to Corey Cerate
Can you post a vid of you lifting an atlas stone with a flat back so we can see what it looks like?

Carl Nelson 2 years ago
Where's the lockout? Epic failure Orlando.... haha totally kidding friggin beast!

David McKercher 1 year ago
Wow. Nice work man. I recently got into stones. love them.

gkhiga 2 years ago
Awesome job as always Rob. Happy 2013 to you, and I look forward to more epic WOD's from you. HIGA MONSTER

Stephenwwkay 1 year ago
put this in the games!

SHAKEx99 1 year ago
No rep. just joking that was sick!

Marco Rodriguez 1 year ago
How much does that stone weigh?

Feats of Strength Compilation (IV)
by BringItOnHomeLZ
144,284 views

Sarah hitting the Hybrid stones
by Rob Orlando
2,208 views

Rob O from Hybrid Athletics
by Rob Orlando
5,019 views

Сюзанна Сваневик (Suzanne Svanevik), 17 лет - Сенсация Кроссфита
by kettlebellsport
123,489 views

Feats of Strength Compilation (II)
by BringItOnHomeLZ
46,032 views

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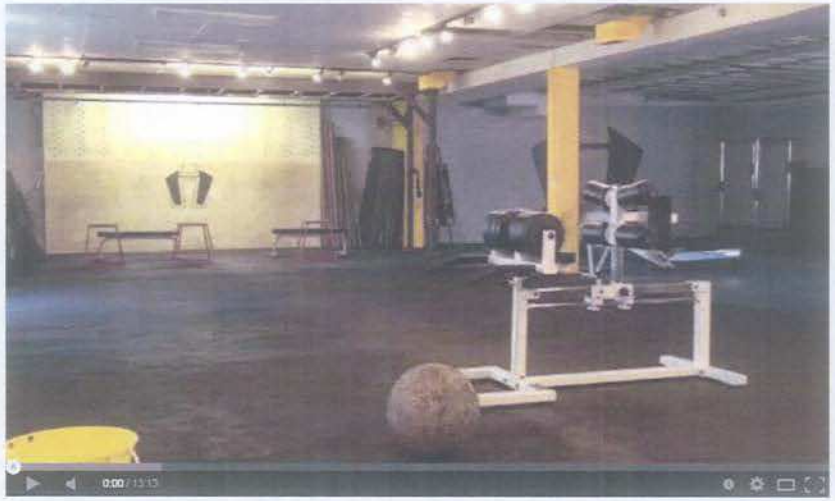

Rob O from Hybrid Athletics doing Atlas Stone Squats

Rob Orlando

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Uploaded on Sep 27, 2011
6 squats right shoulder 6 squats left shoulder, 12 GHD situps x 5 rounds with the 175 stone

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ALL COMMENTS (10)

Share your thoughts

Top comments

heighastl2nd
@rog809 Im sure with a weight you cant handle it could but its been used since the Greeks invented it so im sure your clear

J-Dub
haha that ghd seems a little sketchy. nice work rob!

FitNOnd
dude i dunno how u operate with no music

IAMCROSSFIT869
Nice Job Rob!! Gonna try this tomorrow at my box!!

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,598 views
20:37

NOTHING IS IMPOSSIBLE 2013: MOST AMAZING FEATS OF STRENGTH &
by YouGotsaGTree
142,263 views
11:58

Mold Prep and Pouring
by Rob Orlando
26,796 views
8:28

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by Rob Orlando
12,291 views
7:36

Rob Orlando's Food habits
by Rob Orlando
88,166 views
5:10

James Randi exposes James Hydrick
by Rational Response Squad
Recommended for you
18:11

2015 Mercedes-Benz S65 AMG (V12 Biturbo) Start Up, Exhaust, and In Depth
by Sebik je04
Recommended for you
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Rob O from Hybrid Athletics does Atlas Stone "Grace"
by Rob Orlando
15,782 views
5:39

Strongmanwod Atlas Stone Instructional
by Rob Orlando
7,954 views
2:16

DieselCrew.com - Stone Lifting, Kettlebell Training, Phone Book Tearing
by Jedd Johnson
4,829 views
9:58

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,756 views
10:16

Behind the Games: 2013--Part 1
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Rob O from Hybrid Athletics
by Rob Orlando
8,463 views
1:14

Rob O from Hybrid Athletics
by Rob Orlando
7,217 views
0:17

"Big on the Basics": Squat with HIGA MONSTER
by Andrew
5,365 views
13:48

HYBRID000881

MASTADON SQUATS.

Beau Briggs
I've been thinking about doing some of the odd object lifting, but seeing Rob Orlando get taxed by 6 squats makes me doubt my convictions.

cracktroop75
Shoulda did your intervals this morning Rob. JK dude

roger guerrero-anaezquita
question.....do this form of squat posture can injury the spine ?

06livefast
imagine smashing that on your toe

viking8316
Hi. Would it be possible to just do this routine only (stonelifting+ roman chair)..instead of weightlifting? This routine just looks so much more useful than weightlifting. Thanks

Rob O from Hybrid Athletics
by Rob Orlando
17,533 views

Rob Orlando
by Rogue Fitness
37,705 views

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by CrossFit
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by Buff Dudes
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Sarah hitting the Hybrid stones
by Rob Orlando
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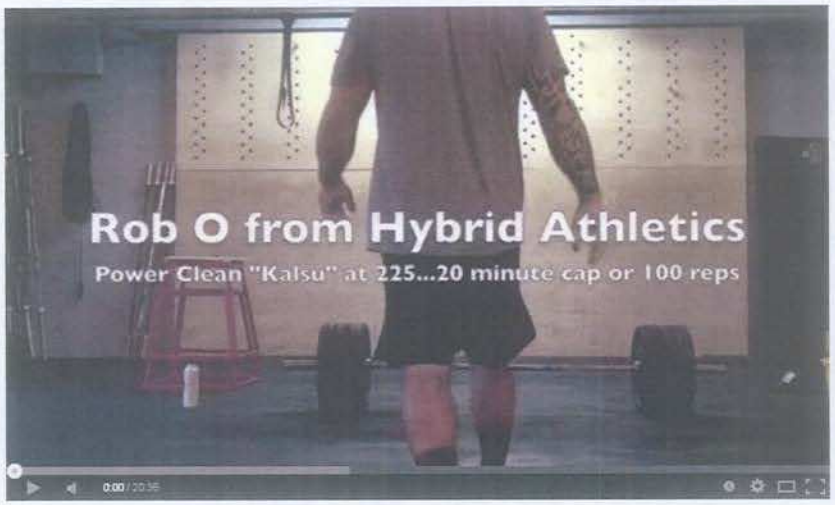

Rob O from Hybrid Athletics doing power clean "Kalsu"

Rob Orlando

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Published on Oct 24, 2012

"Kalsu" is 100 thrusters at 135 with 5 burpees at the top of every minute. I modified that to power cleans at 225 pounds and added a 20 minute cap. Came up short of 100.

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ALL COMMENTS (7)

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Top comments

Missy-J 2 years ago
That looks horrible!

John Doe 2 years ago
Beast mode engaged

SHAKEx99 2 years ago
Pretty badass to say the least

Alex6662 2 years ago
Is there a video of Rob doing the actual Kalsu?! heard he did it pretty fast

Team "Linda" Demo...Hybrid Athletics December 8th, 2012
by Rob Orlando
7,067 views

Rob O from Hybrid Athletics
by Rob Orlando
10,636 views

Rob O from Hybrid Athletics
by Rob Orlando
5,468 views

"How to get stronger" - Rob Orlando
by JeffBills
84,583 views

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds
by Rob Orlando
4,145 views

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by Rational Response Squad
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by Rob Orlando
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Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,047 views

Rob O from Hybrid Athletics...1 handed Fran re-test
by RobertOrlando
4,493 views

Sarah hitting the Hybrid stones
by Rob Orlando
2,038 views

Rob O from Hybrid Athletics
by Robert Orlando
3,049 views

Rob O from Hybrid Athletics doing Atlas Stone Squats
by Rob Orlando
9,286 views

Behind the Games: 2013--Part 5
by CrossFit
Recommended for you

Rob O from Hybrid Athletics
by Rob Orlando
3,302 views

HYBRID000883

tacp200 2 years ago
Still competing this next year? Missed out on your cert at SoCo

James Byerly 2 years ago
I like that there is no music. Just you and the WOD! I am going to modify this a bit for my box.

Brad Jones 2 years ago
This should be a commerical for chuck's.

Rob O from Hybrid Athletics
by Rob Orlando
3,491 views

RossFit
by CrossFitD
166,256 views

Rob O from Hybrid Athletics
by Rob Orlando
6,427 views

Insane 1 Minute BURPEE BATTLE
by Six Pack Shortcuts
1,365,699 views

CrossFit - California Road Trip: Part 1
by CrossFitD
126,242 views

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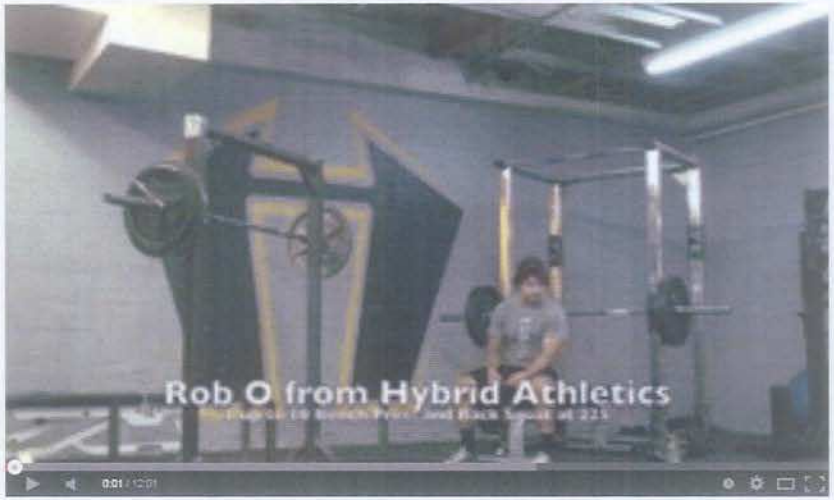

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat

Rob Orlando

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Published on Oct 3, 2012
225 on both bars. 1 up to 10.

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Top comments

Teddy Borrasso · 1 month ago
I am doing this in the morning. Nice going!
Reply

haxmya · 2 years ago
Sick workload.

PatCF · 2 years ago
I wouldn't feel bad for that time! 55 bench press at 226 55 backsquat at 225. Beast right there!

Rob Orlando, Deadlift
by George Street
72,736 views
5:17

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds
by Rob Orlando
4,103 views
15:26

Sarah hitting the Hybrid stones
by Rob Orlando
2,036 views
2:56

Rob O from Hybrid Athletics
by Robert Orlando
2,048 views
10:22

"Big on the Basics": Squat with HIGA MONSTER
by Anthel
3,388 views
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James Randi exposes James Hydrick
by Rational Response Squad
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Seth Raphael claims Randi's Million Dollar Challenge
by Magic Seth
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RossFit
by CrossFit®
166,256 views
24:25

"How to get stronger" - Rob Orlando
by Jenfolio
34,683 views
1:58

Rob O from Hybrid Athletics
by Rob Orlando
5,491 views
10:49

Rob O from Hybrid Athletics
by Rob Orlando
3,855 views
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Rob O from Hybrid Athletics
by Rob Orlando
7,217 views
0:17

Rob O from Hybrid Athletics
by Robert Orlando
4,164 views
7:29

Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,980 views
20:37

Rob O from Hybrid Athletics
by Rob Orlando
3,502 views
0:44

HYBRID000885

Rob O from Hybrid Athletics
by Rob Orlando
2,475 views

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by Rob Orlando
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by Rob Orlando
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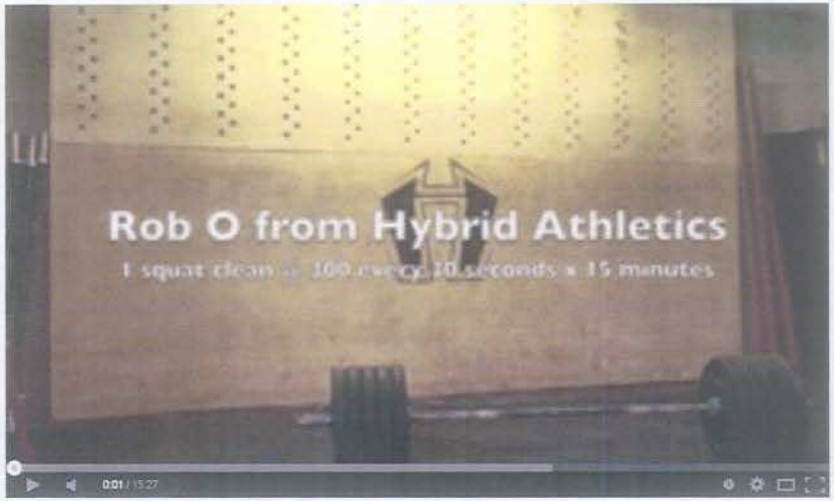

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds

Rob Orlando

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Published on Sep 25, 2012
1 squat clean every 30 seconds x 15 minutes

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Top comments

taegwit6420 1 year ago
Haha freakin masochist

John Doe 2 years ago
Beeeeeast!!

wisdomternal 2 years ago
When the vid started I was like " ..where's Rob?"...I've never seen you sporting such a fine collection of lettuce

Anthony Parcels 2 years ago
Might as well did 315 come on Rob!

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,847 views

Squat Clean 315 x 3.m4v
by Spencer Hendel
29,372 views

Be a Strongman and Learn Four Feats of Strength! - Scam ...
by Scam School
Recommended for you

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by Team USA
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Rob Orlando CrossFit WOD: Overhead, Front & Back Squats
by Progenex Administration
43,255 views

James Randi exposes James Hydrick
by Rational Response Squad
Recommended for you

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by Magic Seth
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by CrossFit
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Rob O from Hybrid Athletics doing power clean "Kalsu"
by Rob Orlando
11,905 views

"Big on the Basics": Squat with HIGA MONSTER
by Atomic
5,369 views

Rob O from Hybrid Athletics...Row, Duck Walk and Keg Carry
by Rob Orlando
5,154 views

Crossfit HQ - Rob Orlando - 100 BodyWeight BackSquats
by OscarMOgden
13,083 views

Behind the Games: 2013–Part 5
by CrossFit
Recommended for you

Rob O from Hybrid Athletics
by Rob Orlando
4,471 views

Rob O from Hybrid Athletics
by Rob Orlando
3,435 views

HYBRID000887

in chucks

SHAKEx99 2 years ago in reply to anthony Ronde
It probably is he just said 300 so we all dont feel like such pussies

Dallin E 1 year ago
I love how he does it in chucks... complete bad ass

#180 Hang Squat Clean & Jerk -ANDREA AGER
by Andrea Ager
18,701 views

17 year-old girl outperforms professional athletes
by Belgen Performance Center
2,824,044 views

Week 3 with Rogue Red and Rogue Black
by CrossFit®
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Rob O from Hybrid Athletics
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Rob Orlando

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Start at 0:01

Published on Oct 10, 2012

200M row, 345 pound duck walk x 50', 200 pound keg carry x 50'

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Abraham Ayala

Walking like duck!

Cesar Damian

RossFit

Rob O from Hybrid Athletics...30 Squat Cleans @ 300 pounds

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Rob O from Hybrid Athletics

Rob O from Hybrid Athletics

Team of Champions: The Story of the CrossFit Invitational

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat

Rob O from Hybrid Athletics

Rob O from Hybrid Athletics

Rob O from Hybrid Athletics

CrossFit - Setting Records in Big Sky: Froning and Bailey

HYBRID000889

This looks like fun

Sam Rae · 2 years ago
Gay

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,795 views

2012 CrossFit Games - Clean Ladder: Men
by CrossFit
679,905 views

Rob O from Hybrid Athletics
by Rob Orlando
7,962 views

Guerrilla Fitness - Low Bar Back Squat (Part 2)
by Gregg Anderson
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Rob Orlando V Derek Boyer
by BoyerPerformance
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Rob O from Hybrid Athletics--Hang Cleans before Regionals

Rob Orlando

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http://youtu.be/gJ1M05oajzg

Start at 0:00

Uploaded on Jun 24, 2011

I was messing around with some hang power cleans and set a few PR's.

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Top comments

Gilliveluv 2 years ago in reply to canelifter111

probably 335+

canelifter111 2 years ago

Rob O from Hybrid Athletics
by Rob Orlando
12,291 views
7:35

Greg Glassman The Story of Fran
by George Street
46,387 views
6:47

Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,756 views
10:16

Rob O from Hybrid Athletics
by Rob Orlando
3,955 views
18:15

Donny Shankle is Bigger Than You - 200kg PR Hang Clean
by CaliforniaStrength
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Hybrid Athletics
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RossFit
by CrossFitB
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Hybrid Athletics' Movements
by Rob Orlando
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3:19

Rob O from Hybrid Athletics doing power clean "Kaisu"
by Rob Orlando
11,996 views
20:37

HYBRID000891

What's his best full clean?

Daryl Upshire 3 years ago
Great stuff. Love that you say you were messin around with it and that's when you set your new PR. Beast!!!!

Crossfit HQ - Rob Orlando - 100 BodyWeight BackSquats
by CrossfitOgden
13,083 views

Rob Orlando 3-2-1 WOD
by George Street
12,088 views

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Rob Orlando

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Rob O from Hybrid Athletics
by Rob Orlando
7,217 views

Rob O from Hybrid Athletics
by Rob Orlando
6,427 views

Andrea Ager does "FAT FRAN" (6:49)- 95 lb thrusters & C2B pullups
by Andrea Ager
136,346 views

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Rob Orlando-WOD
by George Street
1,667 views

Katie Burke from Hybrid Athletics works the yoke with 400 pounds
by Rob Orlando
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Rob O from Hybrid Athletics
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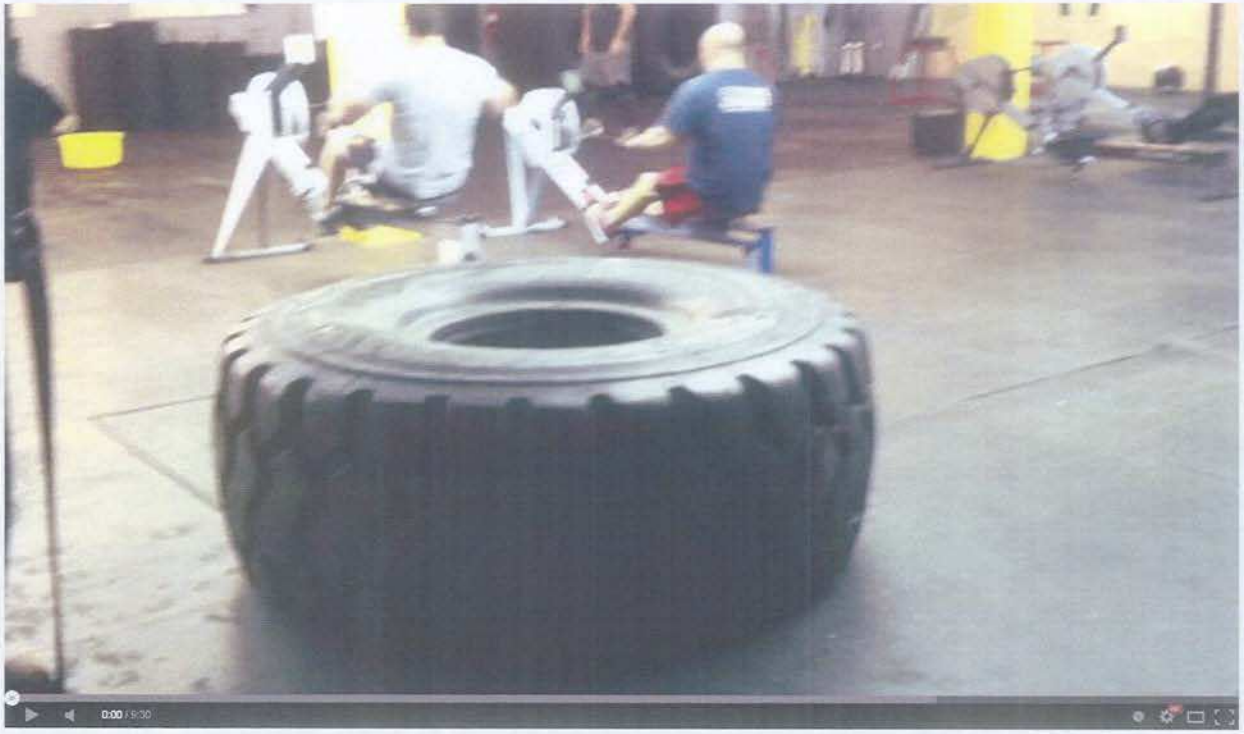

Rob O using the 1000 pounder

Rob Orlando

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5 flips, 5 box jumps @ 40", 5 ring hand stand pushups

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Farid Isham
Beast

FITNESS TRUTH - 206 - The Strongman Technique
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The MATUS Takes the Arnold Expo by Force!
by Matus Valent
1,106,728 views

Rob O from Hybrid Athletics
by Rob Orlando
17,503 views

Crossfit WOD 'Cindy' - 26 Rounds!
by AttarR
40,651 views

HYBRID000895

Nate W 2 years ago
Rob fucking Orlando.

Kory Hardy 2 years ago
FUCKING BEAST!!!!!!!

Alan Burnell 2 years ago
great work rob. i flipped this baby 6 times in comp in 1:30. serious beast to move. it did help me having some tacky on! keep the vids coming!

CrossFit - "Santiago" Hero WOD Demo with Rob Orlando
by CrossFit®
53,911 views

Entrevista a Rob Orlando en CrossFit Singular Box
by CrossFit Singular Box Madrid
1,105 views

CrossFit - Gaining Strength with Dave Lipson and Nadia Shafila
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Johnny Kong 1000 lb tire flip
by Kongski
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Rob Orlando back squats 425

Rob Orlando

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Uploaded on Aug 31, 2011

1 rep of back squat at the top of every minute x 10 minutes with 90% of your 1RM. I used 425 but it was too light. Should have gone 455

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Ronnie Coleman- 800 lb Squat THE OFFICIAL FOOTAGE
by Ronnie Coleman
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TRUCK DRIFT FAIL
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Rob O from Hybrid Athletics...1 up to 10 bench press and back squat
by Rob Orlando
3,847 views

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by Kelly Starrett
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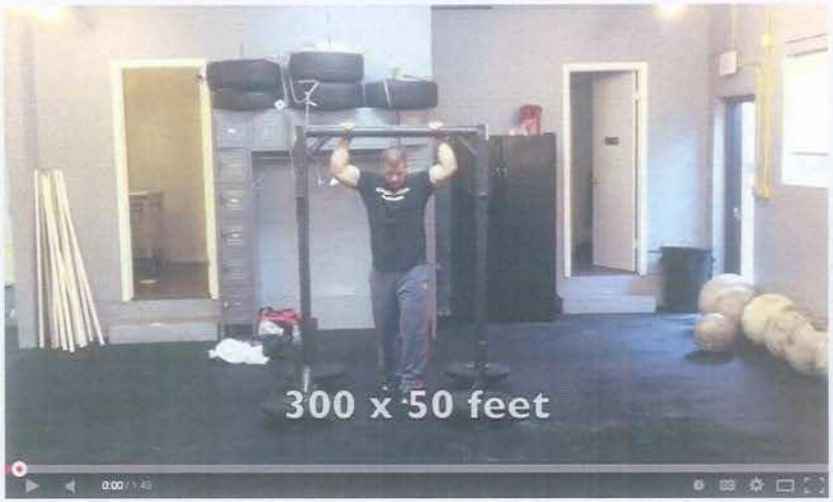

Rob Orlando from Hybrid Athletics Strongmanwod.com

Rob Orlando

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by CrossFitR
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Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
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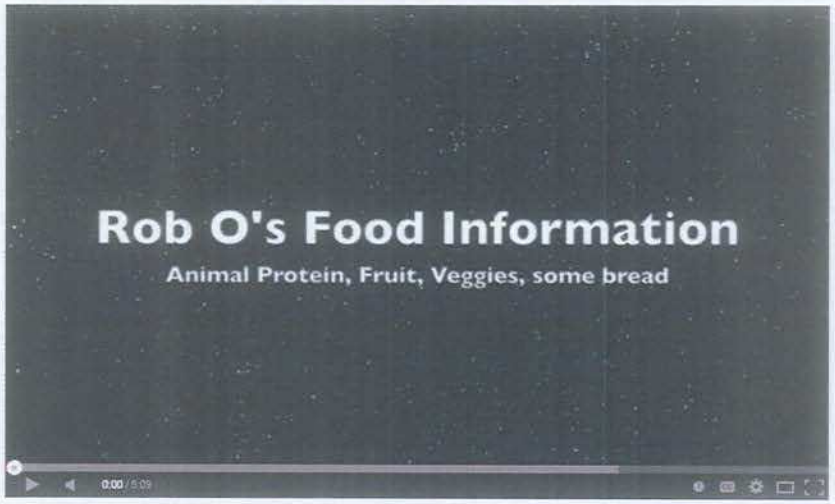

Rob Orlando's Food habits

Rob Orlando

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Uploaded on Oct 14, 2011

Brief description of my daily food log. Lots of animal protein, unlimited fruits and veggies, unlimited fats, some bread, little alcohol, limited dairy.

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ALL COMMENTS (54)

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BillusMaximus · 1 year ago
Appreciate the video Rob! Keep up the awesome work!
Reply

Sebastián González · 1 year ago
un capo, grande Rob!
Translate
Reply

David Dyer · 1 year ago
Solid video, Rob. Thanks for posting. Interesting thoughts, for sure!
Reply

Rob Orlando, Deadlift
by George Street
72,736 views
5:17

SEALFIT - EVO8
by Rogue Fitness
56,581 views
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by Fitness Truth
9,051 views
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Rich Froning Part 2
by George Street
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by Progenex Administration
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by Magic Seth
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2015 Mercedes-Benz S65 AMG (V12 Biturbo) Start Up, Exhaust, and In Depth
by Seattle ya04
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Cross fit meets Strong man..
by Mike Rashid
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Louie on the Conjugate system Part 1
by DorreSimmons
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64,693 views
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by Insane Home Fat Loss
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Rob O does Clean and Jerks @ 300 x 10 reps
by Rob Orlando
10,756 views
10:16

Katie Hogan Box Squats
by supertrainer08
34,665 views
1:30

Neither Do I
by Rogue Fitness
94,836 views
0:31

Rob O from Hybrid Athletics
by Rob Orlando
12,291 views
7:08

HYBRID000901

RebelForce8 7 months ago
What cycle not posted ?
Reply

Kenneth Erikson 1 year ago
lol @ all the people going "wow, omg, his so strong and with that simple normal way of eating"... Rob Orlando is only strong in your world. thats the crossfit "im not elite at any exercise isolated" world.

JAGERMEISTER111 2 years ago in reply to Kory Hardy
@1PuchKill Your body can intake somewhere around 20 grams of protein maybe more. you'd be fine eating 2-4. The fat from the yolk is good for you and can actually help reduce body fat. After you workout its good to have a fast digesting protein and some carbs as well to restore your muscle glycogen stores. Just what I do at least

Themsolomonsaid 2 years ago in reply to Brandon Traban
Yeah i know My comment was sort of tongue in cheek I would rather be like Rob than Derek.Although in reality i am more like Lady Gaga.Maybe i need some Testosterone shots.

Scott Ohlms 2 years ago
@johnbermuda,Very little of the body's serum cholesterol comes from what a person eats. Most comes from the liver.Eat less and your body produces more and vice versa.Studies have shown that no matter how much dietary cholesterol is consumed, serum cholesterol rose by no more than 6%. It is carbohydrates that raise cholesterol levels via insulin production; they increase VLDL, which leads to glycation and greater plaque production. Saturated fat still has no linkage to cholesterol issues.

Themsolomonsaid 2 years ago in reply to Christenbery1
Yeah i know it was a tongue in cheek remark I wish i was as fit as Rob.

JAGERMEISTER111 2 years ago in reply to sir360
I mean everytime you eat eggs that would be fine. Shoot for 1.5-2 Grams of protein per day of the body weight your shooting for if you bulking. If your just trying to maintain 1g per lb is ok. I was talking about at a "time" 20-30 grams of protein can be ingested and sometime even more. Eat Complex carbs also will help lower your body fat because your blood sugar levels stay more consistent and youll have a more stable energy level. Brownrice,Oats,Whole Grains ect. Thats just what I do!

Dexter91 2 years ago in reply to vegetablesoup1
u got it

SEALFIT - EVO7
by Rogue Fitness
32,123 views
5:43

Rob O using the 1000 pounder
by Rob Orlando
3,261 views
9:31

CrossFit - Press Workout with Rob Orlando
by CrossFit®
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Rob O from Hybrid Athletics doing Atlas Stone Squats
by Rob Orlando
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13:14

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England Journal of Medicine worth checking out

Kanashto 2 years ago
IM HUNGRY AGAIN

tombemeltpiano 2 years ago in reply to Themsolomonsaid
Cool. Poundstone is not a blob at all. He's very lean for a 300+lb strongman. People that say this are mostly ignorant idiots who have done nothing of any significance athletically. Poundstone is on a completely different level than Rob Orlando strength wise hence the multiple strongman titles and TV coverage.

Joshua Turrant 2 years ago
why does he always swallow like that... its rather annoying . (no troll just saying)

Brandon Traban 2 years ago in reply to Themsolomonsaid
Ya if he could catch rob. He's a huge blob.

Kory Hardy 2 years ago
Is it good to eat raw eggs? When I workout in the morning I eat 1 raw egg after.

Brandon Curry 2 years ago in reply to Chuchen
@Chuchen in a video he says he only take post workout recovery. if you type in "rob orlando crossfit" it should be the first 1

sir360 2 years ago in reply to JAGERMEISTER111
@AUM1LLER from each meal?

george18302 1 year ago in reply to Dan Goodfellow

hsph.harvard.edu/nutritionsource/fats-full-story/#cholesterol harvard good enough?

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Sarah hitting the Hybrid stones

Rob Orlando

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Published on Feb 14, 2013

Sarah weighs about 115 and here she is doing 3 reps at each weight. 85-95-115-130. The 130 mold will be available shortly

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Maurice Williams via Google+ · 1 year ago

Awesome!

Reply

Marcelo Warriordiet · 1 year ago

nice...very nice!!

A.J. Nystrom · 1 year ago

Rob- busting the throwback Eminem in the gym?! Good selection but I prefer the classic rock/ metal– nothing like some Maiden or Priest to get you going.

3 Tips To Lose Belly Fat
by Six Pack Shortcuts
1,301,315 views
4:22

RossFit
by CrossFitR
166,258 views
24:25

Rob O from Hybrid Athletics
by Rob Orlando
6,422 views
1:21

2006 World Weightlifting 94 Kg Clean and Jerk xvid
by Frank Rothwell
6,457 views
37:27

Rob O from Hybrid Athletics
by Rob Orlando
7,217 views
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Melvins - Revolve (frm album Stoner Witch)
by Nuar Hegrat
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DANA LINN BAILEY | Delts in Denmark
by DanaLinnBailey
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Top 10 Badass Jason Statham Moments
by WatchMojo.com
4,203,722 views
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Strongwoman Sarah M
by Rob Orlando
2,625 views
2:28

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Grateful Dead - Throwing Stones (Studio Version)
by LongStrangeTrip710
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by Jerry'd Rubenstein
113,088 views

First time Atlas Stone making
by Dan Prater
2,713 views

Hitting a hybrid vs. a long iron By: Ben Witter Fairview GC
by Ben Witter
3,905 views

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by Rob Orlando
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Rob Orlando

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Music "Savior" by Rise Against (Google Play • iTunes • Amazon/MP3)

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fbry7177 3 years ago · in reply to fbry7177

@fbry7177 Ah it's Rise Against nm. Thought it was Offspring for some reason.

fbry7177 3 years ago

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by gotherdad
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Rob Orlando

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Rob Orlando Interview at Reebok CrossFit Nürnberg - suprfit.tv

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Rob Orlando

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Eric Magee | Rob Orlando WOD 12.3

Rob O from Hybrid Athletics

Rob O from Hybrid Athletics

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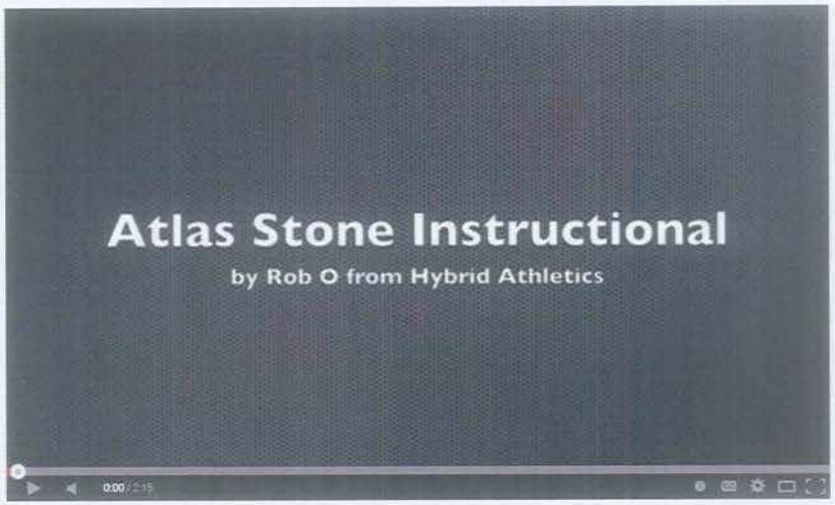

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Rob Orlando

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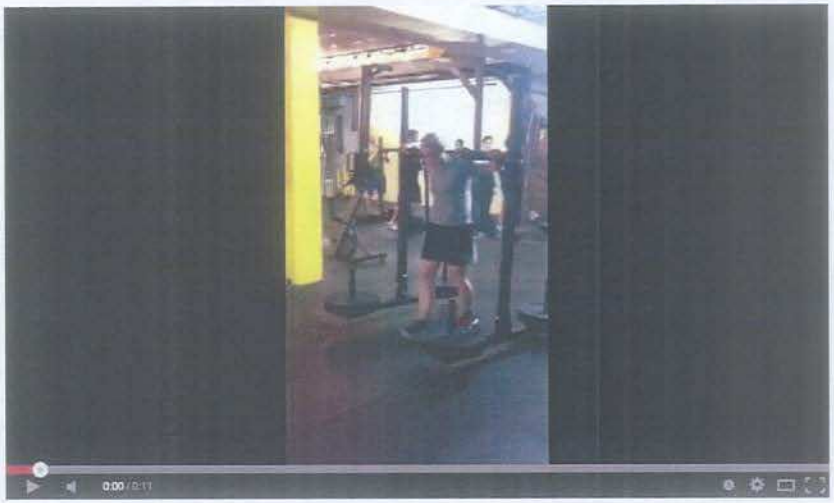

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Rob Orlando

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by Diesel Strength & Conditioning
124,102 views

How It's Made Remolded tires
by Ian Collier
[illegible] views

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The camera was spotty. But if you could answer a couple of my questions that would be great. Were the arms locked out or need to be for the jerk rep to count? And was that stone overhead in line with the body or was it slightly in front of the body?
I would like to know so my reps count and so I don't hurt myself pressing it

Reply

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Ben Smith-360#OHS-76pullups

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Michael Pendlebury 2 years ago
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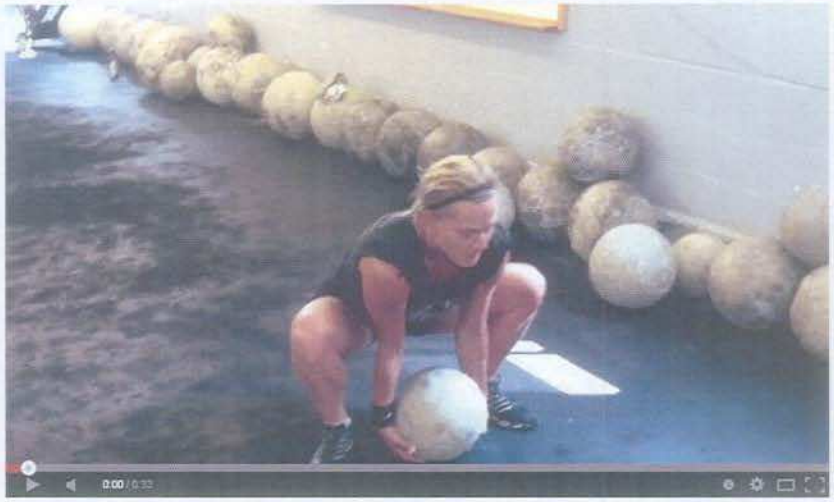

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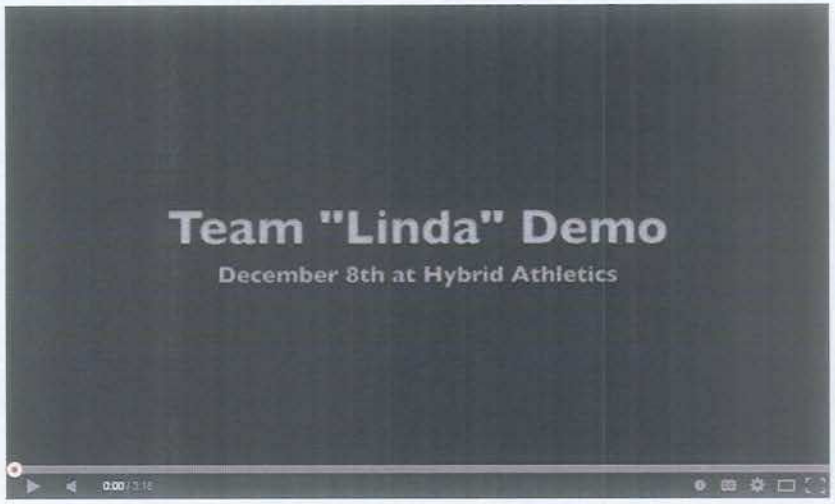

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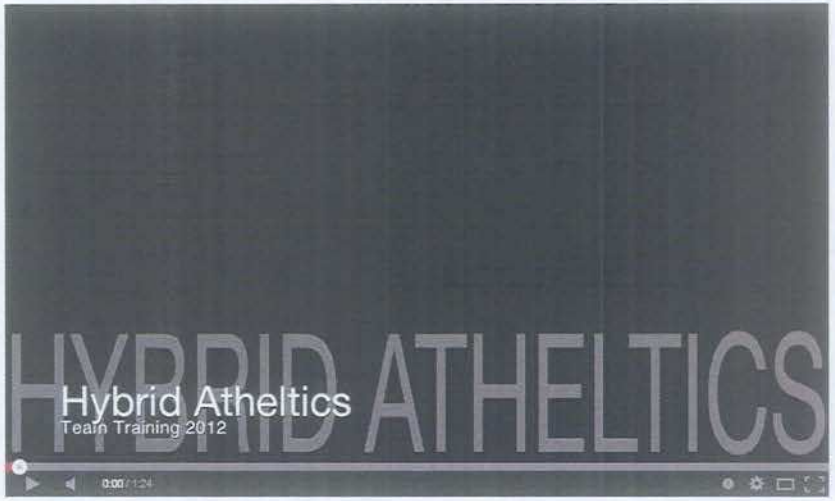

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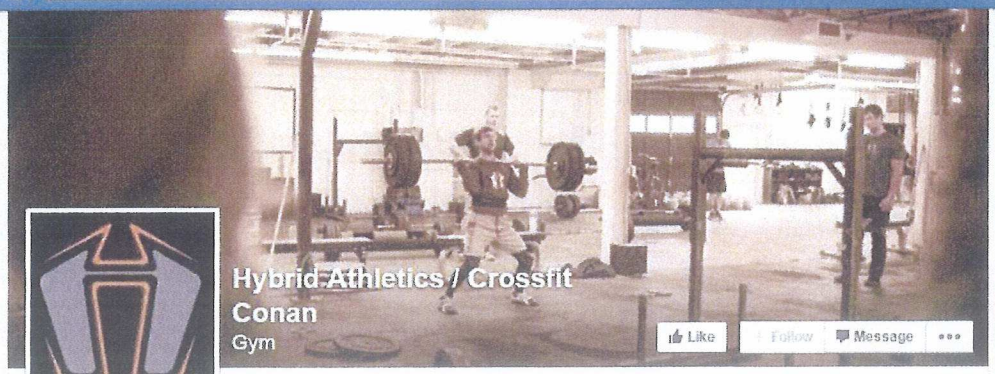

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Hybrid Athletics Team Linda
Saturday, January 31, 2015 at 9:30am
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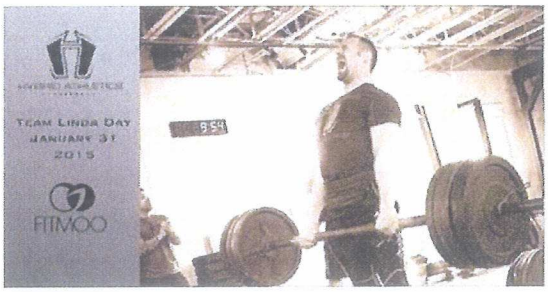
Team Linda spots are filling up! Register at Hybrid or host at your own gym. All proceeds will benefit Food Allergy Research & Education

Sign up and get more details at fitmoo.com



Fitmoo

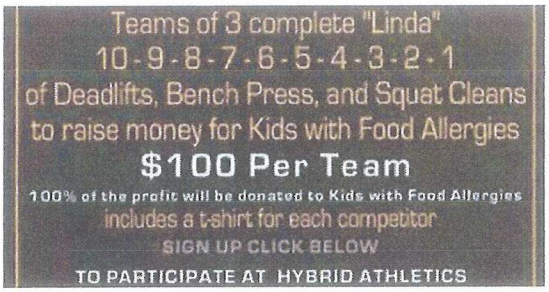
Teams of 3 Complete "LINDA" 10-9-8-7-6-5-4-3-2-1 of Deadlifts, Bench Press and Squat Cleans

FITMOO.COM

Hybrid Athletics / Crossfit Conan
December 22 at 5:27pm Edited

Get signed up for Team Linda Day 1/31/15

Details below at fitmoo.com



Fitmoo

Welcome to Fitmoo - we help build social commerce communities around fitness, health and wellness related businesses to strengthen the bond of membership and to spread the benefits of active lifestyles to others through fun and enriching ...

FITMOO.COM

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Hybrid Athletics / Crossfit Conan
December 19 at 2:41pm

Registration for Team Linda is up and running!

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260 Years of Journalism
myaccount2.courant.com
Stay informed with the Courant, America's oldest continuously published newspaper.

Make some noise, quietly.
vw.com
It looks like a Golf. It drives like a Golf. But it's an e-Golf.

DEPOSITION EXHIBIT
Hybrid Athletics LLC v. Athlete LLC
No. 912B057
Robert Orlando 53
PENGAD 800-631-6989

HYBRID000489

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Rx Competitions
December 1 at 3:33pm

Thank you for the submission!

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Dave Duprey
November 26 at 12:06pm

Ticket Price INCREASE Friday Night!! Click on the link and get regis... See More

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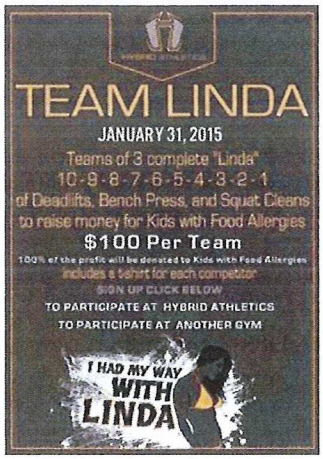

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Hybrid Athletics / Crossfit Conan
June 6, 2012

http://youtu.be/MrsIL5jV828

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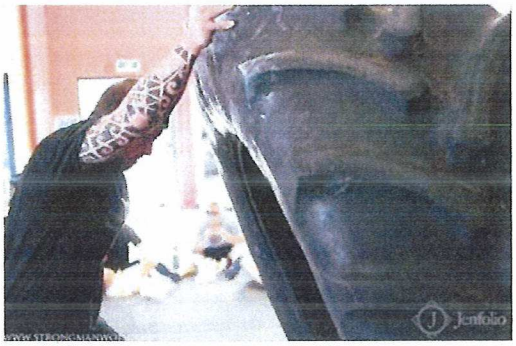
Hybrid Athletics / Crossfit Conan shared Jenfolio's photo
June 5, 2012

Realworld CrossFit Burpee Mile



Jenfolio with Crossfit Strongman Seminars with Rob Orlando and Rob Orlando

strongman defined

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Hybrid Athletics / Crossfit Conan via Rob Orlando
May 21, 2012

new shirts!

Products

HYBRIDATHLETICS.NET

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Hybrid Athletics / Crossfit Conan
May 19, 2012

http://www.youtube.com/watch?v=IT3wHoMVwFE

"How to get stronger" - Rob Orlando

September 10, 2013 · 127 Reviews
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November 26 at 10:00pm

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www.strongmanwod.com

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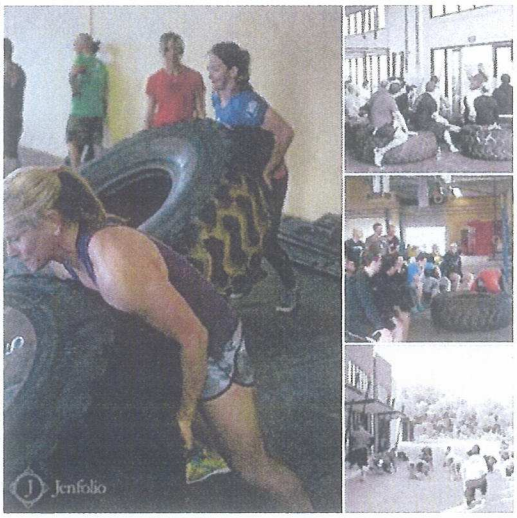
Hybrid Athletics / Crossfit Conan shared Crossfit Strongman Seminars with Rob Orlando's album
May 18, 2012

woot woot



Crossfit Strongman Seminars with Rob Orlando added 172 new photos to the album Crossfit Strongman Seminar | Real World Crossfit Sunday — with Tara O'Rourke and 4 others.

photo credit Jenny Hansen of Jenfolio

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
May 16, 2012

World Record Hike to Mt. Warning in Eastern Australia

what they called a rest day

YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan
May 16, 2012

http://www.youtube.com/watch?v=QiOufV5SbKQ

Strongman Seminar | Hybrid's member Sue Pepe

The influence of one member at Hybrid Athletics has affected people in Australia!

YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
May 16, 2012

Strongman Seminar | Reebok Crossfit Gold Coast

www.hybridathletics.net www.strongmanwod.com

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
May 3, 2012

JOURNEY BEGINS

Hybrid Athletics | Australia bound

Dave Duprey
November 26 at 12:06pm

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music: URL: http://freemusicarchive.org/music/Shatterfreak/A_Stitch_In_Sine/PMoos_-_Champagne_Dreamz_Shatterfrea...
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan
April 14, 2012

http://youtu.be/twaFq6-FxeU

Hybrid Athletics | Kettle Bell Figure Eight
www.hybridathletics.net www.strongmanwod.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan updated their cover photo
April 11, 2012

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Hybrid Athletics / Crossfit Conan shared Jenfolio's photo
March 13, 2012

Rob Orlando, "Crossfit Corner" Muscle and Fitness, March issue.

Jenfolio

With over 6.2 million readers, Muscle and Fitness published a photo I shot of my trainer... on the right: Rob Orlando! woot woot. March issue

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
March 10, 2012

We had the pleasure of Eric coming to Hybrid to knock out WOD 12.3 with Rob Orlando!

Eric Magee | Rob Orlando WOD 12.3
We had the pleasure of Eric coming to Hybrid to knock out WOD 12.3 with Rob Orlando!
www.hybridathletics.net www.strongmanwod.com
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Hybrid Athletics / Crossfit Conan via **Jenfolio**
February 27, 2012

Final event... number 5!

Strongman Competition 2.25.12 | Event 5
www.hybridatheltics.net www.strongmanwod.com www.djopus.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
February 27, 2012

EVENT 4!

Strongman Competition 2.25.12 | Event 4
www.hybridatheltics.net www.strongmanwod.com www.djopus.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
February 27, 2012

Simple... Strongman is fun! Event 3!

Strongman Competition 2.25.12 | Event 3
www.hybridatheltics.net www.strongmanwod.com www.djopus.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan via **Jenfolio**
February 27, 2012

"this is our niche, we want to be stronger than yesterday."

Strongman Competition 2.25.12 | Event 2
www.hybridatheltics.net www.strongmanwod.com www.djopus.com
YOUTUBE.COM

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February 27, 2012

In house videographer! thanks Jenfolio

Strongman Competition 2.25.12 | Event 1
www.hybridatheltics.net www.strongmanwod.com
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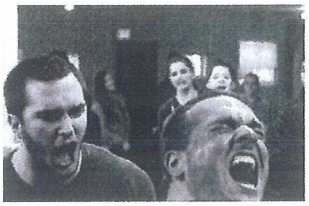
Hybrid Athletics / Crossfit Conan
February 26, 2012

awesome day today.



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Hybrid Athletics / Crossfit Conan via Jenfolio
February 17, 2012

Want to build confidence?

Women + Strongman = Strongwoman
www.hybridatheltics.net www.strongmanwod.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan
February 7, 2012

http://www.youtube.com/watch?v=lFr_dQKWSks

Hybrid Athletics 2012 Resolutions {part 1}
www.hybridatheltics.net www.strongmanwod.com
music: www.opusbeats.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan via Jenfolio
February 7, 2012

By recording your goals, you set in motion the process of becoming the person you most want to be
Make it happen @Hybrid Athletics!

Hybrid Resolution Trailer
www.hybridatheltics.net www.strongmanwod.com
YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan
January 18, 2012

How to determine the weight of a tire, answers from Rob Orlando:
http://youtu.be/gBtGAL0wF3Q?hd=1

The Weight of a Tire | Strongman WOD
Promo
YOUTUBE.COM | BY JENFOLIO

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Hybrid Athletics / Crossfit Conan
January 13, 2012

Why we crossfit?
http://www.youtube.com/watch

Constant Variety | Hybrid Athletics

Dave Duprey
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January 11, 2012

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Hybrid Athletics / Crossfit Conan
January 5, 2012

http://youtu.be/9sSkm6FtngE?hd=1

Take One For The Team | Hybrid Athletics
www.hybridathletics.net

YOUTUBE.COM

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Hybrid Athletics / Crossfit Conan
January 2, 2012

Welcome to the New Year! Today's WOD:
http://youtu.be/8di6aDmKO-w?hd=1

New Years 2012 | Hybrid Athletics
www.hybridathletics.net

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Hybrid Athletics / Crossfit Conan
January 2, 2012

http://www.youtube.com/watch?v=8di6aDmKO-w

http://www.youtube.com/watch?v=8di6aDmKO-w

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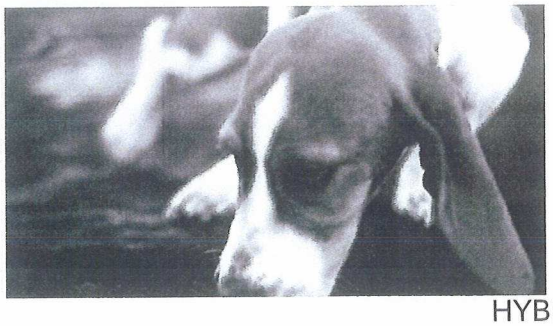
2011 — ALL STORIES

Hybrid Athletics / Crossfit Conan added 6 new photos to the album Hybrid Daily
December 12, 2011



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November 26 at 12:06pm

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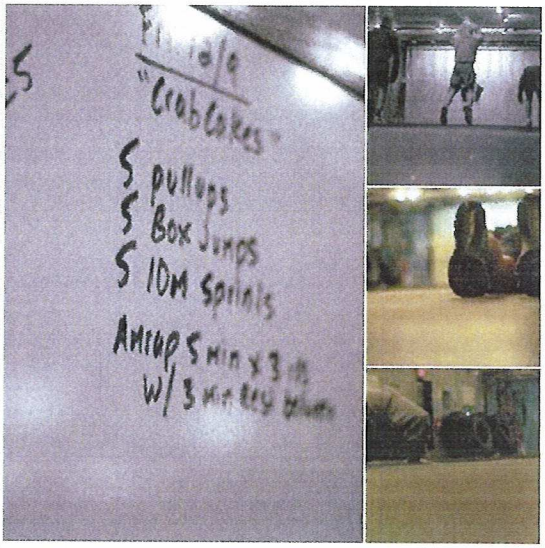
Hybrid Athletics / Crossfit Conan added 46 new photos to the album Hybrid Daily — at Hybrid Athletics.
December 9, 2011



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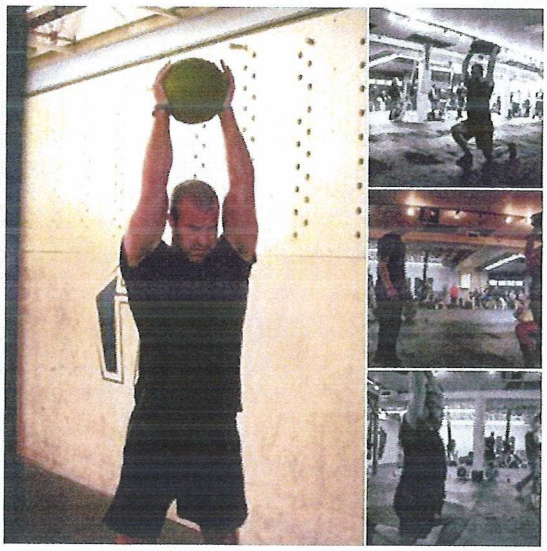
Hybrid Athletics / Crossfit Conan added 101 new photos to the album Fall Competition (album 2)
December 9, 2011

photographed by Jenny Hansen | www.jenfolio.com



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Hybrid Athletics / Crossfit Conan added 137 new photos to the album Fall Competition — at Hybrid Athletics
December 9, 2011

photographed by jenfolio | www.jenfolio.com

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https://www.facebook.com/Hybridathleticsfans Sat Dec 27 2014 17:13:15 GMT-0500 (Eastern Standard Time)

Webpage Screenshot

Rob Orlando

Janis Home 1

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Hybrid Athletics is a CrossFit affiliate and a strongman friendly gym

http://www.hybridathletics.net

Suggest Edits

APPS

Daily Workout

CrossFit Strongman Seminar

Welcome

PHOTOS

VIDEOS

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Write something on this Page...

Rob Orlando
August 23

HELP!! I'm at Rainier CF today in Washington doing a CF Strongman seminar and I need a log that weighs 70 pounds or less. Is there anyone in the local area that has this piece of gear for our ladies at the seminar? If you know someone with this piece of gear please share the post. You can email me directly at rob@hybridathletics.net

Like Comment Share 6 2

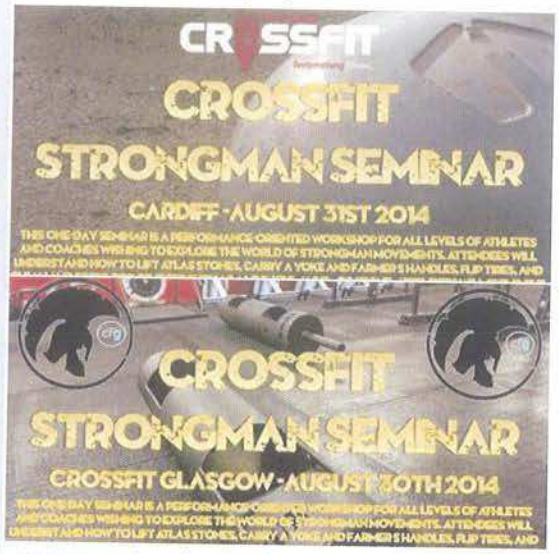
Rob Orlando
August 20

Great workout today. 10 rounds -- 5 GHD situps, 10 KB swings @ 70 and then 10 double unders...add 10 double unders each round. Every missed double under is a 5 burpee penalty at the end of the workout. Your final round will be 5 situps, 10 swings, 100 double unders. I missed 3 total reps(2nd, 3rd, and 4th rounds). All the rest unbroken. 18:08. Give it a try and post scores here.

Like Comment Share 48 5

Rob Orlando added 2 new photos

day before is another seminar in Glasgow, Scotland. Have you signed up? Get in while you can. spend the day learning, lifting, and playing with some new toys. Any age, ability, or gender



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Rob Orlando
August 5 Edited

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Rockler.com Knows Wood
rockler.com
Classic Wood Center Mount Drawer Slide $10.99
46,884 people like this

250 Years of Journalism
myaccount2.courant.com
Stay informed with the Courant, America's oldest continuously published newspaper.

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Hybrid Athletics LLC v. 14/Ide LLC
No. 9:12-0057
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POSTS TO PAGE

Patrick Mason
December 18 at 6:12pm

How thick is the rubber on the Hussafel stone?

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Patrick Mason
December 18 at 6:12pm

How thick is the rubber on the Hussafel stone?

Like · Comment

Melinda Whitehead-Moran
October 31 at 4:21pm

Rob, how thick are your floors at Hybrid and how do they stand up to... See More

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Philippe MaCa
August 26 at 5:05am

At least they did some strongman stuff at the Hawaii VA Games

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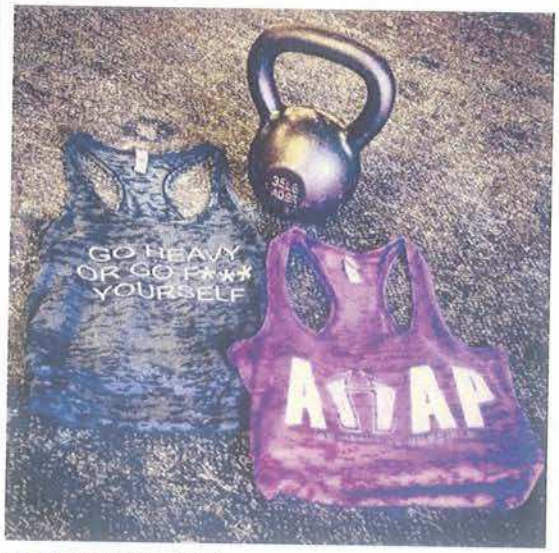
Fuck you, Winter. · Like

Dragon Crossfit Llanishen · Like

Food Allergy Research & Ed... · Like

New gear at Hybridathleticsapparel.com. International orders welcome! Follow @hybridathletics on Twitter for up to date promotions.



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Rob Orlando
August 1

http://www.hybridathleticsapparel.com/category/new is loaded up with 9 new products for men and women including this purple burnout tank top. 4 women's and 5 men's products are ready to ship.

New | Hybrid Athletics Apparel
New by Hybrid Athletics Apparel

HYBRIDATHLETICSAPPAREL.COM

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Rob Orlando
June 19

I need a bit of help from the gym owners out there. Looking to open a 2nd location and the town is asking for proposed water usage for the septic system. If you have showers in your gym and you get a water bill -- please email me. rob@hybridathletics.net Thank you!

Like · Comment · Share · 9

Rob Orlando
June 3

CF Strongman is headed to UTE CF this Saturday for a one day course.

https://www.facebook.com/crossfitrobo Sat Dec 27 2014 17:06:09 GMT-0500 (Eastern Standard Time)

Rob Orlando
Athlete
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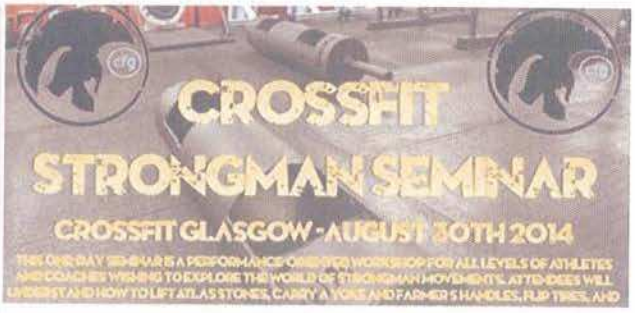
STRONGMAN SEMINAR
CARDIFF - AUGUST 31ST 2014
THE ONE DAY SEMINAR IS A PERFORMANCE-ORIENTED WORKSHOP FOR ALL LEVELS OF ATHLETES AND COACHES WISHING TO EXPLORE THE WORLD OF STRONGMAN MOVEMENTS. ATTENDEES WILL UNDERSTAND HOW TO LIFT ATLAS STONES, CARRY A YOKE AND FARMER'S HANDLES, FLIP TIRES, AND



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2012 ALL STORIES

Rob Orlando
December 31, 2012

New Atlas Stone size is almost ready. 130 pound solid concrete stone.

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Rob Orlando
December 31, 2012

Time to re-test one from 4 years ago. 5-4-3-2-1 thrusters @ 250 and dead lift @ 500. Anxious to see if I've gotten stronger.

Like · Comment · Share 175 18 2

Rob Orlando
December 30, 2012

CrossFit Redzone fundraiser is Saturday 1/5. Registration starts at 8am and first heat is at 9:30am. The partner wod is an 8 minute amrap of barbell thrusters, burpees, and kettlebell swings. Heats will begin every 20 minutes. To sign up or to simply donate to the victim's families follow this link--http://www.crowdrise.com/cfrzsandyhookreli.../fundraiser/cfrz/

CrossFit RedZone Sandy Hook Elementary Victim Relief | CrossFit RedZone 's Fundraiser on CrowdRise

The event will be Saturday, January 5th, 2013...

CROWDRISE.COM

Like · Comment · Share · 19

Rob Orlando
December 28, 2012

www.strongmanwod.com is awesome today. Going to hit this one at 250 per hand. If you have farmer's handles give it a shot and post scores here.

Strongmanwod.com | Strongman Workouts Posted Daily

Clark is a guy we met a while back at one of our seminars. He's not the typical "strongman" at 6'8" and roughly 200 pounds. His effort and dedication to the movements are noteworthy. Here is his video...

STRONGMANWOD.COM

Like · Comment · Share · 17

Rob Orlando
December 27, 2012

Another Level CrossFit made some beauties!!

Like · Comment · Share · 133 · 7

Rob Orlando
December 27, 2012

Atlas Stone "Grace" for a warm up wod today. Check it out--give it a try if you have stones. http://www.youtube.com/watch?v=K3bEsZ0IR00&feature=youtu.be

Rob O from Hybrid Athletics does Atlas Stone "Grace"

145 pound Atlas Stone "Grace" 30 reps ground to overhead for time

YOUTUBE.COM

Like · Comment · Share 171 15 27

Rob Orlando
December 27, 2012

Have you ever done "Linda?" We have limited edition men's and women's "Linda" shirts available in the Hybrid store.
http://hybridathletics.net/shop/mens-linda-t-shirt/

Men's Linda T-Shirt

HYBRIDATHLETICS.NET

Like · Comment · Share 24 10 1

Rob Orlando
December 26, 2012

Day after Xmas and I'm looking for a good challenge wod. Anyone have anything good?

Like · Comment · Share 28 64

Rob Orlando
December 22, 2012

3 minute amrap of 5 push jerks @ 230 and 7 box jumps @ 24". Rest 3 minutes and repeat. Rest 2 minutes and repeat. Ended up with 57 jerks. GREAT wod.

Like · Comment · Share 79 7

Rob Orlando
December 21, 2012

I believe I stumbled onto an amazing website today. The site is in it's infancy but I think it will change how people find a gym--especially in the CrossFit world. As soon as I get the OK from the creator of the site I will release the name. The site does everything from referrals to dating!

Like · Comment · Share 88 8 2

Rob Orlando
December 21, 2012

I need a Facebook wizard who can help streamline our pages. Is there anyone who can help consolidate things for us? Please email me at rob@hybridathletics.net

Like · Comment · Share 7 5

Rob Orlando
December 20, 2012

Everyone in this country and around the world has felt the effects of the Newtown shootings. It's time to rally as a community. Please take a

moment and check out this donation page set up by CrossFit Redzone(located in Newtown, CT). 100% of all contributions will go to the Sandy Hook Elementary Parent/Teacher Association. We can make a difference. Spread the link everywhere you can. http://www.crowdrise.com/cfrzsandyhookreli.../fundraiser/cfrz/

CrossFit RedZone Sandy Hook Elementary Victim Relief | CrossFit RedZone 's Fundraiser on CrowdRise

CrossFit RedZone in Newtown, CT is starting a...

CROWDRISE.COM

Like · Comment · Share · 21 · 3

Rob Orlando
December 19, 2012

Simple and brutal. 50' walking lunges with a 135 barbell on the back, 50' bear crawl, 50' jog back to the bar. 8 rounds.

Like · Comment · Share · 123 · 8 · 2

Rob Orlando
December 19, 2012

Winter hat is in the store and ready to ship. Check it out here-- http://hybridathletics.net/shop/hybrid-athletics-hat/

Hybrid Athletics Hat

HYBRIDATHLETICS.NET

Like · Comment · Share · 9 · 1 · 1

Rob Orlando
December 18, 2012

This is round 2....4 minute rest after round 1. 30 seconds of double unders, 30 seconds of axle deads @ 300, 30 sec du's, 30 sec deads for total reps. 128 reps. http://www.youtube.com/watch...

Rob O from Hybrid Athletics

30 sec each movement x 2 rounds Double unders and axle deads at 300. 4 min rest. Repeat.

YOUTUBE.COM

Like · Comment · Share · 47 · 9 · 1

Rob Orlando
December 18, 2012

Here is a picture of the wooly hat---pardon the goofy face. These will be up on our site shortly for $15 each.

Like · Comment · Share · 41 · 5

Rob Orlando
December 18, 2012

The Hybrid Store is stocked with new winter apparel. Long sleeve men's and women's thermals are here and wooly hats arrived this morning. Check it out- http://hybridathletics.net/shop/

Products

HYBRIDATHLETICS.NET

Like · Comment · Share · 8 · 8

Rob Orlando
December 17, 2012

Part 2 tonight was awesome. 225 clean and jerk x 5 minute amrap. 32 reps. 2 minute rest. 5 minute amrap Muscle Up. 29 reps. Definitely could have gotten a few more on both movements but didn't know how to pace it.

Like · Comment · Share · 109 · 2

Rob Orlando
December 17, 2012

495 Box Squat x 2 today. Then played with split jerks. I stink at that movement. Yesterday was a good challenge workout in my basement. 20 KB snatches per hand @ 53 and 30 pushups x 5 rounds. Give that one a whirl and post scores here.

Like · Comment · Share · 52 · 7 · 2

Rob Orlando
December 16, 2012

Our community has been plunged into an abyss of sadness and the recovery process will take years. Many families will never be "normal" again. There will be 2 lives---one before the event and one after. My heart weeps for the parents and siblings of the deceased. We will do our part to help nurse the wounds and to pay tribute to those we lost.

Like · Comment · Share · 447 · 12

Rob Orlando
December 15, 2012

My house in only minutes from Sandy Hook Elementary school and the impact that this tragedy is having on our community is massive. I sincerely hope the affected families know that we are all hurting with you.

Like · Comment · Share · 384 · 15 · 1

Rob Orlando
December 14, 2012

First stop for us in 2013 is in Johnson City, TN at CF Stacked. We are doing a scalable strongman challenge on Friday 1/4 and a CF Strongman Seminar on 1/5. Who's in?

Like · Comment · Share · 22 · 14 · 4

Rob Orlando
December 13, 2012

15 minutes on the airdyne at 250 watts was a great way to start today. Then it was time to go overhead. Death by Push Jerks with a 300 pound axle hit the mark. http://m.youtube.com/...

Like · Comment · Share · 34 · 5

Rob Orlando
December 12, 2012

Come out to Hybric Athletics on 2/23 and spend the day with Tony Blauer! He's going to teach everyone how to protect themselves against thugs. http://www.regonline.com/builder/site/Default.aspx...

> CrossFit Defense Course - Stamford, CT - February 23, 2013 | Summary | powered by RegOnline
>
> "If CrossFit is the study of human movement," Blauer said, "CrossFit Defense is the study of human movement as it relates to violence, fear and aggression." Like learning a proper clean or double-under, there are certain functional movements and processes, inherent to self-protection, that can help ...
>
> REGONLINE.COM

Like · Comment · Share · 10 · 1

Rob Orlando at Hybrid Athletics / Crossfit Conan
December 12, 2012

How do you warm up for heavy back squats? 710 yoke carry x 50'.

Like · Comment · Share · 218 · 16 · 39

Rob Orlando
December 12, 2012

Time for a big boy wod. Yoke and squats to warm up. Then farmer's carry and double unders from www.strongmanwod.com

Strongmanwod.com | Strongman Workouts Posted Daily

Tomorrow is the Team "Linda" competition at Hybrid Athletics. Here is the heat schedule. Athletes need to arrive at the gym no less than 1 hour prior to their scheduled start time. You must weigh in and warm...

STRONGMANWOD.COM

Like · Comment · Share 16

Rob Orlando
December 11, 2012

Raise your hand if you hate the AirDyne.

Like · Comment · Share 215 19 1

Rob Orlando at Hybrid Athletics / Crossfit Conan
December 10, 2012

Here is a video of 600 pounds added to the 300 pound rig.

Like · Comment · Share 526 54 141

Rob Orlando
December 10, 2012

Trying to break our new "tire" flipper....it won't break!

Like · Comment · Share 71 5

Rob Orlando
December 7, 2012

The Team "Linda" Heat assignments are up on www.strongmanwod.com

Strongmanwod.com | Strongman Workouts Posted Daily

We are doing our final CF Strongman Seminar of 2012 tomorrow in Scottsdale, AZ. If you haven't registered but you'd like to attend you can either show up at the door or you sign up using this link–

STRONGMANWOD.COM

Like · Comment · Share 7

Rob Orlando
December 7, 2012

Team "Linda" competitors---please check out strongmanwod.com in the next hour to see your heat assignments. Arrive at least 1 hour prior to your heat time.

Like · Comment · Share · 11

Rob Orlando
December 7, 2012

AirDyne x 20 cals, 10 power cleans @ 250. Rest 3 minutes. Repeat 3 rounds.

Like · Comment · Share · 44 · 8

Rob Orlando
December 6, 2012

Challenge wod--25 down to 5 (by 5's) of GH Situps and 5 down to 1 of Muscle Ups. Post scores here.

Like · Comment · Share · 34 · 12

Rob Orlando
December 6, 2012

Tony Blauer is coming to Hybrid Athletics in February to show us how to defend ourselves against attackers. Who's in?
http://www.regonline.com/builder/site/Default.aspx...

> CrossFit Defense Course - Stamford, CT - February 23, 2013 | Summary | powered by RegOnline
>
> "If CrossFit is the study of human movement," Blauer said, "CrossFit Defense is the study of human movement as it relates to violence, fear and aggression." Like learning a proper clean or double-under, there are certain functional movements and processes, inherent to self-protection, that can help ...
>
> REGONLINE.COM

Like · Comment · Share · 11 · 1

Rob Orlando
December 5, 2012

Attention all "Linda' athletes--if you're competing this Saturday at Hybrid your entire team must arrive at least 1 hour prior to your selected start time. You will be responsible for loading your own bars during the heat changes. Judges will check your weights. If you can't remember your heat time email me at rob@hybridathletics.net

Like · Comment · Share · 13 · 1

Rob Orlando
December 4, 2012

We just took delivery of our measurable, repeatable, scalable tire flip apparatus. Time to test it's durability.

Like · Comment · Share · 207 · 45 · 43

Rob Orlando
December 3, 2012

Strongmanwod.com is an ass kicker today: 750M Row, 2 minute max distance zercher carry, 750M Row.

Like · Comment · Share · 41 · 11

Rob Orlando
November 30, 2012

Off to Arizona for our last CF Strongman seminar of 2012. There are still spots open if you want to join us tomorrow from 8:30am to 4pm. We will lift all day long!!! http://www.regonline.com/builder/site/Default.aspx...

CrossFit Strongman Trainer Course - Scottsdale, AZ - December 1, 2012 | Summary | powered by RegOnli

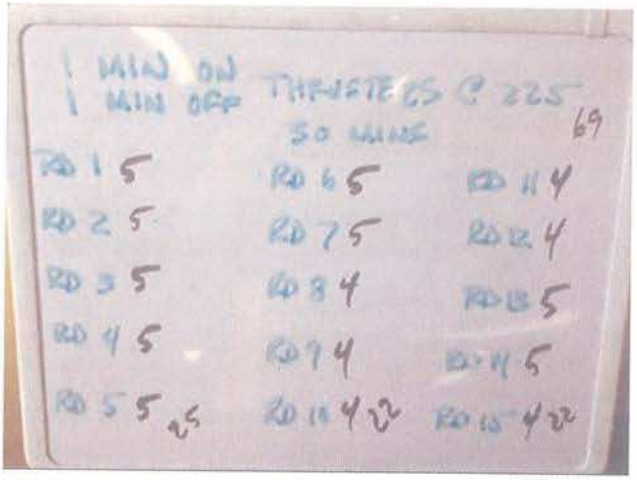
This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log, keg, a...

REGONLINE.COM

Like · Comment · Share · 16 · 4

Rob Orlando with Luis Curiel
November 29, 2012

Here is my scorebcard for 1 minute on/1 minute off thrusters at 225.



Like · Comment · Share · 95 · 19 · 2

Rob Orlando
November 29, 2012

Today's offering--1 minute on/1 minute off Thrusters @ 225 x 30 minutes. For scaling purposes, 225 is 71% of my 1RM and is 40 pounds over my body weight.

Like · Comment · Share · 56 · 17

Rob Orlando
November 28, 2012

Hybrid Athletics is coming out with 2 new size stone molds: 130 and 160 pounds. If you had one more choice what would it be?

Like · Comment · Share · 30 · 35 · 1

Rob Orlando
November 28, 2012

First day back--Squat clean EMOM at 305 x 10 minutes. Strict Press 185, 205, 225, 245 x 1. Deadlift 425, 475, 525 x 1. Then 250M row, 100 Double Unders x 7 rounds. I feel better.

Like · Comment · Share · 173 · 14

Rob Orlando
November 27, 2012

Today is the final rest day for me....6 days off. Can't wait to move some weights tomorrow. Disney vacation with the kids has left me hungry to get back to Hybrid.

Like · Comment · Share · 146 · 7

Rob Orlando
November 26, 2012

When was the last time you took almost a full week off from working out? How did you feel afterwards? Is it a good thing?

Like · Comment · Share · 44 · 64

Rob Orlando
November 25, 2012

Hybrid Athletics is looking for volunteers to help count reps and spot the bench press for team "Linda" on December 8th. If you'd like to help out please email me at rob@hybridathletics.net.

Like · Comment · Share · 11 · 3

Rob Orlando
November 24, 2012

Team "Linda" competition is in 2 weeks and the registration deadline is tomorrow night. If you want to join the fun register here http://hybridathletics.net/december-8th-hybrid-athletics-c.../

December 8th Hybrid Athletics Competition Sign Up

On December 8th, Hybrid Athletics will be hosting a competition where teams of 3 competitors will complete the Linda workout (see description below). Teams will use the average weight of team members to determine the bar weights. Divisions are available for Men, Women as RX, Women scaled at 66%, M...

HYBRIDATHLETICS.NET

Like · Comment · Share · 6

Rob Orlando
November 23, 2012

20 down to 2 by 2's of strict hand stand pushups and regular pushups. Great hotel wod in Disney World.

Like · Comment · Share · 91 · 7

Rob Orlando
November 23, 2012

My good friend, Tony Blauer, is coming to Hybrid Athletics on February 23, 2013. Sign up now for his self defense clinic.
http://www.regonline.com/builder/site/Default.aspx...

CrossFit Defense Course - Stamford, CT - February 23, 2013 | Summary | powered by RegOnline

"If CrossFit is the study of human movement," Blauer said, "CrossFit Defense is the study of human movement as it relates to violence, fear and aggression." Like learning a proper clean or double-under, there are certain functional movements and processes, inherent to self-protection, that can help ...

REGONLINE.COM

Like · Comment · Share · 3

Rob Orlando
November 21, 2012

Strongmanwod.com is going to be fun today.
http://m.youtube.com/...

Rob O from Hybrid Athletics

1RM front squat

YOUTUBE.COM

Like · Comment · Share · 29 · 5

Rob Orlando
November 20, 2012

Nasty workout last night. 2 minute carry with a 175 pound keg carry (averaged 200'), rest 30 seconds, 2 minute squat clean/thrusters @ 235 pounds. 3 minute rest. Repeat for 3 rounds. I got 9 squat clean/thrusters per round.

Like · Comment · Share · 70 · 4

Rob Orlando
November 19, 2012

Team "Linda" competition is on December 8th at Hybrid Athletics. If you have a team of 3 men or 3 women that would like to compete please register by Sunday November 25. Register at Hybridathletics.net(right column). For details on how the competition will work watch this video-- http://www.youtube.com/watch?v=b-BsI0IwIOg

Team "Linda" Demo...Hybrid Athletics December 8th, 2012

This is a demo of the team "Linda" comp that will go down on December 8, 2012 at Hybrid Athletics.

YOUTUBE.COM

Like · Comment · Share 34 5 2

Rob Orlando
November 19, 2012

Strongmanwod.com has one of my favorites today. "Log Grace." Have you ever done "Grace" with a log?

Like · Comment · Share 61 15

Rob Orlando
November 16, 2012

Today was one of the most fun wods I've done in quite some time. Alternating movements EMOM--525 dead x 1, 425 squat x 1, 325 push jerk x 1 for 30 minutes. Here is a video of the final round. http://m.youtube.com/...

http://www.youtube.com/watch?v=E4O67tv_hyo

YOUTUBE.COM | BY ROB ORLANDO

Like · Comment · Share 91 17 2

Rob Orlando
November 15, 2012

I've been criticized for not posting running workouts. Here is a challenge I completed yesterday. 800M run, 100 wall balls, 400M run, 50 thrusters @ 135, 200M run, 25 squat snatch @ 95.

Like · Comment · Share 195 26 11

Rob Orlando
November 13, 2012

We are making women strong one movement at a time. http://www.youtube.com/watch...

Strongwoman Sarah M

Sarah shows us all that strongman movements are an invaluable part of CrossFit training

YOUTUBE.COM

Like · Comment · Share 50 3 2

Rob Orlando
November 12, 2012

What can we do to increase the number of women lifting atlas stones and flipping tires?

Like · Comment · Share · 106 · 97

Rob Orlando
November 11, 2012

Three CF boxes were destroyed due to the Hurricane that hit the east coast. These are all close friends of mine and we are trying to help them rebuild. We're looking for equipment or cash donations. Check out this link. http://www.facebook.com/l/rAQ.../sandy-crossfit.eventbrite.com

http://www.facebook.com/l/rAQEVdg27AQHJ-L-oyGXoT1ezGjHq7cxVGixN7KHobi3qRg/sandy-crossfit.eventbrite.

FACEBOOK.COM

Like · Comment · Share · 23 · 9 · 2

Rob Orlando
November 7, 2012

Awesome challenge wod--12 minute amrap of 5 thrusters @ 185, 10 CTB pullups, 15 cals on the airdyne. Post scores here.

Like · Comment · Share · 40 · 7 · 1

Rob Orlando
November 7, 2012

Are there any women in the Miami area interested in attending our CrossFit Strongman seminar this weekend? Single day event--Saturday from 8:30am to 4pm. Our seminar is built for ANYONE looking to learn some new movements.
http://www.regonline.com/builder/site/Default.aspx...

CrossFit Strongman Trainer Course - Hialeah Gardens, FL - November 10, 2012 | Summary | powered by R

This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log, keg, a

REGONLINE.COM

Like · Comment · Share · 7 · 3 · 1

Rob Orlando
November 6, 2012

CrossFit Strongman Challenges are coming back to Germany. Check out this video by BoxRox. Thank you to Hi-Temp, Progenex and Jaco for generously sponsoring the tour. http://www.youtube.com/watch?v=V6YLcoF3MdQ&feature=related

Rob Orlando CrossFit Strongman visits CrossFit Wiesbaden

Rob Orlando and his Hybrid Athletics team called in at CrossFit Wiesbaden to host a Strongman Challenge for the members and visitors from around Europe. Firs

YOUTUBE.COM

Like · Comment · Share · 29 · 2

Rob Orlando
November 5, 2012

Last two CrossFit strongman seminars have been sold out. Hialeah, FL is next this Saturday. There are less than 10 spot left. Women and men of ALL ages and abilities are encouraged to come.
http://www.regonline.com/builder/site/Default.aspx...

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REGONLINE.COM

Like · Comment · Share · 6 3

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November 5, 2012

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REGONLINE.COM

Like · Comment · Share · 5 2

Rob Orlando
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REGONLINE.COM

Like · Comment · Share · 2

Rob Orlando
November 4, 2012

Great CrossFit Strongman seminar this past weekend at CF Central in Austin, TX. 56 people...all ages, abilities, and gender. Truly some inspiring stuff. Strongman is scalable for anyone and everyone.

Like · Comment · Share · 89 11

Rob Orlando
November 1, 2012

"Sandy" http://www.youtube.com/watch?v=Wfr_3FQuTqY

YouTube

Share your videos with friends, family, and the world

YOUTUBE.COM

Like · Comment · Share · 22 · 5 · 1

Rob Orlando
November 1, 2012

Challenge WOD--sorry for the drought lately. Hurricane Sandy rocked us. "Sandy" is 9-7-5 back squat @ 365 and strict hand stand pushups. I'll post my video shortly.

Like · Comment · Share · 44 · 10 · 3

Rob Orlando
October 25, 2012

Anyone signed up for the Strongman Challenge in Oslo tomorrow night OR the CF Strongman seminar Saturday---the location has been moved to this address Nydalsveien 17, 0484 Oslo. For directions call +47 90974343

Like · Comment · Share · 8

Rob Orlando
October 24, 2012

Here is my attempt at power clean "Kalsu " Came up short. http://www.youtube.com/watch?v=PPS_2AeaBcU&feature=youtu.be

Rob O from Hybrid Athletics doing power clean "Kalsu"

"Kalsu" is 100 thrusters at 135 with 5 burpees at the top of every minute. I modified that to power cleans at 225 pounds and added a 20 minute cap. Came up s...

YOUTUBE.COM

Like · Comment · Share · 101 · 19 · 28

Rob Orlando
October 24, 2012

Power Clean "Kalsu" at 225 pounds. Scale as needed. 20 minute cap or 100 reps--whichever comes first. Video shortly.

Like · Comment · Share · 88 · 24 · 2

Rob Orlando
October 24, 2012

Team "Linda" competition at Hybrid Athletics on December 8th is approaching quickly. Watch the video to see how it will run. http://www.youtube.com/watch...

http://www.youtube.com/watch?v=b-Bs1o1wIOg&list=HL1351082039&feature=mh_lolz

YOUTUBE.COM

Like Comment Share 13 4 2

Rob Orlando at Hybrid Athletics / Crossfit Conan

October 23, 2012

25 pound PR on my front squat yesterday. Haven't done anything to improve this lift specifically. What is the lesson?

Like Comment Share 161 29 11

Rob Orlando

October 23, 2012

What is more appealing--1, 2, or 3 day competitions?

Like Comment Share 9 38

Rob Orlando

October 22, 2012

Hybrid Athletics/CrossFit Strongman is looking for videos from previous seminar attendees. We're looking to create a montage of faces and feedback. If you've come to one of our seminars and you've got a video camera--please send us a re-cap of your experience. You can email ANY and ALL videos to rob@hybridathletics.net. Thanks for your support!

Like Comment Share 15

Rob Orlando

October 16, 2012

Just took in a new shipment of Jaco/Hybrid training shorts. This time we went with Cobalt Blue stitching and logo. http://www.jacoclothing.com/.../training-shorts-black-cobalt-... If you'd like a pair send me an email at rob@hybridathletics.net

JACO - Hybrid Training Shorts : Strength & Conditioning

Hybrid Training Shorts - Hybrid Series Technical Shorts

JACOCLOTHING.COM

Like Comment Share 13 10

Rob Orlando
October 17, 2012

10 rounds for time--405 dead lift x 3, 315 bench press x 3, 225 squat clean x 3. Solid work session.

Like Comment Share 101 19 2

Rob Orlando
October 17, 2012

http://strongmanwod.com is awesome today.

Strongmanwod.com | Strongman Workouts Posted Daily

Scale as needed. The final yoke should be close to a 1RM 50' carry. The final 2 squats should feel like they're going to break you.

STRONGMANWOD.COM

Like Comment Share 21

Rob Orlando
October 16, 2012

"It's a proven fact that chicken parm sandwiches make me feel good AND they make me a better athlete." --Dannel Malloy

Like Comment Share 86 9

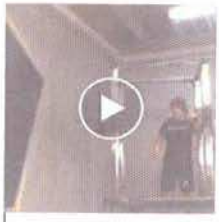
Rob Orlando
October 16, 2012

Challenge wod--8 minute amrap--3 muscle ups, 25 double unders, 6 KB swings @ 80 pounds. Post scores here.

Like Comment Share 41 10 2

Rob Orlando
October 15, 2012

Monday Funday--315 Step ups x 6 and strict hand stand pushups x 10 for 3 rounds. Haven't done step ups in years. http://www.youtube.com/watch?v=XXd5PinGC5M&sns=fb



Rob O from Hybrid Athletics

315 step ups x 6 Strict handstand push-ups x 10 3 rounds

YOUTUBE.COM

Like · Comment · Share · 58 · 8 · 2

Rob Orlando
October 12, 2012

http://strongmanwod.com is down right nasty today. Give the wod a name and I'll give you credit.

Strongmanwod.com | Strongman Workouts Posted Daily

Scale as needed. The final yoke should be close to a 1RM 50' carry. The final 2 squats should feel like they're going to break you.

STRONGMANWOD.COM

Like · Comment · Share · 20 · 50 · 2

Rob Orlando
October 11, 2012

Have you ever done a Duck Walk carry and is it valuable?
http://www.youtube.com/watch?v=y6X5CbtUUCs

Rob O from Hybrid Athletics...Row, Duck Walk and Keg Carry

200M row, 345 pound duck walk x 50', 200 pound keg carry x 50'

YOUTUBE.COM

Like · Comment · Share · 42 · 5 · 2

Rob Orlando
October 10, 2012

Anyone in NorCal want to attend a CrossFit Strongman seminar next weekend? 10/20 at TJ's Gym--CF Novato.

Like · Comment · Share · 15 · 8

Rob Orlando
October 10, 2012

Good warm up wod--8 minute cap--100 double unders, 30 toes to bar, AMRAP stone over shoulder at 145 pounds.

Like · Comment · Share · 50 · 9

Rob Orlando
October 9, 2012

We can now ship all 8 sizes of stone molds to Australia. If you're looking for molds please email me--rob@hybridathletics.net and I'll send you a quote.

Like · Comment · Share · 18 · 3 · 1

Rob Orlando
October 3, 2012

Boring to watch but fun to do--1 up to 10 bench and squat with 225 on both bars. Post scores here: http://youtu.be/AfsvO_Nz5io

Rob O from Hybrid Athletics...1 up to 10 bench press and back squat

225 on both bars. 1 up to 10.

YOUTUBE.COM

Like · Comment · Share · 57 · 16 · 11

Rob Orlando
October 3, 2012

After "Old Man Strength" yesterday I didn't have the "pop" to do much today. 1 up to 10 bench press and back squat. Both bars at 225. Video up shortly.

Like · Comment · Share · 27 · 5

Rob Orlando
October 2, 2012

Just did "Old Man Strength" from Strongmanwod.com. 50' yoke carry @ 600 and 50' farmer's carry @ 220 per hand x 10 rounds. My CNS is mangled.

Like · Comment · Share · 58 · 8

Rob Orlando
October 2, 2012

Follow me on Twitter @CrossFitRobO

Like · Comment · Share · 22 · 7

Rob Orlando
October 1, 2012

Last week to register for the upcoming CrossFit Strongman seminar in Colorado Springs. 10/6/12 we'll be at CrossFit SoCo. If you're already signed up please spread the word and get some buddies to join you http://www.regonline.com/builder/site/Default.aspx...

CrossFit Strongman Trainer Course - Colorado Springs, CO - October 6, 2012 | Summary | powered by Re

This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log, keg, a...

REGONLINE.COM

Like · Comment · Share · 5 · 2

Rob Orlando
September 28, 2012

Check these out!! First ever production run of the Hybrid Athletics/Hi-Temp scalable Husafell Stone!! Wrapped in dense rubber it can be dropped anywhere. Empty it weighs less than 80 pounds. Fill it with whatever you want to make it as heavy as you want. Infinitely scalable. These will be for sale at the Beast of the East contest October 12-14. Who wants one?

Like · Comment · Share 317 72 26

Rob Orlando
September 28, 2012

Long shot but we need some help--anyone in Norway(near Oslo) that has strongman logs that we can borrow for a seminar on October 27th?

Like · Comment · Share 5

Rob Orlando
September 26, 2012

1 up to 10 of Toes to Bar and Burpees with 2 tire flips after each round. 700 pound tire. This was fun!

Like · Comment · Share 78 5

Rob Orlando
September 25, 2012

1 squat clean every 30 seconds x 15 minutes at 300 pounds.

Like · Comment · Share 290 38 69

Rob Orlando
September 26, 2012

I need some help. We are looking for atlas stones and tires for a seminar in NorCal on October 20. TJ's Gym-CF Novato is hosting. Are there any local affiliates or gyms that have stones at 35, 65, 95, and 115? We also need tires at 400, 500, 600, and 700. Please email me at rob@hybridathletics.net

Like · Comment · Share · 1 · 1

Rob Orlando
September 24, 2012

Tom Rowland gave us this amazing video. Let me know your thoughts. Please share the link with anyone who might be positively influenced. http://www.youtube.com/watch...

FITNESS TRUTH EP.11 - THE STRONGMAN TECHNIQUE

YOUTUBE.COM

Like · Comment · Share · 38 · 10 · 24

Rob Orlando
September 24, 2012

Handful of spots remaining for the CF Strongman seminar in Southern Colorado on October 6. Check out the registration page for details-- http://www.regonline.com/builder/site/Default.aspx...

CrossFit Strongman Trainer Course - Colorado Springs, CO - October 6, 2012 | Summary | powered by Re

This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log, keg, a...

REGONLINE.COM

Like · Comment · Share · 8 · 1

Rob Orlando
September 21, 2012

Anyone in myrtle beach have a strongman log we can borrow for a seminar tomorrow? Need a lightweight, 70 pounds or less, log. We will come and get it and drop it off at the end of the day. Also need a 175 atlas stone.

Like · Comment · Share · 3 · 2

Rob Orlando
September 20, 2012

CrossFit Strongman road trip begins today at 8pm. CrossFit Vengeance in Murrells Inlet, SC for a Saturday seminar. Then, I fly to SoCal to learn how to O-Lift with Coach Burgener.

Like · Comment · Share · 62 · 8

Rob Orlando
September 19, 2012

Our CrossFit Strongman schedule is heating up. Are we coming to your

neck of the woods? Check out the schedule here and jump in for some of the fun...http://www.crossfit.com/cf-info/specialty_certs.html#11

CrossFit Specialty Courses

CrossFitters train for the unknown and unknowable with an understanding that what they do inside the box prepares them for anything the world throws at them outside of it. But elite fitness doesn't guarantee personal safety. CrossFit requires a certain set of

CROSSFIT.COM

Like · Comment · Share 18 4

Rob Orlando
September 18, 2012

12-9-6 deficit dead lifts @ 405(5" deficit) with 10 ring handstand pushups, 10 muscle ups, and 30 gh situps after each set of deads. This one hurt.

Like · Comment · Share 61 10 1

Rob Orlando
September 14, 2012

FAQ--"Is there a substitute for Atlas Stones?" Answer--No. Can you play ice hockey without skates?

Like · Comment · Share 81 3

Rob Orlando
September 11, 2012

1 to 10 Power Cleans with 10 to 1 Push Jerks. One bar from the floor at 225. http://www.youtube.com/watch?v=-4_AQyFvw4M&feature=youtu.be

Rob O from Hybrid Athletics

Criss Cross Workout with Power Cleans and Push Jerks @ 225 pounds 1/10, 2/9, 3/8, 4/7, 5/6, 6/5, 7/4, 8/3, 9/2, 10/1 One bar...no jerk blocks

YOUTUBE.COM

Like · Comment · Share 87 8 16

Rob Orlando
September 13, 2012

Strongmanwod.com is looking to print it's first t-shirt. If you have a concept or idea that you think might work leave a message here or send me an email at rob@hybridathletics.net. If we use your design we'll send you a toy from the strongman toybox.

Like · Comment · Share 22 19

Rob Orlando
September 12, 2012

Thank you to Victoria, Katie, and Rebecca who folded and organized over 3000 Hybrid shirts. Our online store is fully stocked and ready to ship. http://hybridathletics.net/shop/

Products

HYBRIDATHLETICS.NET

Like · Comment · Share 26 9

Rob Orlando
September 11, 2012

Strongmanwod.com has "Stone Fran" on the board today. 21-15-9 thrusters with a 95 pound atlas stone and pullups. 65 pounds for women. Give it a shot and compare your score to traditional "Fran." Please share your scores and thoughts here.

Like · Comment · Share 40 3

Rob Orlando
September 9, 2012

What are the top 3 most recognizable logos in within the CrossFit community?

Like · Comment · Share 8 46

Rob Orlando
September 8, 2012

Today's wod was awesome. 3 front box squats EMOM x 20 minutes. First 5 minutes at 275. Next 5 min at 295. Next 5 min at 315, and last 5 min at 335.

Like · Comment · Share 48 7 1

Rob Orlando
September 7, 2012

5-4-3-2-1 of 500 pound deadlift and 315 bench press with 5 box jumps at 40" between rounds. Is it too early in the morning for this bad boy?

Like · Comment · Share 156 24

Rob Orlando
September 5, 2012

Is there a CrossFit affiliate or a group of strongmen near Colorado Springs that is willing to loan some kegs for our seminar on 10/6 at CrossFit SoCo?

Like · Comment · Share 5 7

Rob Orlando
September 4, 2012

Challenge wod--1500m row, 20 muscle ups, 1000m row, 15 muscle ups, 500m row, 10 muscle ups. Compare scores here.

Like · Comment · Share 34 6

Rob Orlando
September 3, 2012

Rented a monster brush cutter yesterday and cleared some land. No need for a wod...I worked my ass off and loved it.

Like · Comment · Share · 43 · 7

Rob Orlando
September 2, 2012

If you attended the seminar yesterday at Rainier CrossFit please post your thoughts about the event here on my page. Thanks for coming out and spending the day with us.

Like · Comment · Share · 9 · 2

Rob Orlando
August 30, 2012

Body is trashed from squats and bench. Can it really be as simple as lifting weights?

Like · Comment · Share · 68 · 8

Rob Orlando
August 29, 2012

315 bench press x 2 on the odd minutes and 405 squat x 2 on the even minutes for 30 minutes.

Like · Comment · Share · 102 · 12 · 1

Rob Orlando
August 27, 2012

Today's wod.

Like · Comment · Share · 87 · 12 · 1

Rob Orlando
August 27, 2012

This is the unedited video of today's wod. So awful.

Like · Comment · Share · 94 · 10 · 4

Rob Orlando
August 27, 2012

7 Rounds of 7 squat cleans @ 225 and 7 over box jumps @ 24". One of the worst wods I've ever done. Video shortly.

Like · Comment · Share · 92 · 10

Rob Orlando
August 27, 2012

7 Rounds of the following--7 Squat Cleans at 225 and 7 over box jumps. Not sure which is worse...this or the post on http://strongmanwod.com/

Strongmanwod.com | Strongman Workouts Posted Daily

Tire drag should be nonstop effort for 20 seconds. Adjust the weight so you can move your feet at a reasonable pace for 20 seconds straight. It should look like the video below–

STRONGMANWOD.COM

Like · Comment · Share · 10

Rob Orlando
August 26, 2012

Check out http://strongmanwod.com/ for details on all things Hybrid Athletics.

Strongmanwod.com | Strongman Workouts Posted Daily

Tire drag should be nonstop effort for 20 seconds. Adjust the weight so you can move your feet at a reasonable pace for 20 seconds straight. It should look like the video below–

STRONGMANWOD.COM

Like · Comment · Share · 20

Rob Orlando
August 24, 2012

Check out the video from the CrossFit main site. http://media.crossfit.com/.../CFTour_RichDanThrowdown_SnatchC...

http://media.crossfit.com/community/video/SD/CFTour_RichDanThrowdown_SnatchC&J.mp4

MEDIA.CROSSFIT.COM

Like · Comment · Share 53 16 5

Rob Orlando
August 22, 2012

Our team "Linda" competition on December 8th is now an East vs. West event. CrossFit by Bodyfit will be hosting the same competition the same day. Prizes will be given to the overall winners!! If you would like to compete check out the registration link here--http://strongmanwod.com/?p=1290

FAQ for Team Linda Competition | Strongmanwod.com

Team 'Linda' will go down on December 8th, 2012 at Hybrid Athletics in Stamford, CT. The format of the wod is simple—

STRONGMANWOD.COM

Like · Comment · Share 5 5 2

Rob Orlando
August 20, 2012

CrossFit Strongman Seminar is SOLD OUT in Myrtle Beach at CrossFit Vengeance on 9/22. Is there demand for a second day? We'll add Sunday 9/23 if we can gather enough interest. Please let me know asap.

Like · Comment · Share 9 2

Rob Orlando
August 17, 2012

Challenge workout--1 rep each--500 pound deadlift, 405 squat, 315 bench x 15 minute amrap immediately followed by a 1K Row. Two separate scores...rounds/reps for part 1. Row time for part 2.

Like · Comment · Share 38 10 1

Rob Orlando
August 16, 2012

Answers to FAQ for the Team Linda Competition at Hybrid December 8th can be found at strongmanwod.com I've fielded the same questions over and over so I'll post the exact layout of the comp on strongmanwod.

Like · Comment · Share 8 1

Rob Orlando
August 13, 2012

Our entire CrossFit Strongman Seminar schedule is now posted thru March 2013. Are we coming close to your neighborhood? http://hybridathletics.net/crossfit-strongman/

Crossfit Strongman Trainer Certification Course

HYBRIDATHLETICS.NET

Like · Comment · Share 26 22

Rob Orlando
August 13, 2012

Just took delivery of almost 3000 Hybrid Athletics' shirts. New pics will be posted shortly. Got to hybridathletics.net/shop/ to see our inventory. We can ship worldwide...email katie@hybridathletics.net for international shipping quotes.

Like · Comment · Share · 29 · 3

Rob Orlando
August 12, 2012

Follow me on Twitter @CrossFitRobO

Like · Comment · Share · 21 · 4

Rob Orlando
August 7, 2012

"Linda" registration page is up!! Check it out at http://hybridathletics.net/december-8th-hybrid-athletics-c.../

December 8th Hybrid Athletics Competition Sign Up

On December 8th, Hybrid Athletics will be hosting a competition where teams of 3 competitors will complete the Linda workout (see description below). Teams will use the average weight of team...

HYBRIDATHLETICS.NET

Like · Comment · Share · 7

Rob Orlando
August 6, 2012

WodHopper is an amazing system for CrossFit affiliates. Best response time in the business. Thank you for the help today.

Like · Comment · Share · 19 · 2

Rob Orlando
August 6, 2012

Hybrid Athletics will be hosting a competition on December 8th. Team "LINDA." Teams of 3 will take on Linda at an average of their body weights. Men, women, and masters divisions. Free shirt with entry and some amazing prizes to the winners. For more details check out strongmanwod.com. We'll have the registration page up shortly.

Like · Comment · Share · 23 · 11 · 2

Rob Orlando
August 4, 2012

Strongmanwod.com has come up with a "Total." Check it out and report your scores.

Like · Comment · Share · 16 · 13

Rob Orlando
August 2, 2012

FINALLY!!!! We landed a CrossFit Strongman seminar in Florida. Caution CrossFit in Hialeah Gardens on November 10th. www.regonline.com/StrongHialeahGardFLNov2012

CrossFit Strongman Trainer Course - Hialeah Gardens, FL - November 10, 2012 | Summary | powered by R

This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log, k...

REGONLINE.COM

Like · Comment · Share 25 6

Rob Orlando
August 2, 2012

305 squat clean x 1 on the minute x 10 minutes. Here is the last rep.

Like · Comment · Share 169 15 13

Rob Orlando
August 2, 2012

1 squat clean on the minute x 10 minutes @ 305. This was the first rep.

Like · Comment · Share · 173 11 18

Rob Orlando
August 1, 2012

Got smoked today by Dan Tyminski. I have work to do.

Like · Comment · Share · 63 14

Rob Orlando
July 31, 2012

305 squat clean x 1 every minute on the minute x 10 rounds. Video shortly.

Like · Comment · Share · 49 8

Rob Orlando
July 30, 2012

Death by Results--405 deadlift-8 rounds + 4 reps. Pullups-16(ripped). 225 bench-8 rounds. Squat wod results--12:57 at 315 pounds.

Like · Comment · Share · 59 2

Rob Orlando
July 28, 2012

Yesterday was fun. 3, 6, 9, 12, 15 back squats @ 315 with a 250M run between rounds. Today is going to be even better. Death by Dead lift @ 405. Rest 1 min. Death by Pullup. Rest 1 min. Death by Bench Press 225.

Like · Comment · Share · 63 6

Rob Orlando
July 21, 2012

5 rounds of 5 squat clean thrusters at 225 and 5 muscle ups.

Like · Comment · Share · 49 8 2

Rob Orlando
July 19, 2012

15 Handstand Pushups. Then 1 up to 15 of pullups and burpees. Then 15 Handstand Pushups.

Like · Comment · Share · 57 6

Rob Orlando
July 18, 2012

Gem of a wod--50 front squats @ 225 pounds and 50 weighted dips with 90 pounds.

Like · Comment · Share 50 23

Rob Orlando
July 18, 2012

Kevin Penner from CrossFit by Bodyfit was such an amazing help at the Games that I gave him the Husafell Stone prototype. Thanks, Kevin.

Like · Comment · Share 25 7

Rob Orlando
July 17, 2012

My sponsors, Rogue and Progenex, came to the rescue several times over the Games weekend. Thank you to both companies for your support.

Like · Comment · Share 64 4

Rob Orlando
July 13, 2012

Please come by the Hybrid Athletics/CrossFit Strongman tent tomorrow during the Games. We have loads of equipment to play with and we're also selling shirts and molds at a Games discount.

Like · Comment · Share 29 8

Rob Orlando
July 12, 2012

OK...it's crunch time at the Home Depot Center. Are there any local affiliates that have a 17" Hybrid Atlas Stone(215 pounds)? We'd like to borrow it for the weekend, if possible. Need your help!!

Like · Comment · Share 3 5

Rob Orlando
July 11, 2012

Legs are slowly turning to granite after strongmanwod.com this morning.

Like · Comment · Share 35 5

Rob Orlando
July 9, 2012

Are there any affiliates near the Home Depot Center that have a 500, 600, or 700 pound tire? We are sorting gear for the strongman booth. We also need a 200+ stone

Like · Comment · Share 13 1

Rob Orlando
July 4, 2012

Just finalized our next CrossFit Strongman tour thru Australia. We're headed back to Gold Coast and Mandurah between March 2 and March 10. We'll also be hitting Brisbane and Perth for a few Strongman Challenges. If you have attended the seminar and believe your friends would have fun at our event please spread the word. Post comments and feedback here.

Like · Comment · Share 23 12 1

Rob Orlando
July 3, 2012

Challenge wod--5 down to 1 of muscle up to ring handstand pushup and 50 down to 10 of double unders. 5/50, 4/40 etc..

Like · Comment · Share 18 4

Rob Orlando
June 30, 2012

EXCELLENT group today at Hybrid Athletics for the CrossFit Strongman seminar. Thank you to everyone for spending a hot day working out and learning.

Like · Comment · Share 19 2

Rob Orlando
June 29, 2012

Strongmanwod.com is nasty tomorrow. 1K run, body weight bench press x 50 reps, 1.5x body weight back squat x 25 reps, 1K row.

Like · Comment · Share 71 21

Rob Orlando
June 28, 2012

I'm pretty sure we've found a distributor for our Atlas Stone Molds in Australia. We are going to set up a deeply discounted pre-order for 10 customers who would like the entire set. Anyone in Oz want to lead the charge?

Like · Comment · Share 27 16

Rob Orlando
June 27, 2012

Tomorrow is going to be a heavy day. 500 pound dead lift x 2 reps, 30" box jumps x 2 reps for a 6 minute amrap. Any guess on how many rounds is possible?

Like · Comment · Share 41 20 1

Rob Orlando
June 25, 2012

Are there any affiliates near the Home Depot Center that would be willing to let us borrow a yoke, farmer's handles, axles and log? We will be doing demos around our SME tent during the Games and we need some gear. Kevin Penner from CF by Bodyfit has offered to help. Anyone else?

Like · Comment · Share 6 3

Rob Orlando
June 21, 2012

Hybrid Athletics is looking for a few more Concept 2 rowers. Prefer used machines. Anyone have good intel?

Like · Comment · Share 3 4

Rob Orlando
June 15, 2012

Great wod at CF BoomTown this past weekend. It was so good that I posted it to strongmanwod.com. 15 minutes of an ascending thruster ladder with 225 pounds. 1 rep, 4 bar muscle ups, 2 thrusters, 4 muscle ups, 3 reps, 4 muscle ups...until time expired. No rack..clean from the

floor.

Like · Comment · Share 38 4

Rob Orlando
June 13, 2012

Women's Tank Tops have been added to the Hybrid store. Up to 3 items of clothing ship for $5 anywhere in the US.
http://hybridathletics.net/shop/womens-tank-top/

Women's Tank Top

HYBRIDATHLETICS.NET

Like · Comment · Share 7

Rob Orlando
June 12, 2012

Check out this video of Jaco Clothing...one of our sponsors for the Australian CrossFit Strongman Tour. http://www.youtube.com/watch?v=XYGhe9jwmCU&feature=youtu.be

Special Thanks to Jaco!

We loved sharing these jaco shorts with everyone in Australia, they seemed to love them too!

YOUTUBE.COM

Like · Comment · Share 11 4 1

Rob Orlando
June 12, 2012

I am so lucky to have Jenny Hansen as Hybrid's in-house photographer and videographer. If you need someone to take amazing photos of your gym, your contest, or anything else, she is simply the best.

Like · Comment · Share 20 9

Rob Orlando
June 11, 2012

Check out our new women's tank tops--they'll be posted in our store in the next day or so. American Apparel 50/50.

Like Comment Share 20 4

Rob Orlando
June 6, 2012

The Hybrid Athletics team and I just checked into our hotel in Barrington, IL. Looking forward to a great day of strongman (and strongwoman) at CF Barrington tomorrow. If you've been on the fence there are still a few spots open. 10 women are currently signed up!! Love it. Check it out here--http://www.regonline.com/builder/site/Default.aspx...

CrossFit Strongman Trainer Course - Lake Barrington, IL - June 9, 2012 | Summary | powered by RegOnl

This one-day seminar is a performance-oriented workshop for all levels of athletes and coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip tires, and clean and press odd objects such as a log. k...

REGONLINE.COM

Like Comment Share 19 4

Rob Orlando
June 6, 2012

I love bench pressing and I don't do enough of it.

Like Comment Share 120 16

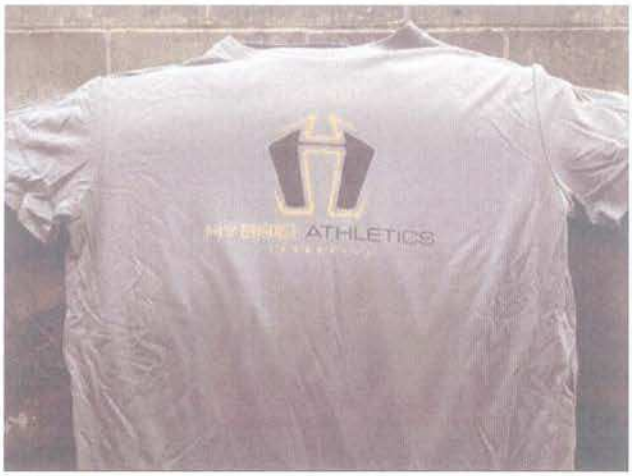
Rob Orlando
June 6, 2012

CrossFit Strongman Seminars are being added to the schedule. CrossFit Vengeance in South Carolina on 9/22. CrossFit SoCo in Colorado Springs on 9/29. Soon to be announced TJ's Gym in Novato(NorCal) on 10/20.

Like Comment Share 11 5 1

Rob Orlando
June 5, 2012

Just got loads of Jaco brand Gray Revolutionizing Old School shirts from the printer. http://hybridathletics.net/.../mens-gray-revolutionizing-old.../



Like Comment Share 15 6

Rob Orlando
June 1, 2012

Hybrid Athletics is looking for a host for our seminar in NorCal and in Florida. Is there anyone who would be interested in having a CrossFit Strongman Seminar at your box? If so, email me at rob@hybridathletics.net. I'll send the equipment requirements.

Like · Comment · Share 2 9

Rob Orlando
May 23, 2012

Hybrid Athletics was given the right to sell Atlas Stone Molds in Carson at the CrossFit Games. We are taking pre-orders and will have stock on hand for people to take home. To place your pre-order please email james@hybridathletics.net. Make sure to be clear which sizes you'd like.

Like · Comment · Share 32 2

Rob Orlando
May 21, 2012

Hybrid Athletics just bought loads of American Apparel colored shirts for sale. Check this out--http://hybridathletics.net/shop/

Products

HYBRIDATHLETICS.NET

Like · Comment · Share 7 4 2

Rob Orlando
May 15, 2012

Back from Australia. Next up---Regionals. Time to get focused. Thank you to everyone we met down under. It was a memorable trip for the 5 of us.

Like · Comment · Share 52 7

Rob Orlando
May 8, 2012

One day left in Gold Coast Australia. Flying to Perth tomorrow morning for a pair of seminars at Real World CrossFit with our friend Jason Regler. Still spots remaining for both days if you haven't signed up already.

Like · Comment · Share 14 6

Rob Orlando
May 4, 2012

Good wod last night at Reebok CF Gold Coast in Australia. After 30 hours of flying we did this little gem--15 minute amrap of 3 squats @ 225, 3 muscle ups, and 3 push jerks @ 225. 10 rounds was good enough to wake me up.

Like · Comment · Share 43 8

Rob Orlando
May 2, 2012

I'm a lucky man.

Like · Comment · Share 58 6

Rob Orlando
April 29, 2012

How does one prepare for the 7,500 mile trip from NYC to Surfer's Paradise, Australia?

Like · Comment · Share 9 20

Rob Orlando with Greg Rhoades and 2 others
April 22, 2012

Like · Comment · Share 22 4 1

Rob Orlando
April 22, 2012

Great strongman seminar yesterday at CrossFit BWI. Thank you for coming out and learning some new movements. Next stop--Australia!!!!

Like · Comment · Share 26 1

Rob Orlando
April 19, 2012

What's best----1 day, 2 day, or 3 day competitions?

Like · Comment · Share 8 24

Rob Orlando
April 16, 2012

What do you think? Should we build it? http://www.youtube.com/watch?v=H40vBOtBIDI

Hybrid Athletics | Farmer's Bracket
www.hybridathletics.net www.strongmanwod.com
YOUTUBE.COM

Like · Comment · Share 40 24 4

Rob Orlando
April 16, 2012

Last call for anyone looking to spend the day learning/doing strongman. CrossFit BWI in Glen Burnie, MD this Saturday. Register using this link http://www.regonline.com/Register/Checkin.aspx...

CrossFit Strongman Trainer Course - Glen Burnie, MD - April 21, 2012

When: Saturday, April 21, 2012 Where: CrossFit BWI, 501 McCormick Drive Suites T-V Glen Burnie, Maryland 21061 United States Please contact Customer Service with any questions, using the

REGONLINE.COM

Like · Comment · Share 2 1

Rob Orlando
April 15, 2012

Check out Spencer Moorman smashing 303 pound "Grace." Well done, Spencer. http://www.youtube.com/watch...

Spencer Moorman does CrossFit WO Grace in 13min 40sec with 137kg

See more PRs and Big Lifts
http://www.californiastrength.com/big-lifts/viewcateg...

YOUTUBE.COM

Like · Comment · Share 100 10 21

Rob Orlando
April 13, 2012

Sold out seminar tomorrow in Toronto tomorrow morning. Fingers crossed for a good night sleep.

Like · Comment · Share 38 3

Rob Orlando
April 10, 2012

What is the best CrossFit Games moment you've ever seen?

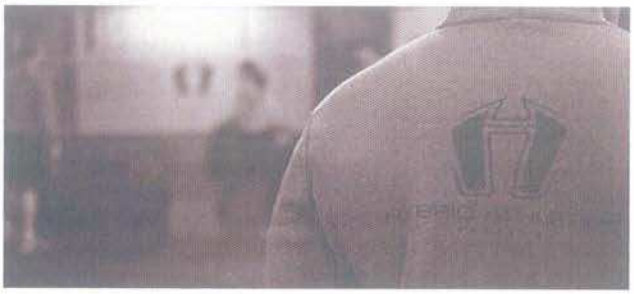
Like · Comment · Share 2 37

Rob Orlando
April 8, 2012

I need help promotng the strongman seminars in Australia. Looking to draw from CrossFit Brisbane for the events on May 5 and May 6. Anyone have any contacts I can reach out to?

Like · Comment · Share 6 15

Rob Orlando updated their cover photo
April 5, 2012



Like Comment Share 26

Rob Orlando
April 5, 2012

International orders on all Hybrid Athletics apparel and stone stone molds can be processed without any issues. For a custom quote please send me a message at info@hybridathletics.net

Like Comment Share 10 3 1

Rob Orlando
April 4, 2012

Back in the USA after almost 2,000 miles on the European Strongman tour. Next stop is Ontario at CrosssFit Colosseum April 14th...sold out. The following weekend we'll be in Glen Burnie, MD at CrossFit BWI on April 21. Sign up for that event using this link http://www.regonline.com/Register/Checkin.aspx ...

CrossFit Strongman Trainer Course - Glen Burnie, MD - April 21, 2012

When: Saturday, April 21, 2012 Where: CrossFit BWI, 501 McCormick Drive Suites T-V Glen Burnie, Maryland 21061 United States Please contact Customer Service with any questions, using the

REGONLINE.COM

Like Comment Share 15

Rob Orlando
March 30, 2012

Just arrived at Reebok CF Nurnberg to do a strongman Challenge for US soldiers. Feels like home.

Like Comment Share 124 5 1

Rob Orlando
March 28, 2012

I've met some amazing people on our European tour. Stephen Glover and his wife Hillary are two of the kindest people we've met to date. So thoughtful. Thank you to everyone who has rolled out the red carpet for us on this journey. The Challenge in Wiesbaden tomorrow night will be memorable. If you're even considering doing the event or spectating...bring your sneakers and be ready to work out. You won't want to miss it.

Like Comment Share 23

Rob Orlando
March 26, 2012

Just dropped into CrossFit Antwerpen for one of our European Challenges after lunch at NATO headquarters. We ran the Belgian Police Obstacle course for fun under the watchful eye of their head trainer. Stellar day so far.

Like Comment Share 36 3

Rob Orlando
March 23, 2012

Is there anyone coming to the Challenge or Seminar at CrossFit Clitheroe who can bring a 35 pound or 65 pound Atlas Stone? Med Ball is acceptable as well.

Like · Comment · Share · 1 · 6

Rob Orlando
March 22, 2012

How far will this European Strongman Tour take us? Just shy of 9,000 miles of travel.

Like · Comment · Share · 24 · 4

Rob Orlando
March 22, 2012

Love my wife, kids, and dog ...lots.

Like · Comment · Share · 112

Rob Orlando
March 22, 2012

For those of you following Strongmanwod we are experiencing some technical difficulty. I've tried to load new workouts for over a day and the site won't allow me to post. I've got my crack web guy on it so it should be resolved shortly. For now, the workout for today is 5 rounds of AMRAP pullups, 60 seconds rest, AMRAP pushups, 60 seconds rest...wearing a 35 pound vest.

Like · Comment · Share · 8 · 5

Rob Orlando
March 22, 2012

Just arrived at our first stop on the European Strongman Tour. Clitheroe Challenge is tomorrow night from 6:30pm to 9:30pm. Prizes from our great sponsors Jaco, Hi-Temp, Rogue Europe, and Progenex. Strongman Seminar to follow on Saturday. Sunday is a strongman seminar at CF Brussels. Only a handful of spots remain.

Like · Comment · Share · 22 · 3

Rob Orlando
March 20, 2012

I did today's main site wod on September 17 in 2010.

CrossFit - WOD 100917 Demo with Rob Orlando and Mike McKenna

Three rounds, 9-6-and 3 reps, for time of: 165 pound barbell Thrusters Muscle-Up Rob Orlando 2:44, Austin Malleolo 3:17, Graham Holmberg 3:41, Peter Egyed 3:...

YOUTUBE.COM

Like · Comment · Share · 23 · 6 · 2

Rob Orlando
March 18, 2012

Challenge wod for today--woke up and felt like doing hang squat cleans. 95x20, 135x20, 185x20 and 225x20. I'm going to use straps if(when) the

grip fails. Don't want my hands to slow me down.

Like · Comment · Share 40 7

Rob Orlando
March 15, 2012

265 Reps on Wod 4.

Like · Comment · Share 176 17

Rob Orlando
March 14, 2012

Thanks for all the positive comments on Grace. Just picked up the March issue of Muscle and Fitness and "Fran" is now in front of 6 million readers.

Like · Comment · Share 177 15 5

Rob Orlando
March 13, 2012

My nervous system is mangled from 300 pound Grace yesterday.

Like · Comment · Share 176 47 2

Rob Orlando
March 13, 2012

CrossFit Strongman European Tour begins in less than 2 weeks!!! First stop is CrossFit Clitheroe on March 23 for a 3 hour Challenge followed by a Strongman seminar on March 24. Brussels, Germany, Amsterdam to follow.

Like · Comment · Share 18 4 1

Rob Orlando
March 12, 2012

I just completed a workout that I've been thinking about for almost 2 years. I am completely drained physically and mentally.

Like · Comment · Share 67 30

Rob Orlando
March 10, 2012

Love getting messages like this--

"Hey Rob,

Thanks for dicounting the drop in rate for me today. It was great to come back. The atmosphere, coaching, and camaraderie at Hybrid are unmatched. This really hit me last week when I went back to my old CF gym -- it's not the same. Wish I could take Hybrid with me, you guys are awesome and have builit a great community. I'll look forward to visiting whenever I'm in town over the next few months."

Like · Comment · Share · 42

Rob Orlando
March 10, 2012

40 Wall Balls, 30 Pullups, 20 HSPU. 30 Wall Balls, 20 Pullups, 10 HSPU. 20 Wall Balls, 10 Pullups, 5 HSPU. Great wod with the Hybrid Team today.

Like · Comment · Share · 35 · 10

Rob Orlando
March 9, 2012

With the warm weather approaching Hybrid Athletics is cutting prices on the Alternative Apparel Zip Hoodie and Thermals. $45 and $35 respectively with shipping included. http://hybrid-athletics.myshopify.com/.../copy-of-copy-of-hyb...

Hybrid Athletics — Hybrid Athletics Hoodies (SHIPPING INCLUDED)

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share · 1 · 2

Rob Orlando
March 7, 2012

Is there a CrossFitter out there that can help me build an app? I need a genius

Like · Comment · Share · 10 · 10

Rob Orlando
March 5, 2012

If were to make a new size Atlas Stone mold how heavy would you want the stone to be? 130 pounds, 158 pounds, 190 pounds, 226 pounds, or 268 pounds?

Like · Comment · Share · 3 · 36

Rob Orlando
March 5, 2012

Should we do a small production run on the stone mold funnel?

Like · Comment · Share · 7 · 11

Rob Orlando
March 3, 2012

One of the best CF videos I've seen-- http://www.youtube.com/watch...

Bad CrossFit Gym Etiquette

Tommy, Juggins, and Jon Boy of CrossFit Oahu take us through some skits of bad crossfit etiquette and the things that make us say "What is going on here?"

YOUTUBE.COM

Like Comment Share 36 2 12

Rob Orlando
March 3, 2012

Rather than repeat the sectional wod today at the Arnold I'm going to punish myself with "Banana" from Strongmanwod.com. 30 body weight thrusters for time.

Like Comment Share 50 13

Rob Orlando
March 1, 2012

Just ate dinner in Columbus, Ohio sitting next to Ronnie Coleman at one table and Randy Couture at the next table.

Like Comment Share 160 35

Rob Orlando
March 1, 2012

How did you do on wod 2 AND will you be attempting it again?

Like Comment Share 2 38

Rob Orlando
February 29, 2012

How many CrossFitters will enjoy a glass of wine while reading about the next Open wod?

Like Comment Share 32 22

Rob Orlando
February 29, 2012

Check out the new funnel prototype. What do you think?

Like · Comment · Share 42 22

Rob Orlando
February 28, 2012

Hybrid/Jaco wod shorts will be shipping out Tuesday. If you've placed your pre-order please be on the lookout. If you'd like to order a pair check them out here--http://hybrid-athletics.myshopify.com/.../hybrid-athletics-sh...

Hybrid Athletics — Hybrid Athletics Shorts : WILL BE AVAILABLE FOR DELIVERY 2/28/2012

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share 8 7

Rob Orlando
February 25, 2012

Hybrid Challenge complete. Great day of heavy lifting for almost 80 athletes at Hybrid today. Great job by all.

Like · Comment · Share 18 6

Rob Orlando
February 22, 2012

Can't believe how jam-packed our schedule is over the next few months. Two international trips and loads of events. Not to mention the CF Games. Exciting times for sure. http://hybridathletics.net/upcoming-events/

Upcoming Events

HYBRIDATHLETICS.NET

Like · Comment · Share 15 5

Rob Orlando
February 21, 2012

Another good wod today--Try it and post numbers. 135 pound barbell--2 power snatches, 4 rack jerks, and 6 alternating forward lunges with the barbell on the back. AMRAP 15 minutes.

Like · Comment · Share 10 3

Rob Orlando
February 20, 2012

Light weight challenge wod--1 muscle up, 2 squat cleans @ 155, 3 hand stand pushups, 4 pistols(2&2) x 5 rounds.

Like · Comment · Share 26 7

Rob Orlando
February 16, 2012

Austin, Texas---here we come! Flying out tomorrow to do a CrossFit Strongman seminar at CF Central. Sold out crowd. Next stop for the seminar is March 3rd in Albany.

Like · Comment · Share · 15 · 4 · 1

Rob Orlando
February 15, 2012

Proud to annouce a new sponsor for the Hybrid Challenge on 2/25. Spartan Stone Sleeves has offered up a bunch of tester sleeves of their newest generation product. Winners in each class will take a pair home! Thank you, Scott Porter and crew.

Like · Comment · Share · 11 · 3 · 1

Rob Orlando
February 14, 2012

Badass challenge wod--"Tatts" 300 pound yoke walk x 250' and 225 back squats x 10 reps. 400 pound yoke x 200' and 275 squat x 8. 500 pound yoke x 150' and 315 squat x 6. 600 pound yoke x 100' and 365 squat x 4. 700 pound yoke and 405 squat x 2.

Like · Comment · Share · 7 · 4

Rob Orlando
February 14, 2012

I got so tired of throwing away hundreds of plastic water bottles each week in the gym that we just took delivery of Hybrid Athletics/HydroFlask water bottles. Keeps liquids hot or cold for hours and it comes with a lifetime guarantee. No more waste!! Available in pink trim and yellow trim. Check them out here--http://hybrid-athletics.myshopify.com/.../hybrid-athletics-wa...

Hybrid Athletics — Hybrid Athletics Water Bottle (21oz.)

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share · 9 · 5

Rob Orlando
February 14, 2012

Is there such thing as "strong enough?"

Like · Comment · Share · 13 · 28 · 1

Rob Orlando
February 13, 2012

Hybrid/Jaco fight shorts will be shipping in less than 2 weeks. Have you seen them? http://hybrid-athletics.myshopify.com/.../hybrid-athletics-sh...

Hybrid Athletics — Hybrid Athletics Shorts : WILL BE AVAILABLE FOR DELIVERY 2/28/2012

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share · 8 · 5

Rob Orlando
February 10, 2012

Has anyone in Europe had a problem signing up for the Challenges? Our site is giving us some trouble but we are diligently working on the problem.

Like · Comment · Share · 6

Rob Orlando
February 8, 2012

What is your goal for the upcoming CrossFit Games season?

Like · Comment · Share · 1 · 31

Rob Orlando
February 7, 2012

Challenge Wod--Scale up or down as needed.
http://youtu.be/AVT5z67pFL0

Rob O from Hybrid Athletics
255 Thruster x 1 and 215 Stone x 1 for 10 minutes...AMRAP
YOUTUBE.COM

Like · Comment · Share · 28 · 8

Rob Orlando with Alan Burnell
February 6, 2012

CrossFit Strongman is bound for Europe. Check out our poster--

Like · Comment · Share · 15 · 4 · 1

Rob Orlando
February 5, 2012

"Super Sunday" wod on strongmanwod.com today is awful. Check out

Strongmanwod.com | Strongman Workouts Posted Daily

Using an Atlas Stone that weighs at least 50% of your body weight--Shoulder the stone and then perform 6 squats. Drop the stone, put it on the opposite shoulder, and perform 6 more squats

STRONGMANWOD.COM

Like · Comment · Share 6 4

Rob Orlando
February 4, 2012

What should my wod be today?

Like · Comment · Share 56

Rob Orlando
February 3, 2012

What's the best thing about your CrossFit box?

Like · Comment · Share 5 50 1

Rob Orlando added 34 new photos — with Rebecca White and 2 others
February 1, 2012

Like · Comment · Share 9

Rob Orlando
January 31, 2012

Challenge WOD part 2---315 dead lift and burpees for 15-12-9. Rest 6 minutes and repeat. Time both efforts for two separate scores.

Like · Comment · Share 17 9 1

Rob Orlando
January 31, 2012

Challenge WOD--5-4-3-2-1 of Dead lift @ 405 and Push Jerk @ 275. Video to follow later today. Any takers?

Like · Comment · Share 18 24

Rob Orlando
January 30, 2012

Events and weights are now posted to Strongmanwod.com for the contest on 2/25 at Hybrid Athletics. Weights are subject to change. Thank you to our sponsors Progenex and Brute Force Sandbags.

Strongmanwod.com | Strongman Workouts Posted Daily

Using an Atlas Stone that weighs at least 50% of your body weight–Shoulder the stone and then perform 6 squats. Drop the stone, put it on the opposite shoulder, and perform 6 more squats.

STRONGMANWOD.COM

Like · Comment · Share 12 8

Rob Orlando
January 29, 2012

European Strongman Tour begins on March 23 in the UK. Slots are filling quickly. Sponsors are coming on board. This trip will be epic. Get information to the Challenges here http://hybrid-athletics.myshopify.com/.../europe-rob-o-challe... and info for the seminars here http://hybridathletics.net/upcoming-events/

Hybrid Athletics — Europe : Rob O Challenges

$60 per entry and t-shirts for participating.Events will be Rob O Strongman style like "Yoke Carry x 2 Minutes For Max Distance"

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share 7 2

Rob Orlando
January 28, 2012

4 Front Squats on the minute x 10 minutes @ 225. Then 10 CTB Pullups on the minute x 10 minutes. Then 12 Ring Pushups on the minute x 5 minutes.

Like · Comment · Share 41 10 1

Rob Orlando
January 27, 2012

Is anyone near Albany coming out for the CrossFit strongman seminar on March 3rd?

Like · Comment · Share 8

Rob Orlando
January 25, 2012

We are currently out of stock on the 15" atlas stone molds. Every other size is fully stocked.

Like · Comment · Share 3 4

Rob Orlando
January 24, 2012

Ben Smith Challenge--3 rounds for time. 400M Run, 8 clean and jerks @ 225, and 12 ring hand stand pushups.

Like · Comment · Share · 16 · 13 · 1

Rob Orlando
January 23, 2012

Part 2--30 squat snatches @ 75, 30 Wall Balls x 3 rounds. Yuck.

Like · Comment · Share · 11 · 3

Rob Orlando
January 23, 2012

Good strength challenge-405 squat x 1 rep every 30 seconds x 12 minutes.

Like · Comment · Share · 17 · 10

Rob Orlando
January 19, 2012

Challenge WOD--5-4-3-2-1 of Clean and Jerks @ 205 and Muscle Ups.

Like · Comment · Share · 48 · 15 · 31

Rob Orlando
January 19, 2012

Check out Low Country CrossFit doing "Stone Grace."
http://www.youtube.com/watch...

http://www.youtube.com/watch?v=H19jqxELCt4&context=C3d196efADOEgsToPDskI9RJ6k_Gd4PelbAL7g3COR
YOUTUBE.COM

Like · Comment · Share · 13 · 2 · 1

Rob Orlando
January 16, 2012

Europe--are you ready for the CrossFit Strongman Seminar tour and the Rob O Challenges? For all dates, locations, and details please go to strongmawod.com Dates are March 23-April 2nd. Registrations are open!!

Like · Comment · Share · 12

Rob Orlando
January 15, 2012

Back Squat Challenge Wod--315x10, 225x20, 135x30, air squat x 40, 135x30, 225x20, 315x10. Did it yesterday at lunch during the seminar at Captain CrossFit in AZ. Legs are not right today.

Like · Comment · Share · 39 · 22 · 2

Rob Orlando
January 13, 2012

Hybrid/Jaco fighting shorts are coming back!! We just ordered 144 pairs. What size waist do you want? They range from 30" to 40" by 2's.

Like · Comment · Share · 7 · 18

Rob Orlando
January 12, 2012

Challenge workout--using a single barbell @ 135 pounds perform the following--5 wall walks, 25 front squats, 4 wall walks, 20 sumo dead lift high pulls, 3 wall walks, 15 push presses, 2 wall walks, 10 thrusters, 1 wall walk. Share you times if you try it.

Like · Comment · Share · 17 · 19

Rob Orlando
January 11, 2012

January 21st CF Strongman seminar at Hybrid is completely sold out....55 spots. For people in the Northeast the next location is Albany CF on March 3rd or March 17th at CF Skylands in Sparta, NJ. Check out Strongmanwod.com for registration details.

Like · Comment · Share · 6 · 1

Rob Orlando
January 11, 2012

Have you thought about attending a CrossFit Strongman Seminar? http://youtu.be/GaapMeVOznk?hd=1

Strongman Seminar
Rob Orlando's Workshop: www.strongmanwod.com
YOUTUBE.COM

Like · Comment · Share · 32 · 20 · 2

Rob Orlando
January 10, 2012

What's the most important attribute of a CrossFit athlete?

Like · Comment · Share · 5 · 87

Rob Orlando
January 8, 2012

Fun workout yesterday at Hybrid. 15 Minute AMRAP of 3 bench press @ 315 and 200M run. 9 rounds. No spotter meant racking the bar after 2 reps on a few sets.

Like · Comment · Share · 16 · 4

Rob Orlando
January 4, 2012

Registration page is up for the Hybrid Strongman Competition. Here it is-- http://hybrid-athletics.myshopify.com/.../copy-of-hybrid-comp...

Hybrid Athletics — HYBRID COMPETITION

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share · 9 · 5

Rob Orlando
January 4, 2012

Hybrid Athletics is hosting a pure strongman contest with weight classes for men and women on February 25th. Tentatively, here are the events-

1.Carry and Drag Medley-Farmer's carry, Keg carry, Sled drag.
2.Yoke for max distance in 90 seconds
3.Stones over bar for max reps in 90 seconds... See More

Like · Comment · Share · 17 · 6

Rob Orlando
January 3, 2012

Axle Push Press x 30 seconds right into Axle Push Jerk x 30 seconds max reps for both. Rest 90 seconds and repeat for 3 rounds. Score is total reps from all 3 rounds. I used 135 and got 83.

Like · Comment · Share · 9 · 3

Rob Orlando
January 1, 2012

20 pushups, 20 squats, 20 pushups, 20 squats after each run....200M, 400M, 800M, 400M, and 200M. 18:43.

Like · Comment · Share · 38 · 13

2011 ALL STORIES

Rob Orlando
December 30, 2011

510 pound back squat @ 187.

Like · Comment · Share · 35 · 6 · 2

Rob Orlando
December 30, 2011

500 pound back squat @ 187.

Like · Comment · Share 18 3

Rob Orlando
December 28, 2011

Challenge wod--Death by Clean and Jerks @ 185. For all my challenge workouts women can scale the weight to 66%.

Like · Comment · Share 15 13

Rob Orlando
December 27, 2011

Challenge wod--10 rounds of 405 back squat x 1 and 450 dead lift x 1.

Like · Comment · Share 11 24

Rob Orlando
December 21, 2011

Fun workouts tonight. Death by Push Jerks @ 300 pounds...finished 4 reps. Much harder than I thought it would be. Then did 2 bar muscle ups, 4 hand stand pushups, 6 kb swings @ 80 pounds x 10 rounds in 9:42.

Like · Comment · Share 18 4

Rob Orlando
December 21, 2011

Strongmanwod.com has been growing at an alarming rate. Have you been to the site? If so, have you tried one or more of the workouts?

Like · Comment · Share 21 14

Rob Orlando
December 16, 2011

We have made a switch to the Australian seminar schedule. The seminars that were scheduled for May 19 and 20 at Gold Coast CrossFit have been

moved to May 5 and 6. We made this adjustment to avoid a conflict with the Australian regicnal. If you're in Oz please spread the word.

Like · Comment · Share · 6 · 2 · 1

Rob Orlando
December 16, 2011

Hybrid Stone Molds---Made in the USA. Feels good to produce something right here in Connecticut.

Like · Comment · Share · 43 · 3 · 1

Rob Orlando
December 15, 2011

This just in--CrossFit Strongman Seminar will be making a tour thru Europe. Locations and dates are being finalized. First up..CrossFit Clitheroe on March 24th. Next stop is CrossFit Brussels on March 25th. Registration pages will be up on CF.com and Hybridathletics.net before the end of the day.

Like · Comment · Share · 28 · 8 · 4

Rob Orlando
December 14, 2011

Tabata Bench @ 225. 3 minutes rest. Tabata Tire Flips @ 650. 3 minutes rest. Tabata Push Jerk @ 185. Rough...really freakin' rough.

Like · Comment · Share · 20 · 10

Rob Orlando with Anthony Katafias and 2 others
December 11, 2011

Check out the picture from yesterday's seminar--

Like · Comment · Share · 14 · 5

Rob Orlando
December 8, 2011

Is there anyone out there with a creative side that can tinker with the Hybrid Athletics Logo? We're looking to create a new generation of t-shirts. New fonts, colors, back drops, etc., Anyone want to give it a shot?

Like · Comment · Share · 2 · 16

Rob Orlando
December 7, 2011

Already at half capacity for the January 21st CrossFit Strongman seminar at Hybrid Athletics in Stamford, CT. Who else wants in? Click the Hybrid link for registration details. http://hybridathletics.net/?page_id=56

Crossfit Strongman Trainer Certification Course

HYBRIDATHLETICS.NET

Like · Comment · Share · 4 · 2

Rob Orlando
December 6, 2011

Fun wod tonight. 10 rounds of 4 muscle ups and 7 gh situps. 10:58. If you're up for it give it a whirl and post your scores.

Like · Comment · Share · 5 · 7

Rob Orlando
December 3, 2011

Hybrid Athletics is fully stocked with apparel. We have men's and women's short-sleeve t-shirts, long-sleeve t-shirts, and long-sleeve thermals. We can ship internationally. Please contact me at rob@hybridathletics.net for international orders. Check out pics of our clothing in our online store-- http://hybrid-athletics.myshopify.com/

Hybrid Athletics — Welcome

HYBRID-ATHLETICS.MYSHOPIFY.COM

Like · Comment · Share · 4 · 3

Rob Orlando
December 2, 2011

I need a Facebook ninja. Is there anyone out there that can help me get my page in order? Since I started a "Fan" page it seems like I have virtually zero contact with the group of people I used to be connected with. I need help!

Like Comment Share 4 8

Rob Orlando
November 29, 2011

Absolutely brutal workout tonight at Hybrid. 20 Minute AMRAP of 200 pound squat clean x 4 and 42" box jump x 6. 13 rounds was my limit.

Like Comment Share 22 8

Rob Orlando
November 29, 2011

Tommy Hackenbruck challenged me a while back to do "King Kong" in one straight round rather than 3 rounds of 1, 2, 3, 4. Sorry for the camera work...the guy filming was experimenting with a new iPhone.

Like Comment Share 111 13 16

Rob Orlando
November 28, 2011

Hybrid Athletics is looking to hire a full time trainer/coach. Anyone interested in joining the Hybrid team can send resumes to conanrules1gmail.com

Like Comment Share 5 6

Rob Orlando
November 27, 2011

.25 Mile Run, 10 KB Snatches Right, 10 KB Snatches Left @ 53 pounds x 10 rounds. 27:36. "Kettles and Quarters."

Like Comment Share 21 7

Rob Orlando
November 26, 2011

I did this today and it hurt. 15 minute amrap of 20 box jumps @ 24", 14 lateral lunges with a 135 pound barbell on my back--after each lunge I rack jerked the barbell, and 3 wall walks. Got 4 rounds plus 23 reps. Anyone care to give it a shot? Tomorrow it's 10 rounds of 1/4 mile run and 10 KB snatches per hand @ 53 pounds.

Like Comment Share 8 9

PEOPLE >

30,725 likes

Pete Mazzarese and **Will Bunn** like this

Rob Orlando
November 26, 2011

ck this out--Below is the registration link for an April 14th seminar at sFit Colosseum in Toronto.
regonline.com/StrongTorontoONApril2012

Invite your friends to like this Page

ABOUT

Hybrid Athletics is a CrossFit affiliate and a strongman friendly gym

http://www.hybridathletics.net/

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Daily Workout

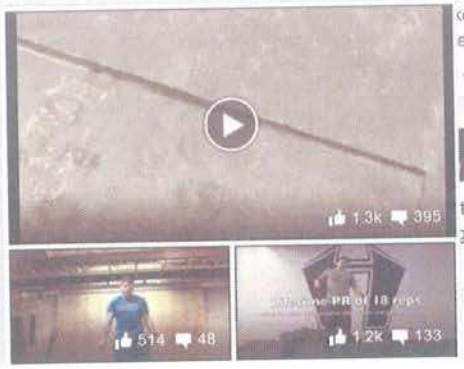
CrossFit Specialty Course Strongman

CrossFit Strongman Seminar

Welcome

PHOTOS

VIDEOS



ossFit Strongman Trainer Course - Toronto, ON - ril 14, 2012 | Summary | powered by RegOnline

s one-day seminar is a performance-oriented workshop for all levels of athletes l coaches wishing to explore the world of strongman movements. Attendees will understand how to lift Atlas stones, carry a yoke and farmer's handles, flip s, and clean and press odd objects such as a log, k...

GONLINE.COM

Comment Share 8 1

Rob Orlando
November 25, 2011

is the registration link for the May 13th seminar at Real World CrossFit in Mandurah, Australia. If you're interested in attending make you have the correct date prior to signing up. Two separate nars...one Saturday May 12th and another one Sunday May 13th. .regonline.com/StrongMandurahAUS2May2012

CrossFit Strongman Trainer Course - Mandurah, Western Australia - May 13, 2012

When: Sunday, May 13, 2012. Where: Real World CrossFit, 1/68 Reserve Drive Mandurah, Western...

REGONLINE.COM

Comment Share 4 5 1

Rob Orlando
November 25, 2011

h 17th CF Strongman Seminar will invade Sparta, NJ at CF Skylands. 20 spots available for this seminar. .regonline.com/StrongSpartaNJMarch2012

CrossFit Strongman Trainer Course - Sparta, NJ - March 17, 2012

When: Saturday, March 17, 2012. Where: CrossFit Skylands, 5 Park Lake Rd Unit 4 Sparta, New Jersey 07871 United States. Please contact Customer Service with any questions, using the

REGONLINE.COM

Comment Share 2 4

Rob Orlando
November 25, 2011

just confirmed...the CF Strongman Seminar will be heading to Australia in May. We'll be putting on two separate seminars on May 12 13 at Real World CrossFit in Mandurah. The plan is to visit ourne, Sydney, and Queensland during the week and the following kend. We'll be putting on seminars in those locations as well. I'll post egistration link shortly.

Comment Share 6 6

Rob Orlando
November 22, 2011

t is the next strongman product that you'd like Hybrid Athletics to gn for the CrossFit community?

Comment Share 1 21

POSTS TO PAGE

Patrick Mason
December 18 at 6:12pm

How thick is the rubber on the Hussafel stone?

Like · Comment

Melinda Whitehead-Moran
October 31 at 4:21pm

Rob, how thick are your floors at Hybrid and how do they stand up to... See More

Like · Comment

Philippe MaCa
August 26 at 5:05am

At least they did some strongman stuff at the Hawaii VA Games

Like · Comment

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CrossFit Singular Box — Like

Food Allergy Research & Ed... — Like

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Facebook © 2014

Orlando
mber 21, 2011

inkering with the rival to "King Kong." Now we're thinking 500 pound l lift x 2, 405 back squat x 2, 300 pound clean and jerk x 2, 48" box x 2, ring muscle up/hand stand pushup x 2 for 3 rounds. I believe is a gem hidden in there somewhere.

Comment · Share · 14 · 17

Rob Orlando
November 21, 2011

week's Challeng Workout is 12-10-8-6-4-2 Hang Squat n/Thruster @ 177 with 20 pushups between rounds.

Comment · Share · 10 · 11

Rob Orlando
November 20, 2011

Hybrid Fall Challenge was AWESOME. Thanks to everyone who out to compete and help run the event. Next up for Hybrid--CF ngman Seminars on 12/10 in Maryland(3 spots remaining) and na on 1/14.

Like · Comment · Share · 5 · 6

Rob Orlando
November 18, 2011

work is done for the 2011 Fall Hybrid Challenge

Like · Comment · Share · 27 · 2

Rob Orlando
November 17, 2011

Name this wod--550 Dead lift x 2, 450 squat x 2, 350 clean x 2, Muscle Up-Ring HSPU x 2, 48" box jump x 2.....3 rounds for time.

Like · Comment · Share · 11 · 90

Rob Orlando
November 15, 2011

I've come up with a workout that may rival "King Kong." How does "Godzilla" sound for a name? Any other suggestions?

Like · Comment · Share 26 53 1

Rob Orlando
November 13, 2011

Amazing seminar in Colorado Springs yesterday. 43 people spent the day lifting, moving, and learning about new toys. Next stop--December 10th at CrossFit BWI in Maryland. We are almost at capacity at 55 attendees! Sign up using this link--http://www.regonline.com/Register/Checkin.aspx...

CrossFit Strongman Trainer Course - Glen Burnie, MD - December 10, 2011
When: Saturday, December 10, 2011 Where: CrossFit BWI, 501 McCormick Drive Suites T-V...
REGONLINE.COM

Like · Comment · Share 4 6

Rob Orlando
November 12, 2011

I'm in Colorado Springs, with the Hybrid team, holding a CF Strongman cert. It's going to be a great day.

Like · Comment · Share 27 4

Rob Orlando
November 10, 2011

Single funniest video I've seen on YouTube.
http://www.youtube.com/watch?v=EHuJsw5OXFI

http://www.youtube.com/watch?v=EHuJsw5OXFI
YOUTUBE.COM

Like · Comment · Share 14 7 1

Rob Orlando
November 10, 2011

Struggling to get this page under control. Someone out there started up a "Rob Orlando" athlete page and that is diverting people from this page. Can anyone out there offer up some advice?

Like · Comment · Share 10

Rob Orlando
November 10, 2011

Tire Flip video--1000 pounder. http://www.youtube.com/watch?v=64EfkVq5H3I

Rob O using the 1000 pounder
5 flips, 5 box jumps @ 40", 5 ring hand stand pushups
YOUTUBE.COM

Like · Comment · Share 20 5 2

Rob Orlando
November 9, 2011

Check out this CrossFit Journal entry. This was shot in the UK at CrossFit Clitheroe. We're in the midst of planning a European tour that will have us in 7 locations from Pori, Finland to Madrid, Spain. Dates and details to come. http://journal.crossfit.com/

CrossFit Journal

The CrossFit Journal is an advertising-free digital publication dedicated to functional fitness. Hundreds of articles document the tenets of the CrossFit concept and provide insights from contributing coaches, trainers, athletes, and researchers.

JOURNAL.CROSSFIT.COM

Like · Comment · Share 3 2

Rob Orlando
November 9, 2011

Tune in to this spot for updates on seminars, contests, equipment, challenge wods, and everything else that has to do with Hybrid Athletics. Please "like" this page and spread it around. We'll be in Colorado Springs on Saturday holding a CF Strongman seminar.

Like · Comment · Share 7 2

Rob Orlando added 3 new photos to the album
November 9, 2011
November 9, 2011

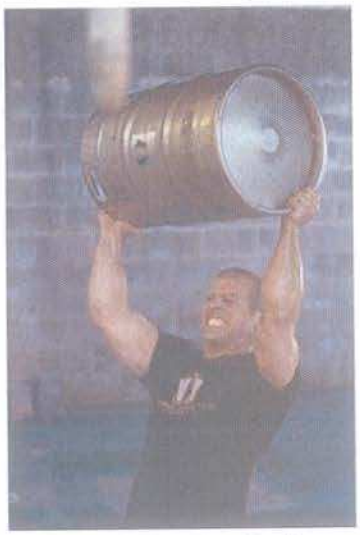
Like · Comment · Share 4 1

Rob Orlando
November 9, 2011

110428RORLANDORT_1271

STAMFORD,CT - APRIL 28: A portrait shoot with Cross Fit Athlete Rob Orlando for Muscle & Fitness Magazine at the Hybrid Athletics Gym on

April 28, 2011 in Stamford, Connecticut. (Photo by Rob Tringali) *** Local Caption *** 2011 © Rob Tringali / All Rights Reserved

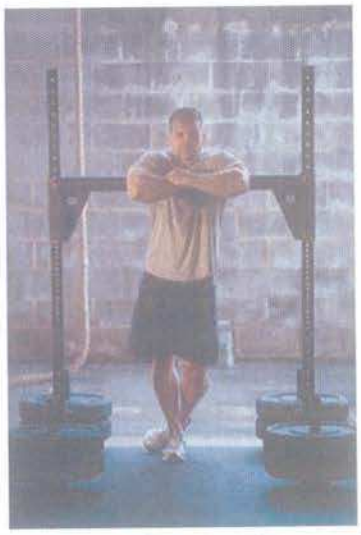


Like · Comment · Share 14 7 1

Rob Orlando
November 9, 2011

110428RORLANDORT_0942

STAMFORD,CT - APRIL 28: A portrait shoot with Cross Fit Athlete Rob Orlando for Muscle & Fitness Magazine at the Hybrid Athletics Gym on April 28, 2011 in Stamford, Connecticut. (Photo by Rob Tringali) *** Local Caption *** 2011 © Rob Tringali / All Rights Reserved



Like · Comment · Share 13 2

Rob Orlando
November 9, 2011

I am converting to page- under construction.

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The Holy Land With Russell Berger: Part 1

By Carey Peterson

In HD Videos
August 13, 2014

In January 2014, CrossFit hosted its first Level 1 Seminar in Israel. Seminar Staff member Russell Berger took the opportunity to spend an extra week traveling the country, visiting its affiliates and experiencing the culture. In this six-part series, explore the Holy Land with Berger and the local community.

It all started in 2011 when a group of Israeli athletes traveled to Stamford, Connecticut, to attend a Level 1 Seminar at **CrossFit Hybrid**... Continue Reading

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CrossFit Radio Episode 262

By Justin Judkins

In Affiliation, Audio, CrossFit, CrossFit Endurance, Radio
February 09, 2013

On Episode 262 of CrossFit Radio, host Justin Judkins interviewed CrossFit Milford owner and Level 1 Seminar Staff member Jason Leydon. He also interviewed CrossFit Media sideline reporter Emily Turner. This episode was webcast live at 6 p.m. PDT on Wednesday, Feb. 6, 2013.

The Words of Wisdom are from the Morgan Junction CrossFit article **Need a Stronger Grip?** The article talked about training to increase your grip... Continue Reading

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Tire Technique

By Rob Orlando

In Coaching, HD Videos, Strongman
January 31, 2013

A tire flip is not a deadlift.

"You've got to think offensive lineman," Rob Orlando of CrossFit Strongman says as he instructs Tom Rowland to drive into the tire.

Ideally, you need to set up a foot to 15 inches away from the tire with the feet outside the hips and the body pressed against the rubber. You drive with the legs to get the tire off the ground, take a half step, then give it a knee... Continue Reading

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Perfect Form and Intensity

By Rob Orlando

In Strongman, Videos
June 11, 2012

Losing control is the road to adaptation, Rob Orlando says.

In this video, the Hybrid Athletics owner has a Q&A with a group of nine Israeli CrossFitters who visited his box late last year. Among them is Moshiko "Mo" Sameach, known as an athlete with near-perfect form on every rep.

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DEPOSITION EXHIBIT
Hybrid Athletics LLC v. Hybrid LLC
No. 4/17/3057
Robert Orlando 55
PENGAD 800-631-6989

"If it's flawless, it's not fast enough," Orlando tells him. "If the question is, 'How do I get from a five-minute Fran to a three-minute Fran?' you don't need to be much stronger... Continue Reading

Strongman Programming

By Rob Orlando

In Strongman, Videos
May 24, 2012

Programming isn't hard, says strongman guru Rob Orlando. While it's easy to get lost in the minutia, you need to see the big picture.

"We're doing this to get healthier, fitter, faster 10 years from now—not next week," Orlando explains.

In this video, the **Hybrid Athletics** owner has a Q&A with a group of nine Israeli CrossFitters who visited his box late last year.

"I can teach somebody how to open their hip and use it in less than five... Continue Reading

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Exporting CrossFit to Israel

By Various

In CrossFit, Videos
March 22, 2012

Over four days in October, **Hybrid Athletics** hosted nine CrossFitters from Israel. The group made the trip specifically to work with box owner and strongman expert Rob Orlando and to complete the Level 1 Trainer Course.

"Having as many people that understand what we're doing to spread the word is the best thing that could happen," says Omry Peled, owner of **CrossFit Herzliya** in Israel.

Peled took the course more than two and half years ago but... Continue Reading

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6,000 Miles for Rob Orlando

By Rob Orlando

In CrossFit, Strongman, Videos
March 09, 2012

In late October 2011, **Hybrid Athletics** hosted nine CrossFitters from Israel for four days. The group made the trip specifically to work with box owner and strongman expert Rob Orlando. At the end of the visit, eight completed a Level 1 Seminar at the Stamford, Conn., affiliate.

"We've practiced the kegs, the yoke, the farmer's handles, the logs, the stones—all the tools that we use—and we're going to send them home armed with the... Continue Reading

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The Hybrid Story

By Rob Orlando

In Affiliation, CrossFit, Videos
February 17, 2012

In 2008, 32-year-old Rob Orlando was reaching the end of his personal-training career. It was time to find another way to make a living, he says. Then the question came from a client he had been privately training at local gyms: "What's stopping you from just doing this on your own?"

Orlando's response: $50,000.

"He just took out his checkbook and wrote me a check. He basically told me to shut up, find some... Continue Reading

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Coaching Points for Flipping Tires

In Coaching

Coaching Points for Flipping Tires

By Rob Orlando

Equipment, Videos
January 04, 2012

"You were born to do this," **Rob Orlando** says. "We have to put you in the right position and it'll happen naturally."

Join Orlando, owner of **Hybrid Athletics**, as he teaches tire-flipping technique to CrossFitters in the U.K.

Orlando asks his assistant, **Carey Kepler**, to demonstrate proper tire-flipping technique, and she sets up with her chest and shoulders against the tire, gripping underneath.

"We're not going up and we're not... **Continue Reading**

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Sue Pepe: Taking Control of My Health

By Sue Pepe and Rob Orlando

In **CrossFit**, **Videos**
December 17, 2011

"I wanna reverse the aging process. I wanna go the other direction," says Sue Pepe, a 61-year-old CrossFitter who is making significant health improvements through CrossFit.

"I'm more fit than I was 30 years ago," she says. "I feel great."

Rob Orlando, owner of **Hybrid Athletics**, is proud of her success.

"All of her critical numbers have changed pretty drastically. Most importantly, her blood pressure was down from 150 over 110 to 119 over... **Continue Reading**

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CrossFit Radio Episode 202

By Justin Judkins

In **Athletes**, **CrossFit Games**, **Exercises**, **Radio**
December 14, 2011

On Episode 202 of CrossFit Radio, host Justin Judkins interviewed CrossFit New England owner Ben Bergeron, as well as 2011 Reebok CrossFit Games competitor and strongman expert Rob Orlando. This episode was webcast live at 6 p.m. PDT on Wednesday, Dec. 14, 2011.

The WOW (Workout of the Week) is from **CrossFit Local**.

21, 15 and 9 reps for time of:
Wall-ball shots, 30-lb. slam ball
275-lb. deadlifts
Burpees
Then immediately... **Continue Reading**

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Coaching Points for Lifting Stones: Part 2

By Rob Orlando

In **Coaching**, **Equipment**, **Videos**
November 16, 2011

Join **Rob Orlando**, owner of **Hybrid Athletics**, as he teaches atlas-stone lifting technique to CrossFitters at one of his Strongman Trainer Courses.

In Part 2, Orlando continues drilling the athletes on technique. In the last video, athletes learned how to deadlift a stone. Now the athletes take the stone from the ground into their laps.

From the stable lap position, the next step is to shoulder the stone.

"I want you to generate power in a hurry... **Continue Reading**

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Coaching Points for Lifting Stones: Part 1

By Rob Orlando

In Coaching, Equipment, Videos
November 09, 2011

Join **Rob Orlando**, owner of **Hybrid Athletics**, as he teaches atlas-stone lifting technique to CrossFitters in the U.K. at one of his **CrossFit Strongman Trainer Courses**.

In the first segment of the series, he teaches how to shoulder a stone using the two-stage lift, which is useful for heavier loads and at failure, and the "one-timer," which is best for lighter loads and met-cons.

To perform the two-stage lift, the... Continue Reading

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Making Atlas Stones With Rob Orlando

By Rob Orlando

In Equipment, Videos
October 19, 2011

Rob Orlando, owner of **Hybrid Athletics**, coaches **CrossFit Strongman Trainer Courses** across the country. In this video, he demonstrates how to make atlas stones.

"From beginning to end, I mean the process is really pretty simple," Orlando says. "You get the ingredients and then ... it takes a little practice to get the mix right."

The ingredients you need include buckets, silicone lube, zip ties, cement, a trowel... Continue Reading

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CrossFit Changed My Life: Sue Pepe

By Sue Pepe

In Athletes, CrossFit, Videos
July 31, 2011

"Just show up" was the advice given to Sue Pepe by her son-in-law. After two weeks of CrossFit, she was at a crossroads of whether to continue or give up. Pepe decided to challenge herself.

"No matter what the workout was, I came and I just kept repeating that same message to myself: 'Just show up,'" Pepe says.

Pepe is a 61-year-old CrossFitter at **Hybrid Athletics**, home of **Rob Orlando**.

"I had been sedentary for over 20 years and wanted to... Continue Reading

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Inside a Strongman Seminar: Atlas Stones

By Rob Orlando

In Coaching, Exercises, Sports Applications, Videos
July 30, 2011

What do kegs, yokes and concrete balls have to do with CrossFit?

Join **Rob Orlando** of **Hybrid Athletics** at **San Francisco CrossFit** as he takes coaches and athletes through strongman movements and equipment.

In Part 1, Orlando teaches the proper technique for lifting atlas stones. In a sumo stance with a flat back and the hips below the knees, you are in an ideal starting position. Just like a deadlift, your arms remain long... Continue Reading

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A Hippie Lifts Heavy

By Andréa Maria Cecil

In Athletes, CrossFit Games
July 21, 2011

By matching strongman Rob Orlando in the thruster

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ladder, T.J. O'Neill helped the CrossFit Southie team place fourth at the Northeast Regional. Andrea Maria Cecil reports.

On the second day of the Reebok CrossFit Games Northeast Regional, T.J. O'Neill walked into the venue wearing a green, yellow and red Rasta hat, a fabric anklet, and sandals.

On the third day of the event, the CrossFit Southie team athlete walked onto the outdoor... Continue Reading

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SEALFIT Part 10

By Various

In CrossFit, LEO/Mil, Videos
June 20, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 10, the challenge wraps up. The athletes return from the beach and take on... Continue Reading

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SEALFIT Part 9

By Various

In CrossFit, LEO/Mil, Videos
May 24, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 9, two team missions are on the schedule: one in the mountains and... Continue Reading

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SEALFIT Part 8

By Various

In CrossFit, LEO/Mil, Videos
May 09, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 8, the athletes approach the final stretch. With no sleep for the last 36... Continue Reading

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The Winter Break Road Trip: Parts 5-7

By Austin Malleolo and James Hobart

In Athletes, CrossFit, Videos
April 22, 2011

Got your PaleoKits, fish oil and broccoli ready for another road trip? On the East Coast, 2010 Games competitors **Austin Malleolo** and **James Hobart** tour the seaboard in search of CrossFitters and their challenges.

In Episode 5 (Part 1), Hobart and Malleolo take on more challenges at **CrossFit Charlotte**, home of fellow 2010 Games competitor **Spencer Hendel**. They're joined by A.J. Moore and Michella Benedict of **CrossFit Fort Bragg**, as... Continue Reading

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SEALFIT Part 7

By Various

In Athletes, LEO/Mil, Videos
April 04, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 6, we learned Clever has an injury and might be about to leave the camp. In... Continue Reading

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Mikko Salo: Coming to America—Boston and Reebok Part 2

By Various

In Athletes, CrossFit, Videos
March 20, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the *CrossFit Journal*'s last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

While visiting the Reebok World Headquarters in Canton, Mass., Salo and Juha Kangasniemi help coach a CrossFit class led by **Heather Bergeron**. Bergeron is ecstatic about her Reebok... Continue Reading

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SEALFIT Part 6

By Various

In CrossFit, LEO/Mil, Videos
March 13, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

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On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 6, the athletes are back on the beach for team WODs. This is only the 12th... Continue Reading

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Inside a Strongman Seminar: Keg Lifting

By Rob Orlando

In **Coaching**, **Exercises**, **Sports Applications**, **Videos**
March 11, 2011

What do kegs, yokes and Atlas stones have to do with CrossFit?

Join **Rob Orlando** of **Hybrid Athletics** at **San Francisco CrossFit** as he takes coaches and athletes through strongman movements using special equipment.

In this video, Orlando brings strongman movements to real life with keg lifting.

"We use the keg because it's a dynamic load. It's going to shift around on you. It's going to take you outside your comfort zone," he says. "It mimics real... Continue Reading

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SEALFIT Part 5

By Various

In **CrossFit**, **LEO/MIL**, **Videos**
February 23, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 5, the athletes learn about leadership.

"Just having the ability to bring people together... Continue Reading

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Mikko Salo: Coming to America—Boston and Reebok

By Various

In **Athletes**, **CrossFit**, **Videos**
February 21, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the *CrossFit Journal*'s last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

Arriving in Boston, Salo and Juha Kangasniemi travel to the headquarters of Reebok International to meet with Chad Wittman and Don Hasselbeck. A 20-year veteran... Continue Reading

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Mikko Salo: Coming to America Parts 4-5

By Mikko Salo

In **Athletes**, **CrossFit Games**, **Videos**
February 06, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the *CrossFit Journal*'s last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

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With another day at **CrosFit Columbus**, home of 2010 Games champion **Graham Holmberg**, Salo and Holmberg have another chance for a workout... **Continue Reading**

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SEALFIT Part 4
By Various

In **Athletes**, **LEO/MIL**, **Videos**
February 06, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and **Greg Amundson**.

In Part 4, Henniger is out with an injury, and Letchford is forced to withdraw due to... **Continue Reading**

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Mikko Salo: Coming to America Part 3
By Mikko Salo

In **Athletes**, **CrossFit Games**, **Videos**
January 29, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the CrossFit Journal's last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

Salo's journey continues at **Rogue Fitness**, home of 2010 Games champion **Graham Holmberg**. Today's topic is bringing Rogue equipment to Europe, which Salo... **Continue Reading**

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Inside a Strongman Seminar: Parts 1-2
By Rob Orlando and Kelly Starrett

In **Coaching**, **Sports Applications**, **Videos**
January 22, 2011

What do kegs, yokes and concrete balls have to do with CrossFit?

Join **Rob Orlando** of **Hybrid Athletics** at **San Francisco CrossFit** as he takes coaches and athletes through strongman movements and equipment.

"It's fun. It's cheap. It gives us another mechanism to kind of harden the athlete," says Kelly Starrett, owner of San Francisco CrossFit.

In Part 1, Rob Orlando introduces strongman and explains how he started incorporating the movements into his own... **Continue Reading**

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Mikko Salo: Coming to America Part 2
By Mikko Salo

In **Athletes**, **CrossFit Games**, **Videos**
January 19, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the *CrossFit Journal's* last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

Salo's journey continues at **Rogue Fitness**, home of 2010 Games champion **Graham Holmberg**. The two champions talk about the future of the Games.

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SEALFIT Part 3

By Various

In Athletes, CrossFit, LEO/Mil, Videos
January 16, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and original firebreather **Greg Amundson**.

So how do you get through a challenge that's specifically designed to break you... Continue Reading

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Mikko Salo: Coming to America Part 1

By Mikko Salo

In Athletes, CrossFit Games, Videos
January 08, 2011

Join **Mikko Salo**, the 2009 CrossFit Games champion, on his road trip across America—but this trip isn't quite the same as the *CrossFit Journal*'s last **Road Trip** with Dave Lipson, Rob Orlando and Dave Castro. A man of few words, Salo is rarely distracted from his quest to better his training.

Today's stop is Columbus, Ohio, home of **Rogue Fitness** and 2010 Games Champion **Graham Holmberg**. In Rogue's warehouse gym and test facility, Salo and Holmberg... Continue Reading

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SEALFIT Part 2

By Various

In Athletes, CrossFit, LEO/Mil, Videos
January 05, 2011

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

"The idea is to just get them completely out of their comfort zone," says SEALFIT founder Mark Divine.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and original... Continue Reading

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SEALFIT Part 1

By Various

In Athletes, LEO/Mil, Videos
December 28, 2010

Leave your tights, weightlifting shoes and iPods at the door. In this camp, your name doesn't go on the whiteboard. It goes on your plain white T-shirt.

This is **SEALFIT's Kokoro Camp**.

"The training we give is really the hardest training outside of any military organization in the world," says SEALFIT founder Mark Divine.

On the line to accept that challenge are CrossFitters including **Mikko Salo**, **Kristan Clever**, **Rob Orlando**, **Tommy Hackenbruck**, **Caity Henniger**, **Jimi Letchford** and original... Continue Reading

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Roundtable in Tahoe: Outlets Outside CrossFit

By Various

In Athletes, Videos
December 18, 2010

With some of CrossFit's top athletes in Lake Tahoe, Calif., for the **Rogue Vs. Again Faster Throwdown**, it was a great opportunity to throw the athletes into a room and get them talking with the cameras rolling.

In this installment, HQ trainer Adrian Bozman asks the athletes, "What do you guys do as an outlet to blow off steam from CrossFit, if anything?"

"One of them for me is just, literally, just coaching our classes because I truly... Continue Reading

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Who or What Inspires You?

By Various

In Athletes, Videos
November 29, 2010

Members of Team Rogue, winners of the **Rogue Vs. Again Faster Throwdown** in Lake Tahoe, Calif., come together to answer this question: Who or what inspires you?

For Kristan Clever, swimmer and five-time Olympian Dara Torres is an idol. Clever is also inspired by those who continue being athletic well into "old" age. Her goal is to "just be active as long as I can." Rob Orlando shares a similar respect for those who refuse to quit, such as... Continue Reading

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Roundtable in Tahoe: Community Comments

By Various

In Athletes, Videos
November 24, 2010

With some of CrossFit's top athletes in Lake Tahoe, Calif., for the **Rogue Vs. Again Faster Throwdown**, it was a great opportunity to throw the athletes into a room and get them talking with the cameras rolling.

In this installment, the athletes discuss their critics. **Dave Lipson** opens the conversation by asking the other athletes how they deal with disparaging remarks on their performance. He says there's a difference between the performance of elite... Continue Reading

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California Road Trip: Part 7

By Sevan Matossian

In Athletes, HD Videos
November 21, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. Along the way, they've picked up Bill Grundler of **CrossFit Inferno**, David Millar of **CrossFit Marina** and Dave Lipson. The 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.

In... Continue Reading

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California Road Trip: Part 6

By Sevan Matossian

In Athletes, HD Videos
November 20, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. Along the way, they've picked up Bill Grundler of CrossFit Inferno, David Millar of CrossFit Marina and Dave Lipson. The 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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California Road Trip: Part 5

By Sevan Matossian

In Athletes, HD Videos
November 19, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. But this trip isn't for traditional sightseeing. The sights along this journey are barbells and top competitors as the group moves north one workout at a time.

In Part 5, the crew starts the day with John Hackleman, founder of CrossFit, a unique blending of CrossFit with Hackleman's mixed-martial-arts... Continue Reading

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California Road Trip: Part 4

By Sevan Matossian

In Athletes, HD Videos
November 18, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. But this trip isn't for traditional sightseeing. The sights along this journey are barbells and top competitors as the group moves north one workout at a time.

In Part 4, the workout is underway at CrossFit Inferno. Three rounds of "a bunch of 135-lb. snatches and 40-inch box jumps" are... Continue Reading

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California Road Trip: Part 3

By Sevan Matossian

In Athletes, HD Videos
November 17, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. But this trip isn't for traditional sightseeing. The sights along this journey are barbells and top competitors as the group moves north one workout at a time.

In Part 3, the group continues its workout at Valley CrossFit with elite competitors Kristan Clever, Michael Lateh, Max Fernandez, David

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California Road Trip: Part 2

By Sevan Matossian

In Athletes, HD Videos
November 16, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian and Rob Orlando embark on a tour of California. But this trip isn't for traditional sightseeing. The sights along this journey are barbells and top competitors as the group moves north one workout at a time.

On Day 2 of their road trip, Castro, Matossian, Orlando and Dave Lipson make their way to L.A., and Lipson talks about his... Continue Reading

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California Road Trip: Part 1

By Sevan Matossian

In Athletes, CrossFit, HD Videos
November 15, 2010

Join an all-star cast on a classic CrossFit road trip as Dave Castro, Sevan Matossian 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.

In Part 1 the group meets Josh Everrett, Greg Amundson and Ryan Williams, the latter of whom is a former Navy... Continue Reading

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Roundtable in Tahoe: Lipson on the Spot

By Various

In Athletes, Videos
October 28, 2010

With some of CrossFit's top athletes in Lake Tahoe, Calif., for the **Rogue Vs. Again Faster Throwdown**, it was a great opportunity to throw the athletes into a room and get them talking with the cameras rolling.

In the first installment, **Rob Orlando** puts his buddy **Dave Lipson** on the spot and asks the brutally strong athlete when he's going to start training his weaknesses.

Lipson, who's know for a deadlift well over 600 lb., explains... Continue Reading

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CrossFit Radio, Episode 137

By Justin Judkins

In Affiliation, Radio
September 15, 2010

On Episode 137 of CrossFit Radio, host Justin Judkins interviewed traveling CrossFitters Jaimie Harrington and Michael Weyer. Justin also interviewed CrossFit Inferno owner Bill Grundler. This episode was webcast live at 6 p.m. PDT on Wednesday, Sept. 15, 2010.

6:30 Jaimie Harrington and Michael Weyer travel every week with their jobs. While this wreaks havoc with their diets, it allows them the luxury of visiting a large... Continue Reading

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Happy New Year?

By CrossFit Fort Vancouver

In Athletes, CrossFit Games, Videos
September 13, 2010

In 2009, **CrossFit Fort Vancouver**, Affiliate Cup winner at the **2010 CrossFit Games**, held a unique Dec. 31 celebration designed to test athleticism to the extreme, CrossFit-style.

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To say you did one CrossFit girl WOD is fairly typical. How about 14 lovely ladies all on the same day?

Several members of CrossFit Fort Vancouver did the deed and lived to tell. The two finishers, Ryan Smith and affiliate owner Adam Neiffer, became teammates on... Continue Reading

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CrossFit Radio, Episode 135

By Justin Judkins

In Athletes, CrossFit Games, Radio
September 01, 2010

On Episode 135 of CrossFit Radio, host Justin Judkins interviewed Laurie Carver, who won the Masters Division at the 2010 CrossFit Games. Justin also interviewed CrossFit strongman Rob Orlando. This episode was webcast live at 6 p.m. PDT on Wednesday, Sept. 1, 2010.

9:45 CrossFit Games Masters champion **Laurie Carver** came on the show to share her thoughts on the weekend at the Home Depot Center. She talked about how she... Continue Reading

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On the Mic with Rob

By Rob Orlando

In Athletes, CrossFit Games, Videos
August 06, 2010

CrossFit Games competitor and strongman and **Rob Orlando** is known for his amazing feats of strength and his impressive work capacity. His performance in the 2009 Games as well as WOD demos on **CrossFit.com** inspire many CrossFitters to keep pushing hard to be strong, powerful and superbly conditioned.

Orlando's outspoken nature led the **Again Faster** crew to mic up the man from Connecticut during the time leading up to the first workout of... Continue Reading

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Own the Stone

By Rob Orlando

In Sports Applications, Videos
July 26, 2010

In lifting, positioning is everything. Positioning is even more important when you're lifting heavy, odd objects.

In this video filmed at **Hybrid Athletics**, Rob Orlando explains that stone lifting requires brute strength, but it also requires technique. You can be an ox and still get owned by a stone if you lift it incorrectly. Conversely, you can focus your strength with efficient technique and moves weights you never dreamed of.

Watch video... Continue Reading

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Yoked Out at Hybrid Athletics

By Rob Orlando

In Sports Applications, Videos
July 13, 2010

Long relegated to strongman competitions, the yoke has found a happy home at **Hybrid Athletics**, Rob Orlando's CrossFit box in Stamford, Conn.

It can be difficult to get a loaded yoke off the ground, and the momentum created by a swinging yoke laden with plates can be difficult to manage. But a strong midline isn't the only thing you need to carry a yoke any distance—you'll need a few elements of strategy, too.

In his gym... Continue Reading

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CrossFit's Elite vs. the IMG Combine360

By Various

In Athletes, HD Videos
July 12, 2010

In the lead-up to the qualification season for the **2010 CrossFit Games**, Director of Training Dave Castro decided to haul a group of past Games athletes, well-known firebreathers and 2010 Games competitors out to Bradenton, Fla., to take part in an athletic evaluation at the **IMG Performance Institute**. The test, or **Combine360**, includes a battery of evaluations, including vision, mental and physical assessments.

Shot before the regionals... Continue Reading

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A Ring of Firebreathers

By Various

In Athletes, Competition Videos
July 11, 2010

At a special summit for CrossFit's elite-level athletes, firebreathers such as **Tommy Hackenbruck**, **Rob Orlando**, Tanya Wagner and others weigh in on what it's like to live the life of the Games.

Part 1: The group discusses the issue of motivation and how to continue to train day-in and day-out at such a blistering pace. Wagner, Hackenbruck, **Jason Khalipa** and Orlando reveal their inner motivation to keep moving and how they keep driving... Continue Reading

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Secrets of the Elite

By Various

In Athletes, Videos
June 30, 2010

Dave Castro is back with a group of top CrossFit athletes for a round-table discussion of training methodologies. Many of the athletes are preparing for the **2010 CrossFit Games**.

In Part 1, the conversation turns toward the elusive subject of training volume, which proves to be a hot topic. Pat Barber defends the low-volume approach with a focus on intensity, while others in the crowd seem convinced that a strength-biased... Continue Reading

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Regionals: The Lighter Side

By Kevin Daigle

In Competition, CrossFit Games
June 29, 2010

CrossFit competitions are intense tests of physical skills—but they're also where colorful characters let it all hang out. A now-sober Kevin Daigle reports.

The more I compete in CrossFit, the more I learn about myself—including how bad Rob Orlando and James Hobart can kick my ass.

Having just returned from Albany, N.Y., and the Northeast Regional event, I should be ready for a long summer's rest and recovery... Continue Reading

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All Over the Map 2: Pamanian, Bergeron and Plumey

By Ian Wittenber

In Athletes, CrossFit Games, Videos
June 16, 2010

On the road again ....

Ian Wittenber of Again Faster is back in the car after

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visiting with top Northeast Regional finishers Rob Orlando and James Hobart in Part 1 of this series.

The second leg of this multi-part journey finds Wittenber about 215 miles from home as he rolls into New York, Massachusetts and Connecticut. The first stop is The Rock Health and Fitness Club in Astoria, N.Y., to chat with Jessica Pamanian (second place, Northeast... Continue Reading

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All Over the Map 1: Orlando and Hobart

By Ian Wittenber

In Athletes, CrossFit Games, Videos
June 12, 2010

The All Over the Map series finds Ian Wittenber of Again Faster racking up the miles on his car as he drives from Boston, Mass., to Los Angeles, Calif. Along the way, he'll interview as many CrossFit Games competitors as he can, giving the CrossFit community a closer look at the athletes who will be competing at the Home Depot Center in July.

In the first installment, Wittenber interviews Rob Orlando and James Hobart... Continue Reading

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Orlando to Los Angeles: The Northeast Regional

By Again Faster

In CrossFit Games, Videos
June 01, 2010

The men's competition at the Northeast Regional was held May 22-23 in Albany, N.Y. The field of athletes included 2009 Games competitors Rob Orlando, James Hobart and Dave Lipson, along with standouts Eric Magee, Austin Malleolo, Mike McKenna, Dennis Marshall and Steve Liberati.

The regional featured four events:

WOD 1—21, 15 and 9 reps of overhead squats (135 lb.) and chest to bar pull-ups.

WOD 2—3-rep max clean and jerk in 40 seconds.

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Hobart at the Hybrid Challenge

By James Hobart

In Competition, Sports Applications, Videos
May 20, 2010

James Hobart has some impressive CrossFit numbers, and he isn't too bad at strongman movements, either. Competing at Rob Orlando's Hybrid Winter Challenge, Hobart motored through WODs featuring clapping push-ups, stone and log presses, squats, tire flips, power cleans and more to make it to the "final mystery event."

While the first events were a challenging but manageable intro to CrossFit mixed with strongman, the final event was... Continue Reading

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Running Men?

By Jason Leydon, James Hobart and Rob Orlando

In CrossFit Endurance, Running, Videos
April 24, 2010

Both Rob Orlando and James Hobart are impressive athletes who competed in the 2009 CrossFit Games. While Orlando is beastly strong and Hobart has tremendous power, neither likes to run, which caused problems when a 7-kilometer trail run opened the Games.

To address their weakness, the pair hooked up with Jason Leydon of CrossFit Milford, who put together a running program to make sure Hobart and Orlando will be competitive if... Continue Reading

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The Finer Points of Flipping Tires

By Kurtis Bowler

In Sports Applications, Videos
April 22, 2010

Kurtis Bowler of Rainier CrossFit is a CrossFitter with an affinity for strongman movements, and in this video he goes over the various ways to flip a tire.

You can take a wide snatch grip or a narrow sumo grip on the tire, and with lighter tires athletes can choose to drive it all the way up in one movement (much like a snatch or power clean). With heavier rubber, athletes will... Continue Reading

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A CrossFit Keg Party

By Rob Orlando

In Sports Applications, Videos
March 06, 2010

Interestingly, drinking the beer inside the keg might make you better at lifting it with a continental clean.

Speaking to a group of athletes assembled for the Jan. 16 Hybrid Winter Challenge at Hybrid Athletics, Rob Orlando explains that a big belly can be beneficial when performing a continental clean. Unlike the regular clean that's one swift movement off the floor, the continental clean is... Continue Reading

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The Hybrid Winter Challenge

By Rob Orlando

In Competition, Sports Applications, Videos
February 16, 2010

Rob Orlando is a CrossFitter and strongman competitor, so he's the first to tell you an 800-lb. deadlift doesn't mean much if you can't do pull-ups or double-unders.

Orlando is the owner of **Hybrid Athletics**, and his Jan. 16 **Hybrid Winter Challenge** was designed to challenge athletes in a wide variety of ways.

"My goal was to try test people's ability to adapt quickly and still be strong," he explains.

Recognizing that strongman... Continue Reading

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CrossFit and Strongman

By Kurtis Bowler

In Sports Applications, Videos
February 05, 2010

You could argue that picking up a stone or other awkward object is even more functional and realistic than picking up a barbell, so it's no surprise some CrossFit affiliates are integrating strongman movements into their WODs.

Kurtis Bowler of **Rainier CrossFit** is a strongman competitor and one of the first affiliate owners, and he'd love to see stone shouldering or tire flipping thrown into the occasional main-site WOD. At his box he regularly adds strongman... Continue Reading

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Part 4: Sledge/Row - Men's 09 Games

By Sevan Matossian

In Complete 2009 Games, Videos
December 16, 2009

This is the fourth installment of the Complete 2009 CrossFit Games videos. Here is complete coverage of the Men's Sledge/Row Event.

The hopper model tests an athlete's ability to perform proficiently at random physical challenges. Along those lines, the fourth event required driving a four-foot-long blunt stake into evenly packed ground with an 8-lb. sledgehammer. To complicate matters, the stake drive was bookended by 500-meter rows.

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Part 2: Deadlift - Men's 09 Games

By Sevan Matossian

In Complete 2009 Games, Videos
December 14, 2009

This is the second installment of the Complete 2009 CrossFit Games videos. Here is complete coverage of the Men's Deadlift Event.

This event was the first of its kind: athletes were tasked with lifting one heavy deadlift every 30 seconds until they failed. Athletes started at 315 lb., and if they continued successfully, traveled through 20 bars, each 10 lb. heavier than the last, until the final 505-lb... Continue Reading

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Part 1: Intro and 7K Run - Men's 09 Games

By Sevan Matossian

In Complete 2009 Games, Videos
December 13, 2009

Here it is: the first installment of the Complete 2009 CrossFit Games Video. This first part is available to everyone; the remaining seven episodes of the men's competition will be for subscribers only. They will be

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released over the next week (one a day), then the three Affiliate Cup events (one a day, and Part 2 will be free), and then the eight women's events (one a day, and Part 5 will be free).

This video has a... Continue Reading

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There are 40 comments on this article. Login to add your own.

Strongman Hip Extension

By Rob Orlando

In Sports Applications, Videos
December 09, 2009

The Foundations section of the Level 1 Cert Manual is clear:

"Powerful hip extension alone is necessary and nearly sufficient for elite athletic performance. That is, our experience has been that no one without the capacity for powerful hip extension enjoys great athletic prowess, and nearly everyone we've met with that capacity was a great athlete."

Hip extension is key to success in CrossFit, and it's just as essential to strongman lifts. Rob Orlando... Continue Reading

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Lifting With a Fat Bar

By Kurtis Bowler

In Sports Applications, Videos
October 26, 2009

The fat bar is a classic grip-training tool used by competitive strongmen. In this video, Kurtis Bowler (owner and founder of Rainier CrossFit) instructs a female athlete in the somewhat unusual techniques required to get a fat bar from the ground to overhead.

Breaking the movement down into pieces, Bowler demonstrates the difficulty of getting the bar into the rack position, noting that his fingers can't even fully close around... Continue Reading

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CrossFit Radio, Episode 87

By Justin Judkins

In CrossFit Games, Radio, Sports Applications
October 02, 2009

Jake Platt, owner of Northwest CrossFit (winners of the 2009 Affiliate Cup Challenge), and CrossFitting strongman Rob Orlando both appeared on Episode 87 of CrossFit Radio, webcast live at 6 p.m. PDT on Wednesday, Sept. 30, 2009.

2:08 Jake Platt talks about the culture he tries to foster at his two affiliates in Washington state. He explains how he keeps track of 500 members every month and discusses how and why he... Continue Reading

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Strongman and CrossFit

By Rob Orlando

In Sports Applications, Videos
September 04, 2009

"Can you be fit and really strong? That's the test right now," says Rob Orlando of Hybrid Athletics in this Again Faster video.

A strongman competitor who discovered CrossFit and finished 22nd at the 2009 CrossFit Games, Orlando is now trying to prove that a 600-lb. deadlift doesn't mean you have to have a three-minute 400-meter time and a max-pull-ups PR of two.

Orlando has always been a successful strongman competitor, but since discovering CrossFit he's had... Continue Reading

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Teamwork Gets Athletes to the Games

In CrossFit Games

Teamwork Gets Athletes to the Games

By Rob Orlando, with Jason Khalipa, Eric O'Connor and Patrick Burke

August 19, 2009

Many people are involved in getting a single athlete to the CrossFit Games. Rob Orlando from **CrossFit Strongman** tells his behind-the-scenes story and discovers Jason Khalipa (**CrossFit Santa Clara**), Eric O'Connor (**CrossFit Park City**) and Patrick Burke (**MBS CrossFit**) shared his experience.

Weeks after competing in the 2009 CrossFit Games, many questions are still tumbling around in my head. Among them: is CrossFit... **Continue Reading**

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CrossFit Radio, Episode 75 090708

By Justin Judkins

In **CrossFit Games Radio**
July 09, 2009

Episode 75 of CrossFit Radio was a special edition focusing on preparations for the 2009 CrossFit Games, scheduled to begin 39 hours after the program was webcast live at 6:00 p.m. PDT on Wednesday, July 8, 2009.

01:12 In a live phone interview from The Ranch in Aromas, California Tony Budding offered tantalizing hints about what to expect, but stopped short of revealing much more than had been posted moments earlier on the Games... **Continue Reading**

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How to Lift Heavy Balls

By Rob Orlando

In **Exercises**, **Videos**
July 08, 2009

Rob Orlando, owner of Hybrid Athletics in Stamford, CT, will be competing in the 2009 **CrossFit Games** even though he has never done Fight Gone Bad or Cindy. Rob is a strongman who began CrossFitting only about a year ago. At 5' 8" and 196 lb. Rob hates Murph and loves double King Kong. His 1RM deadlift is 600 lb. Rob can press 254 lb., back squat 475 lb. and clean over 300 lb.

In this video, Rob... **Continue Reading**

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KingKinggg KongKonggg

By Rob Orlando

In **Athletes**, **Workouts**
November 03, 2008

Rob Orlando is a CrossFitter with a strongman background. On October 15, 2008, he saw the challenge put forth by **CrossFit Alexandria** in a CrossFit.com video they titled "King Kong" [**wmv**] [**mov**]. The video shows Matt Okonsky doing a workout consisting of 3 rounds for time of:
1 Deadlift at 455lbs
2 Muscle-ups
3 Squat cleans at 250lbs
4 Handstand pushups

The video ended with "Anyone else care to try?" Rob responded... **Continue Reading**

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King Kong x 2 Video

By Rob Orlando

In **Athletes**, **Videos**, **Workouts**
November 03, 2008

This is the workout that Rob Orlando writes about **here**. Rob saw the **CrossFit Alexandria** video on the main site of CrossFit.com and accepted the challenge. He did six rounds (instead of the original three) in 7:14.

See the original King Kong video with Matt Okonsky [**wmv**] [**mov**].

See Josh Everett's 2:31 King Kong [**wmv**] [**mov**]

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See Tamara Holmes perform Queen Kong.

Queen Kong

By Tamara Holmes

In Athletes, Videos, Workouts
November 03, 2009

Continuing with the King Kong phenomenon, Tamara Holmes (4th place overall in the 2008 CrossFit Games) took on the challenge and did Queen Kong with 325lb deadlifts and 185lb cleans.

See Rob Orlando's KingKinggg KongKonggg story here.

See the original King Kong video from CrossFit Alexandria [wmv] [mov].

See Josh Everett's 2:31 King Kong [wmv] [mov]

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Chris Sinagoga on **RossFit:**
Daniel, I respectfully emailed the Journal support staff about the same thing. I agree with you, but I guess that just means...

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HYBIRD ATHLETICS ON FOX NEWS : 8/24/11

SEPTEMBER 2, 2011 | LEAVE A COMMENT (0)

Hybrid Athletics had a segment on Fox News !

Comments are closed.

ASSESSMENT

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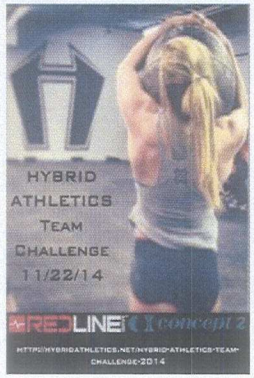

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UPCOMING CHALLENGES

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Hybrid Athletics

$58.00 USD

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Hybrid Athletics

$27.50 USD

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SIZE 30 In Waist

TITLE Jaco Shorts

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Alternative Apparel Destroyed Tee (Same Style for BOTH Men's and Women's)

Men's regular-fit short-sleeve pigment-dyed destroyed tee. Collar, sleeve and bottom hems are ground with a special machine to create a uniquely worn and deconstructed look.

Care Instructions

- 40s 100% Cotton Jersey
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- Wash in cold water, tumble dry medium

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Hybrid Athletics Women's Long Sleeve T-Shirt (BLACK and WHITE)

Shopify

$34.50 USD

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Hybrid Athletics Women's T-Shirt : M

This is a white Alternative Apparel "Destroyed" T-Shirt.

Front (LOGO IN PINK) : The Hybrid Athletics' Logo

Back (TEXT IN PINK) :

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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$24.75 USD

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Hybrid Athletics Women's T-Shirt - M

This is a white Alternative Apparel "Destroyed" T-Shirt.

Front : The Hybrid Athletics' Logo

Back : "Revolutionizing Old School"

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WORKOUT OF THE DAY

"Mini WOD's"

1) 500m row x 2 efforts
2) 100 Kettlebell Swings
3) Bottom to Bottom Tabata Squats
4) 30 Overhead Press

Post your combined times for 1,2 and 4 as well as your total reps for WOD 3 to The Hybrid Scoreboard

DECEMBER 2, 2011 BY ADMIN LEAVE A COMMENT

Albany CrossFit goes Strongman. Hybrid Style (click here to check out the video!)

Below is Rob Orlando showcasing an axle at the CrossFit Strongman Seminar

SHOP HYBRID

FILED UNDER: UNCATEGORIZED

"HOLLOWED OUT"

DECEMBER 1, 2011 BY ADMIN LEAVE A COMMENT

We threw a new movement into the class WOD today. Hollow Rocks. They're insanely hard to do properly, so check out this video and practice at your desk at work!

Hollow Rocks

FILED UNDER: UNCATEGORIZED

"AIM HIGHER"

NOVEMBER 29, 2011 BY ADMIN LEAVE A COMMENT

Check out the 5:30am class on Todays WOD! Some nice work on the super high box jumps.

Super High Box Jumps

Super High Box Jumps 2

FILED UNDER: UNCATEGORIZED

"FOUR LITTLE P'S"

NOVEMBER 28, 2011 BY ADMIN

Welcome back after feasting on turkey and stuffing and whatever else your family eats over thanksgiving! Hope everyone enjoyed the holiday and nobody got hurt if you went shopping on Black Friday. Hybrid is making a few changes including to our website. The new and improved site should be coming live in the next week or two, so stay focused and let us know what you think when it's live.

Strict Press 5-5-5-5-5

Then...

Pushups – 10 down to 1

Planks (side raises) – 20 down to 2 by 2's

Pullups – 10 down to 1

Post your strict press weight HERE and your time to The Hybrid Scoreboard

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FOLLOW US!

UPCOMING SEMINARS

January 14 - Captain Crossfit in Anzonia (Click Here to Register)

January 21 - Hybrid Athletics in Stamford, CT (Click Here to Register)

February 18 - CF Central in Texas (Click Here to Register)

April 14 - Toronto (Click Here to Register)

March 17 - CF Skylands in Sparta, NJ (Click Here to Register)

May 12 - Real World CF in Australia (Click Here to Register)

May 13 - Real World CF in Australia (Click Here to Register)

NEWSLETTER SIGN-UP

Your Name (required)

Your Email (required)

Send

"JUST WORK"

NOVEMBER 23, 2011 BY ADMIN

One of our members PROMISED his friends he'd be at the 7am class with them today. He did not show up. So, if you've seen this man, tell him that his friends are looking for him, and it'd be nice if he could show up next time. This is what happens if not.

We are CLOSED tomorrow (Thursday) for the Holiday. Enjoy the Turkey! Friday, we will hold TWO classes. The first will be a 9am class. The second will be at 6pm. Saturday we will return to a normal schedule.

LOST! – One of our members lost a gold ring with diamonds shaped like a flower and a dark stone in the middle. If you have seen this ring at the gym, please leave it in the office. It is quite important to the one who lost it.

Todays WOD has no time nor score component. Sometimes it's good to test your limits and just get the work done. We're looking for some good amount of weight lifted. Your first round should be around 20 reps, 2nd round about 15, third round around 5-10.. If you get 10 reps in your third round, do a 4th at your option at a heavier weight. If you don't have double unders, this is a perfect WOD to practice them in!

Max rep back squat

Backwards tire drag x 2 lengths (100 ft total)

75 Double Unders

3 rounds (4th is optional)

Rest as needed between rounds

While there is no score, you can post your total weight lifted, or your weights and rep scheme to The Hybrid Scoreboard

Sign up for our weekly newsletter HERE

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CLASS SCHEDULE

Monday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Tuesday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Wednesday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Thursday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6pm - Open Hours (6:30 - 8pm)
Friday	5:30am, 7:00am, 9:15am*, 10:00am, 5:30pm**, 6:30pm**
Saturday	8:30am***, 9:30am - Open Hours (10:00am-12:00pm)
Sunday	9:30am "Sunday School"

DIRECTIONS

We are located at 4 Hyde Street on the lower level in Stamford, CT. Click here to view a map

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WORKOUT OF THE DAY

"DANNY"
25 Dead Lifts
400 M Run
25 Hang Power Cleans
35 Burpees
25 Thrusters
40 Scissor Jumps
25 Pullups
35 Pushups

"DANNY"

DECEMBER 16, 2011 BY ADMIN LEAVE A COMMENT

Here is the Fundraiser WOD for 12/19/11 25 Dead Lifts

400 M Run

25 Hang Power Cleans

35 Burpees

25 Thrusters

40 Scissor Jumps

25 Pullups

35 Pushups

400 M Run

12 Man Makers

We'll have multiple divisions

Men under 30 years old

Men between 31 and 39

Men between 40 and 49

Men 50+

SHOP HYBRID

Men 50+

Women under 30 years old

Women between 31 and 39

Women between 40 and 49

Women 50+

Scalable for all movements... this is meant to be fun!!!!

Donate

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STONE MOLDS ARE BACK IN STOCK!

DECEMBER 15, 2011 BY ADMIN | LEAVE A COMMENT

THE STONE MOLDS ARE BACK IN STOCK! CHECK OUT THE STORE TO ORDER...

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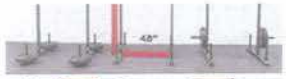
HE'S BACK!

DECEMBER 15, 2011 BY ADMIN | LEAVE A COMMENT

He's Back! Guest Coach today, Rob Orlando CRUSHED the 6:30 am class with a killer WOD. Great job everyone!

(Mike and Joe killing a row, 5:30 am)



FOLLOW US!

UPCOMING SEMINARS

January 14 - Captain Crossfit in Arizona
(Click Here to Register)

January 21 - Hybrid Athletics in Stamford, CT
(Click Here to Register)

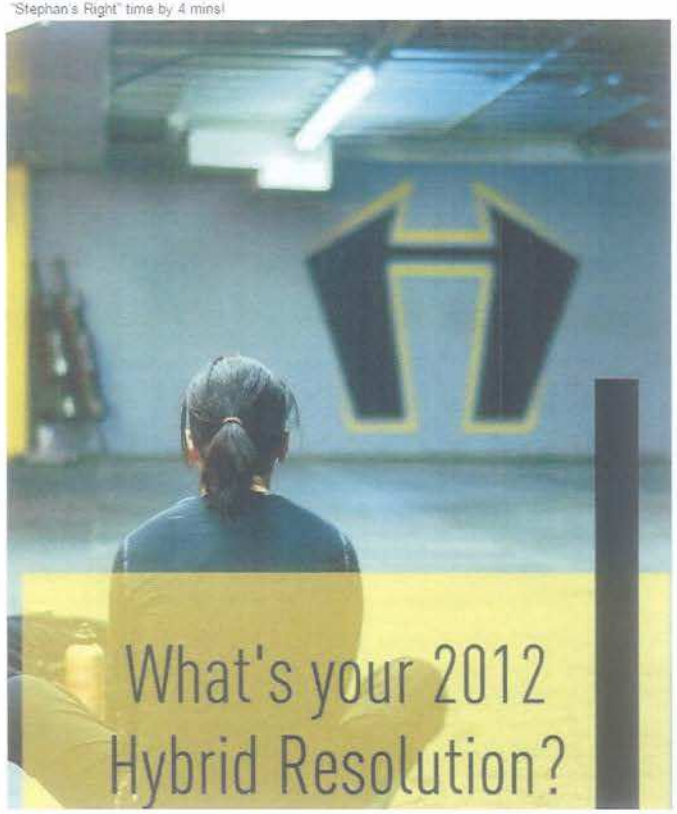
Don't forget Monday is the Charity Event for Cancer Relief. An ALL DAY event to raise some money for a long time and important member of Hybrid Athletics. DONATE HERE to participate Thank you to all who have already donated. The WOD will be posted Monday.

FILED UNDER: UNCATEGORIZED

"STEPHAN'S RIGHT"

DECEMBER 14, 2011 BY ADMIN LEAVE A COMMENT

A repeat Wod today. This WOD is named after one of the 5:30 am regulars and permanent fixtures here at Hybrid for a long time now. Michelle (pictured below), another 5:30 am athlete, improved her "Stephan's Right" time by 4 mins!



February 18 - CF Central in Texas (Click Here to Register)

April 1 - CF Amsterdam in Netherlands (Click Here to Register)

April 14 - Toronto (Click Here to Register)

March 17 - CF Skylands in Sparta, NJ (Click Here to Register)

March 24 - CF Clitheroe in Lancashire, England (Click Here to Register)

March 31 - Reebok Crossfit Nurnberg in Nurnberg, Germany(Click Here to Register)

May 12 - Real World CF in Australia (Click Here to Register)

May 13 - Real World CF in Australia (Click Here to Register)

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Friday	5:30am, 7:00am, 9:15am*, 10:00am, 5:30pm**, 6:30pm**
Saturday	8:30am***, 9:30am - Open Hours (10:00am-12:00pm)
Sunday	9:30am "Sunday School"

DIRECTIONS

We are located at 4 Hyde Street on the lower level in Stamford, CT. Click here to view a map

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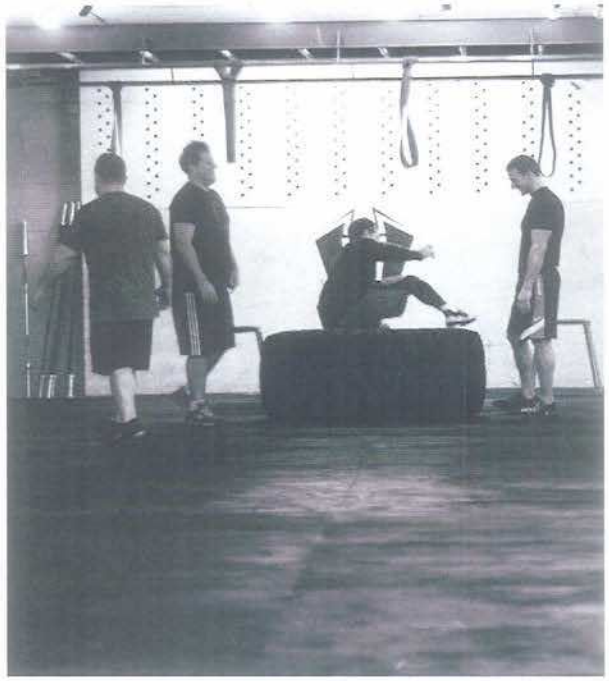
Stephan (seen below with his pals Mike, Jay, and Joe) improved his time by 2 minutes. Awesome job! Post your new times and weights to The Hybrid Scoreboard.



DON'T FORGET TO COME INTO THE OFFICE AND RECORD YOUR 2012 RESOLUTION! MICHELLE AND STEPHAN ARE WELL ON THEIR WAY!

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A FOLLOW UP FROM CROSSFIT STRONGMAN PARTICIPANT'S GIRLFRIEND...

DECEMBER 14, 2011 BY ADMIN 2 COMMENTS

Hybrid Stamford

Katie Rice "So my boyfriend (Anthony Katafias) was at your Strongman Certification on Saturday in Maryland and I drove up there with him and he hasn't shut up about how much fun he had and how excited he was. He's been talking non stop about atlas stones and yokes and how much he wants to make some. Right now he's in our garage doing zercher DLs and "atlasing" a punching bag (best thing he could find to substitute an atlas stone). You provided him with motivation to last him a good long while. Haha" --- THANKS KATIE FOR SHARING!

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DECEMBER 13, 2011 BY ADMIN LEAVE A COMMENT

DEADLIFTS! 21 total reps, sets of three! Go HEAVY. Don't forget to check out the challenge WOD on the board for the week and today there is an additional "post WOD" ab workout. Enjoy!

FILED UNDER: UNCATEGORIZED

"TWENTY FOUR"

DECEMBER 12, 2011 BY ADMIN LEAVE A COMMENT

It's a bit chilly out here today, but yes, we are running! Don't worry, by round 2 you'll be so warm, the chilly weather will be a welcomed break!

Also, don't forget to sign up for our weekly newsletter! It comes out every monday. Sign up can be found on our main page.

FILED UNDER: UNCATEGORIZED

CLASSES TONIGHT!

DECEMBER 9, 2011 BY ADMIN LEAVE A COMMENT

Classes are ON for tonight, however, due to most of the training staff heading down to MD for the strongman seminar, the trainer may not be able to get to the gym until exactly 5:30pm...so please sit tight in your warm cars. James will be there asap! 😜

FILED UNDER: UNCATEGORIZED

"DESSERT"

DECEMBER 8, 2011 BY ADMIN 2 COMMENTS

At Hybrid, there is a side board with advanced WOD's for people to try. Nobody seems to know it exists ...or they conveniently oversee it when a tough WOD is posted. So today, the most recent "Rob's Challenge WOD" is the class WOD. Check it.

20 Clean & Jerks
40 Wallballs
60 Burpees
80 Walking Lunges
100 Double Unders (300 singles)

For every minute over 15 minutes complete a 30 second handstand hold.

FILED UNDER: UNCATEGORIZED

"DINNER"

DECEMBER 7, 2011 BY ADMIN | LEAVE A COMMENT

2K row
then...
15 Toest through rings 30 sledge swings 15 weighted situps 4 Rounds
Then...
Heavy Stones to Shoulder

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WORKOUT OF THE DAY

750 Meter Row
then 6 Deadlifts, 15 Hand Release Pushups
(Three Rounds)
400 Meter Run
then 6 Deadlifts, 15 Hand Release Pushups
(Three Rounds)
The row and the run are completed just once each.

MONDAY 1/2/2112 : SCHEDULE

DECEMBER 31, 2011 BY ADMIN LEAVE A COMMENT

CLASSES FOR MONDAY ARE AS USUAL EXCEPT FOR THE 5:30 AM AND 7:30 PM CLASS.

HAVE A HAPPY, HEALTHY AND STRONG NEW YEAR!

FILED UNDER: UNCATEGORIZED

NEW APPAREL IS IN!!!!

DECEMBER 30, 2011 BY ADMIN 1 COMMENT

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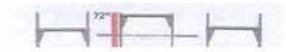
SHOP HYBRID



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Hydro Flask© helped us create a reusable water bottle that truly performs in any environment. Keeps hot liquids hot and cold liquids cold. Period. It is BPA-free, lightweight, durable, sweat-proof, freeze-proof, recyclable, and comes with an unconditional lifetime warranty. PERFECT FOR CROSSFITTERS!

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"DANNY"

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400 M Run

25 Hang Power Cleans

35 Burpees

25 Thrusters

40 Scissor Jumps

25 Pullups

35 Pushups

400 M Run

12 Man Makers

We'll have multiple divisions :

Men under 30 years old

Men between 31 and 39

Men between 40 and 49

Men 50+

Women under 30 years old

Women between 31 and 39

Women between 40 and 49

Women 50+

Scalable for all movements....this is meant to be fun!!!!

Donate

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Sunday	9:30am "Sunday School"

DIRECTIONS

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OUR SPONSORS

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DECEMBER 16, 2011 BY ADMIN | LEAVE A COMMENT

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(Mike and Joe killing a row, 5:30 am)

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"STEPHAN'S RIGHT"

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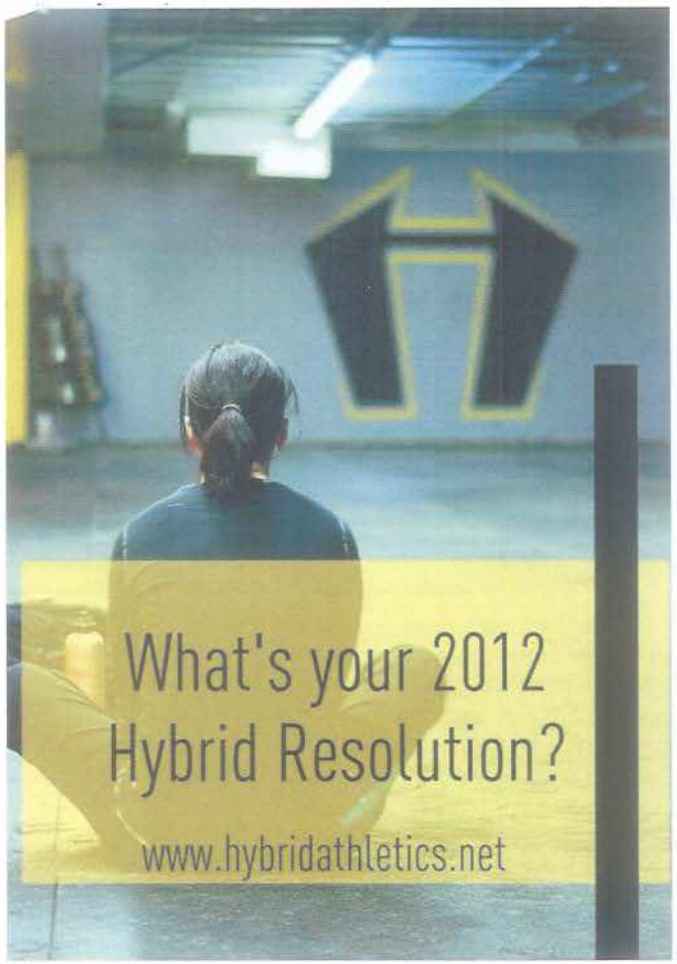

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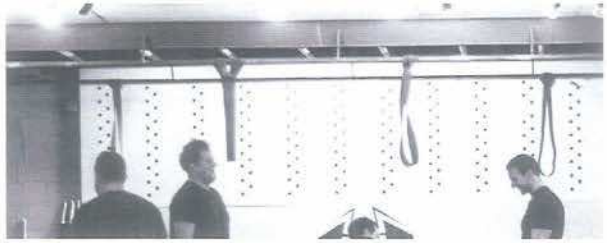

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DECEMBER 14, 2011 BY ADMIN | 2 COMMENTS

Hybrid Stamford

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"Gettin' Cold"

30 seconds push press/30 seconds push jerk
Rest 90 seconds
x 3 rounds

Then...
10 down to 1 of:
Power Clean

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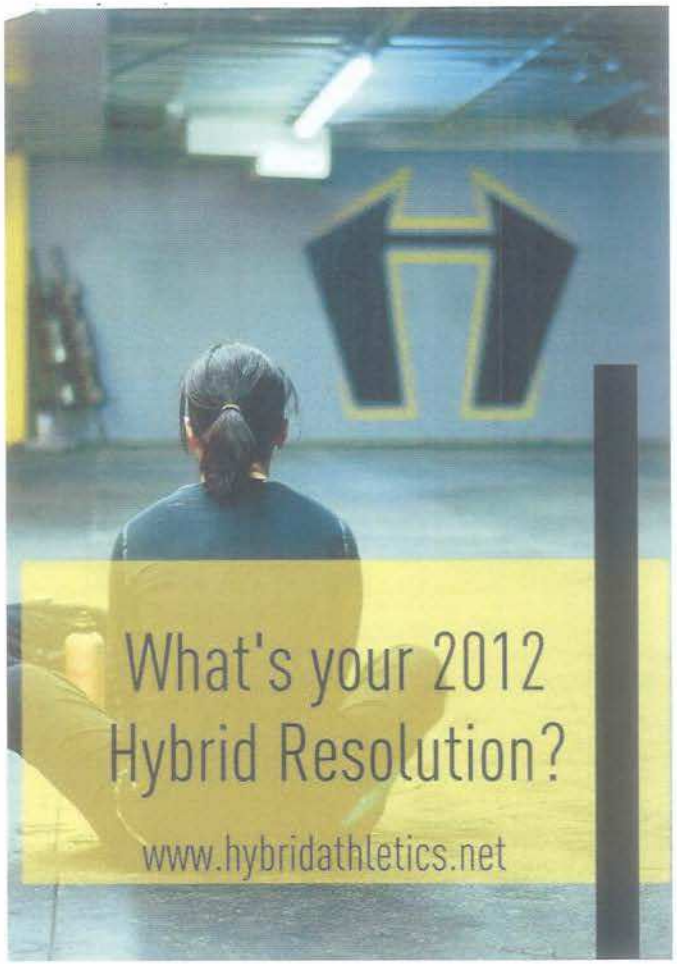

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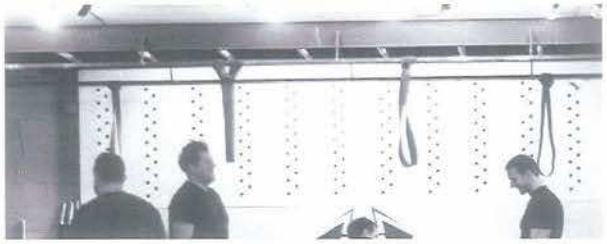

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WORKOUT OF THE DAY

"Overruled"

2 Minutes per station x 2 rounds

Box Jumps
Plyo Pushups
Sledge Swings
Weighted Situps

WELCOME TO HYBRID, JUSTIN!!!

JANUARY 11, 2012 BY ADMIN | LEAVE A COMMENT

Hello Members! Meet our new trainer Justin Tway. He has joined us full time and we are happy to have him! He has hit the ground running and shadowing Timmy and Rob. He is proficient in Olympic Lifting, so take some time to meet with him if you would like to improve on any skills. Here he is working with Kate

SHOP HYBRID

FILED UNDER: UNCATEGORIZED

ANNOUNCING HYBRID ATHLETICS' KID CLASSES!

JANUARY 10, 2012 BY ADMIN | LEAVE A COMMENT

Announcing Hybrid Athletics CrossFit Kids Program

Starting January 10th, 2012

Tuesday and Friday at 4:15pm.

$100 plus taxes per child per month.
TWO month minimum commitment.

FILED UNDER: UNCATEGORIZED

HYBRID'S STRONGMAN COMPETITION : 2/25/12

JANUARY 4, 2012 BY ADMIN | 4 COMMENTS

Hybrid Athletics Strongman Competition : 2/25/2012

1. Carry and Drag Medley-Farmer's carry, Keg carry, Sled drag.
2. Yoke for max distance in 90 seconds
3. Stones over bar for max reps in 90 seconds
4. Overhead Press Medley-Sandbag, DB, Axle, Log, Odd Object

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UPCOMING SEMINARS

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4. Overhead Press Medley Sandbag, DB, Axle, Log, Odd Object
5. Front Squat Ladder increasing by 1 rep per set. 3 minute cap.

Men's Classes	Women's Classes
Under 175	Under 130
Under 200	Under 155
Under 231	Over 156
Over 232	

CLICK ON IMAGE TO ENTER, OR VISIT THIS LINK : 2012 STRONGMAN COMPETITION

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WORKOUT OF THE DAY

"Unbroken"

30 Pushups (scale up if needed)
30 KB Figure 8's
30 Weighted Standups
30 Squat Thrusts
30 Hang Power Snatch

Rest 90 seconds after each movement. Goal

HYBRID IS CLOSED FOR EASTER SUNDAY

APRIL 7, 2012 BY ADMIN | LEAVE A COMMENT

We'll see you all Monday!!

FILED UNDER: UNCATEGORIZED

STONE MONSTERS!

APRIL 5, 2012 BY ADMIN | LEAVE A COMMENT

I don't SEE nuthin' scary...

SHOP HYBRID

I don't FEEL nuthin' scary...

But I sure am gonna get whatever's in there!!!

FILED UNDER: UNCATEGORIZED

RESPECT! WITH A CAPITAL H!

APRIL 5, 2012 BY ADMIN | LEAVE A COMMENT

Check it out. A great article about a member of our protective forces. It's a great story.

Oh, and check out his shirt!!!

http://games.crossfit.com/article/purple-heart-recipient-takes-open

FILED UNDER: UNCATEGORIZED

SINGLE ARM KB SOTS PRESS

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HYBRID000732

MARCH 15, 2012 BY ADMIN LEAVE A COMMENT

Check out this video for the 3/15/2012 WOD

Saving page now...

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HYBRID MEMBERS ON 12.3

MARCH 14, 2012 BY ADMIN LEAVE A COMMENT

Check out a few of our members doing 12.3

The video cannot be shown at the moment. Please try again later.

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ROB & MAGEE ON 12 DOT 3

MARCH 13, 2012 BY ADMIN LEAVE A COMMENT

Check out Rob and Eric Magee crushing it on open WOD 12.3

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https://www.youtube.com/embed/A95PiGTgvjc?version=3&fs=0&rel=0&title=Eric+Magee+%7C+Rob+Orlando+WOD+12

Here to Register)

May 13 - Real World CF in Australia (Click Here to Register)

June 9 - Crossfit Barrington, Lake Barrington, IL(Click Here to Register)

June16 - Crossfit BoomTown(Click Here to Register)

Sept 1 - Rainier, Sumner, WA(Click Here to Register)

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CLASS SCHEDULE

Monday	5:30am, 7am, 9:15am*, 10am, 4:30pm, 5:30pm, 6:30pm
Tuesday	5:30am, 7am, 9:15am*, 10am, 4:15pm(Kids)*, 4:30pm, 5:30pm, 6:30pm
Wednesday	5:30am, 7am, 9:15am*, 10am, 4:30pm, 5:30pm, 6:30pm, 7:30pm*
Thursday	5:30am, 7am, 9:15am*, 10am, 4:30pm, 5:30pm, 7:30pm*, Open Hours (6:15 - 8pm)
Friday	5:30am, 7:00am, 9:15am*, 10:00am, 4:15pm(Kids)*, 5:30pm, 6:30pm
Saturday	8:30am, 9:30am, Open Hours (10:00am-12:00pm)
Sunday	9:30am "Sunday School", Open Hours (10:00am-11:00am)

For all classes marked with a *, please see the full schedule writeup under "about us"

DIRECTIONS

We are located at 4 Hyde Street on the lower level in Stamford, CT. Click here to view a

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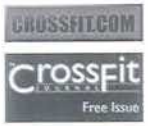

"BEAST IT OUT DAILY"

FEBRUARY 29, 2012 BY ADMIN LEAVE A COMMENT

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STRONGMAN COMPETITION (2/25/12) : EVENT 5

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STRONGMAN COMPETITION (2/25/12) : EVENT 4

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STRONGMAN COMPETITION (2/25/12) : EVENT 3

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WORKOUT OF THE DAY

Skill/Strength Day

Spend some time practicing double unders and turkish getups
Follow this with a 5x3 set of bench press

No posting is required to The Hybrid Scoreboard

"AIM HIGHER"

NOVEMBER 29, 2011 BY ADMIN LEAVE A COMMENT

Check out the 5:30am class on Todays WOD! Some nice work on the super high box jumps

Super High Box Jumps

Super High Box Jumps 2

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"FOUR LITTLE P'S"

NOVEMBER 28, 2011 BY ADMIN

Welcome back after feasting on turkey and stuffing and whatever else your family eats over thanksgiving! Hope everyone enjoyed the holiday and nobody got hurt if you went shopping on Black Friday. Hybrid is making a few changes including to our website. The new and improved site should be coming live in the next week or two, so stay focused and let us know what you think when it's live

Strict Press 5-5-5-5-5

Then...

Pushups – 10 down to 1

Planks (side raises) – 20 down to 2 by 2's

SHOP HYBRID

Pullups – 10 down to 1

Post your strict press weight HERE and your time to The Hybrid Scoreboard

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"JUST WORK"

NOVEMBER 23, 2011 BY ADMIN

One of our members PROMISED his friends he'd be at the 7am class with them today. He did not show up. So, if you've seen this man, tell him that his friends are looking for him, and it'd be nice if he could show up next time. This is what happens if not.

We are CLOSED tomorrow (Thursday) for the Holiday. Enjoy the Turkey! Friday, we will hold TWO classes. The first will be a 9am class. The second will be at 5pm. Saturday we will return to a normal schedule.

LOST! – One of our members lost a gold ring with diamonds shaped like a flower and a dark stone in the middle. If you have seen this ring at the gym, please leave it in the office. It is quite important to the one who lost it.

Todays WOD has no time nor score component. Sometimes it's good to test your limits and just get the work done. We're looking for some good amount of weight lifted. Your first round should be around 20 reps, 2nd round about 15, third round around 5-10. If you get 10 reps in your third round, do a 4th at your option at a heavier weight. If you don't have double unders, this is a perfect WOD to practice them in!

Max rep back squat

Backwards tire drag x 2 lengths (100 ft total)

75 Double Unders

3 rounds (4th is optional)

Rest as needed between rounds

While there is no score, you can post your total weight lifted, or your weights and rep scheme to The Hybrid Scoreboard

Sign up for our weekly newsletter HERE

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FOLLOW US!

UPCOMING SEMINARS

January 14 - Captain Crossfit in Arizona (Click Here to Register)

January 21 - Hybrid Athletics in Stamford, CT (Click Here to Register)

February 18 - CF Central in Texas (Click Here to Register)

April 14 - Toronto (Click Here to Register)

March 17 - CF Skylands in Sparta, NJ (Click Here to Register)

May 12 - Real World CF in Australia (Click Here to Register)

May 13 - Real World CF in Australia (Click Here to Register)

NEWSLETTER SIGN-UP

Your Name (required)

Your Email (required)

Send

HYBRID ATHLETICS FALL COMPETITION RESULTS:

NOVEMBER 22, 2011 BY ADMIN

Women's Lightweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut Line	Event 4	Rank 4	Cut Line	Event 5	Rank 5	Score	Match Point
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
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Men's Lightweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Score	Match Point
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
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Women's Heavyweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Score	Match Point
Alexandra Dorman	[illegible]	2	[illegible]	3	7:54	5	[illegible]	[illegible]	2	[illegible]	7:07	1	9	[illegible]
Alice Barron	[illegible]	3	8:00	3	8:20	3	[illegible]	10	4	4	7:28	4	18	[illegible]
Christina Fabian	[illegible]	4	8:47	7	8:04	4	[illegible]	[illegible]	1	[illegible]	7:28	3	19	[illegible]
Melissa Lauer	[illegible]	1	7:12	1	8:12	2	[illegible]	[illegible]	3	[illegible]	7:16	2	10	[illegible]

Men's Heavyweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Score	Match Point
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
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"TURKEY"

NOVEMBER 22, 2011 BY ADMIN

Another repeat WOD today, so check if you did this one last time and try and smoke that old score! This morning, several members beat their times by over a minute. Not bad for a few months work!

1000m row

80 KB Swings

CLASS SCHEDULE

Monday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Tuesday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Wednesday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6:30pm, 7:30pm
Thursday	5:30am, 7am, 9:15am, 10am, 5:30pm, 6pm - Open Hours (6:30 - 8pm)
Friday	5:30am, 7:00am, 9:15am*, 10:00am, 5:30pm**, 6:30pm**
Saturday	8:30am***, 9:30am - Open Hours (10:00am-12:00pm)
Sunday	9:30am "Sunday School"

DIRECTIONS

We are located at 4 Hyde Street on the lower level in Stamford, CT. Click here to view a map.

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"The Cure" : 4/23/11

Congratulations to those that rallied this morning for a workout. With all the the rain, and after a night...

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The Hybrid Atlas Stone Mold

Hybrid Athletics

10 inch : 42 lbs (includes shipping) for $80.00

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September 24, 2011

CrossFit STRONGMAN

Register Now!

Hybrid Athletics Fall Competition

November 19, 2011

Click Here to Register

HYBRID ATHLETICS

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Hybrid Women's T-Shirt

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Other Cool Stuff

Hybrid Athletics Segment on Fox News

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September 23rd, 2011 admin

For anyone attending the CF Strongman seminar at Hybrid tomorrow-please park in the CVS parking lot across Hope Street-it's about 150 yards from the entrance to Hybrid. Show up tomorrow at 8:30-8:45 and we'll be rolling by 9:15-9:30. Bring a change of shoes if possible-the floor will be wet otherwise... See you there!

CLICK HERE FOR DIRECTIONS

No Comments >>

"Friday Crawl"

September 23rd, 2011 admin

GET 10% OFF AT
PROGENEX

Check out Hybrid Athletics First place team at the CMC! Hard at work. The team finished first for co-ed teams, and second overall for all teams, losing only to an all male squad. Props to the Hybrid Ladies!

Don't forget, if you want to sign up for the weekly e-mail, click HERE First e-mail will go out next Monday!

50 ft. bear crawl

8 overhead press

15 pushups

15 Minute AMRAP

STRONGMAN SUB!!!

Heavy object carry x 50 ft. (stones, sandbags, kegs, etc)

Odd object press x 8 (stone, fire hydrant, anvil, etc)

Pushups x 15 (If you want harder, put a plate on your back)

15 Minute AMRAP

Post your press weight and time to The Hybrid Scoreboard. Add your strongman implements to the notes section of your post.

No Comments >>

"Not Up Yet"

September 22nd, 2011 admin

Announcement: Due to the seminar this Saturday, we will have only ONE class on Saturday at **8am!!** PLEASE be prompt as we need to be ready for the seminar which starts at 9am. If you can't make it by 8am, take a rest day.

If you haven't signed up for the weekly Hybrid e-mail, please do so now. It's the best way you can be up to date with what's going on at the gym in regards to new events, competitions and any and all other happenings around the gym. Click HERE to join.

Registration for the November 19th Hybrid Competition is now open! There will be two weight classes for men and women. Womens weight cutoff is 135 and mens is 185. Sign up today. It's going to be more epic than anything we've done before!

30-25-20-15-10-5 reps of:

Weighted Step Ups

Situps

Scissor Jumps

Post your weight and time to The Hybrid Scoreboard!

No Comments >>

"Cliff Swims"

September 21st, 2011 admin

Hybrid's womens class is becoming a hit! For any of you ladies who want to come and workout with a

class of your peers, without the testosterone filled boys around. Join us weekdays at 9:15am.

There are still a handful of spots left for this Saturdays strongman seminar at Hybrid Athletics. An official Crossfit recognized seminar, we'll teach you how to properly lift stones, flip tires, clean and press logs and various other movements that can add that much more variety to your WOD's. Signup is in the upper left corner of our site.

3 rounds of:

600m run

30 burpees

8 stones/20 KB swings

Post your time to The Hybrid Scoreboard

No Comments >>

"Pickles"

September 20th, 2011 admin

Look for this bad boy at the Beast of the East Competition. Yep, Hybrid has it's own tent set up. Be sure to stop by and flip tires, lift stones, and shoot the breeze with rob and crew!

10 Pullups

10 Back Squats

7 Rounds

Post your squat weight and time to The Hybrid Scoreboard

No Comments >>

"Still Sore"

September 19th, 2011 admin

Join Hybrid Athletics Weekly E-mail List!

Powered by SafeSubscribe

The weekly e-mails we have been sending are now being more streamlined. Please click the link above to subscribe to the weekly e-mail list. If you haven't been getting them, and want to be up to date on what's going on at Hybrid, with a little comedic flare each week, then join up and be up to date!

With Hybrid Athletics stone molds, you can easily make your own complete set of stones in just a few hours (plus drying time). Check them out at the Hybrid Store and get your set today.

Tabata Style:

10m sprints

Seated shoulder press

Squat thrust long jumps

Hang cleans

Lowest reps of each movement count towards your score, which you can post to The Hybrid Scoreboard.

No Comments >>

"Shirts In!"

September 16th, 2011 admin

You like standup comedy? Well, you're in luck! Hybrid's own Dan Jimenez and his comedy troop are performing at Monster B's tomorrow, September 17th at 9pm. Stop by the Hybrid office for tickets, or you can just get them at the bar. Dan is by far our most entertaining member and the show should be nothing short of hilarious. Join in on the fun!

Tomorrow we are participating in FGB6. If you haven't reserved your slot yet, there are still a couple spaces open. Heats will go off every 30 minutes. Donate for a great cause, then stop in and join in on the pain with the rest of us. First heats kick off at 8:30. See the board in the gym for open slots.

30 calorie row

60 KB swings

90 pushups

120 rolling planks

90 walking lunge

60 situps

30 jump squats

Post your time to The Hybrid Scoreboard

No Comments >>

"He's Back"

September 15th, 2011 admin

Yep! I'm back at it again! While I was out Hybrid got some great praise. Check it out:

Lately I've been noticing change and improvement in my performance from doing these strongman movements. However, every time I use barbell's or the "traditional" methods to get strong I notice that my interest level drops considerably. Don't get me wrong, I love using barbell's, and I especially love doing power cleans. However, there is just something unique and different about lifting a stone, flipping a tire, or pressing a log that just gets my excited and fired up. I'm sure I'm not the only one you have seen with this same kind of reaction when it comes to strongman movements. But what I find exciting is that the workouts that incorporate the "strange" and "not typical" forms of exercise are the type of workouts that benefit me the most. And that's what I see you doing here..! I love CrossFit, but I love CrossFit even more when the motto "unknown and unknowable" is really emphasized. Its a privilege to be able to do these WOD's and these movements. And after seeing your programming, I find that the "unknown and unknowable" is truly emphasized. And I've seen tremendous results from it. Thanks Rob.
-Logan

It's words like that which make us really love what we do. At Hybrid, we're helping to change the way the world sees fitness, and bringing a once (and maybe still) exclusive sport to the masses! Strongman Rules!

10 pullups

20-10 (by 2's) Overhead Squat

10 pullups starts every set of OH Squats, so 10 pullups, 20 OHS, 10 pullups, 18 OHS, 10 pullups, 16 OHS. You get the picture.

Post your time to The Hybrid Scoreboard

No Comments >>

Civilian Military Combine:9/10/11: "Do you have what it takes?"

September 14th, 2011 admin

The CMC competition is broken down into three components to test strength, endurance and agility. Race day structure will consist of "The PIT" (lifting element) into a 7 mile mountain race with 7 strategically placed massive military obstacles. This structure is what separates the Civilian Military Combine from all other races and competitions.

Hybrid Athletics TEAM does and they took **Second Place!** Congratulations to all of our athletes. We are proud to have you as part of our box!

CIVILIAN MILITARY COMBINE

CMC Team Awards

Co-Ed Teams

Team Name	Number Members	Average Total Points
Hybrid Athletics	4	137.790001
CrossFit South Hills 3	4	135.072902
Fusion XT	4	132.1325

Female Teams

Team Name	Number Members	Average Total Points
CrossFit Dixie	4	134.645
Team Revise	4	111.375002
CrossFit Westchester 3	5	105.666667

Male Teams

Team Name	Number Members	Average Total Points
Monroe County CrossFit	3	156.033335
Keystone CrossFit	3	133
CrossFit Westchester	3	132.66003

All Team Scores

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Hybrid Athletics	Co-ed	137.790001
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CrossFit Dixie	F	134.645
Keystone CrossFit	M	133
CrossFit Westchester	M	132.66003
Fusion XT	Co-ed	132.1325
CrossFit Dover	M	131.1
West Point Cadets	M	127.664999
West Point Shark	M	127.666666
Crossfit 814	M	127.666000
CF The Rock 2	M	125.666666
CrossFit Centerview	M	124.275999
CrossFit Westchester 2	M	123.033335
CrossFit South Hills 1	M	123.40333
CrossFit Hell's Kitchen	M	117.600001
LIVESTRONG	Co-ed	116.200002
Team Kevlar	F	111.375002
CrossFit Westchester 2	F	106.666667
Brandywine CrossFit	M	105.141
Team Digg	M	97.6275
Force	M	95.783333
TEAMBRING IT	M	95.666666
Team Metro	Co-ed	83.110000
GOALS	M	80.666666
Fast Company	M	80.166666

civilianmilitarycombine.com

No Comments >>

"Low Reps"

September 14th, 2011 admin

1 x 200m
2 x length bear crawl
3 x deadlift/stones
4 x burpeesAMRAP 20 minutes
(Post Rounds to The Hybrid Scoreboard)

"No frills and private clubs that cater to the extreme fitness buff is catching on – even the *New York Times* is onto those of us in pursuit of exceptional challenges and doing what we thought was not possible

with our bodies...an athlete said it "allowed me, to discover my love of pushing myself beyond my notions of limits...gave me not an arrogance but a humble and healthy belief in my physical abilities, which I never before possessed." the article reads...

THIS IS WHY WE ARE ALL HERE AT HYBRID.

"The Cult of Physicality" (NYT, 9/11/2011) : **Americans seem to want their workouts served with hiss and spit.**

"Theories abound as to why. Fads tend to oscillate...more recently, economic and political upheaval, not to mention two grinding wars, have tipped people toward strength training and militaristic exercise."

Getting Fit. Even if it Kills You (NYT, 12/22/2005) :

But CrossFitters revel in the challenge. A common axiom among practitioners is "I met Pukey," meaning they worked out so hard they vomited. CrossFit's other mascot is Uncle Rhabdo, another clown, whose kidneys have spilled onto the floor presumably due to rhabdomyolysis. It is hard not to catch the enthusiasm...and for (Mr. Glassman – not to mention CrossFitters alike), dismissals of his extreme workouts merely help him(them) weed out people he considers weak-willed. **"If you find the notion of falling off the rings and breaking your neck so foreign to you, then we don't want you in our ranks," Coach said. 3,2,1 Go...**

No Comments >>

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Hybrid Athle Competi.....

November 19, 2011

Click Here to Register

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Hybrid/Rogue Axle

Hybrid/Rogue Farmer's Handle

Hybrid Strongman Log

Hybrid Jaco Shorts (Pre-Order)

Hybrid Men's T-Shirt

Hybrid Thermal

Hybrid Women's T-Shirt

Hybrid Athletics Segment on Fox News

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"Play Nice"

October 4th, 2011 admin

Crossfit

CROSSFIT.COM

CrossFit Journal Free Issue

Other Cool Stuff

GET 10% OFF AT PROGENEX

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500m row

Tire drag x 10 lengths

Overhead Weighted Stand Ups x 20

Situps x 60

3 rounds - 30 Minute cap.

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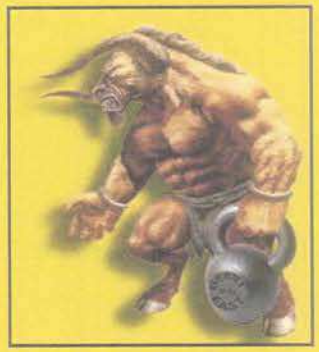
October 3rd, 2011 admin



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1 round

Subtract 5 min from your total time

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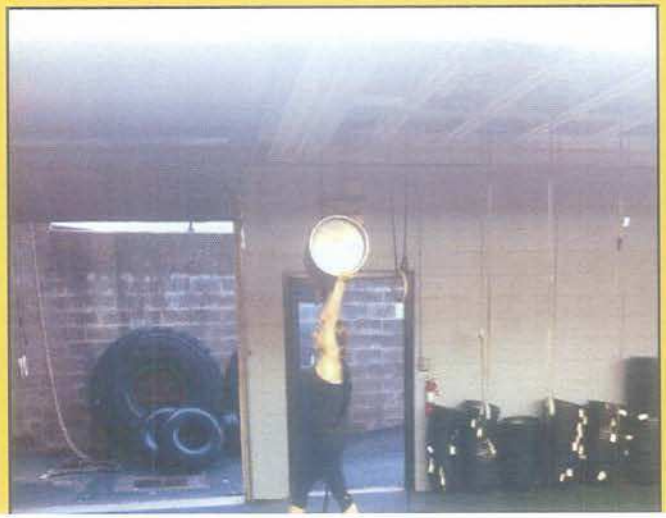

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Run 400m (or 20 gym sprints)

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Run 200m (or 10 gym sprints)

20 Mountain Climbers

If you're feelin' good, do the WOD with a 20# vest.

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No Comments >>

"Fifties"

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50 Calorie row

50 Thrusters

50 Knees to Elbows/Toes to bar

50 T-Drill Pushups

Post thruster weight and time to The Hybrid Scoreboard

No Comments >>

September 23rd, 2011 admin

For anyone attending the CF Strongman seminar at Hybrid tomorrow-please park in the CVS parking lot across Hope Street-it's about 150 yards from the entrance to Hybrid. Show up tomorrow at 8:30-8:45 and we'll be rolling by 9:15-9:30. Bring a change of shoes if possible-the floor will be wet otherwise. See you there!

CLICK HERE FOR DIRECTIONS

No Comments >>

"Friday Crawl"

September 23rd, 2011 admin

Check out Hybrid Athletics First place team at the CMC1. Hard at work. The team finished first for co-ed teams, and second overall for all teams, losing only to an all male squad. Props to the Hybrid Ladies!

Don't forget, if you want to sign up for the weekly e-mail, click HERE. First e-mail will go out next Monday!

50 ft. bear crawl

8 overhead press

15 pushups

15 Minute AMRAP

STRONGMAN SUB!!!:

Heavy object carry x 50 ft. (stones, sandbags, kegs, etc)

Odd object press x 8 (stone, fire hydrant, anvil, etc)

Pushups x 15 (if you want harder, put a plate on your back)

15 Minute AMRAP

Post your press weight and time to The Hybrid Scoreboard. Add your strongman implements to the notes section of your post.

No Comments >>

"Not Up Yet"

September 22nd, 2011 admin

Announcement: Due to the seminar this Saturday, we will have only ONE class on Saturday at **8am!!** PLEASE be prompt as we need to be ready for the seminar which starts at 9am. If you can't make it by 8am, take a rest day.

If you haven't signed up for the weekly Hybrid e-mail, please do so now. It's the best way you can be up to date with what's going on at the gym in regards to new events, competitions and any and all other happenings around the gym. Click HERE to join.

Registration for the November 19th Hybrid Competition is now open! There will be two weight classes for men and women. Womens weight cutoff is 135 and mens is 185. Sign up today, it's going to be more epic than anything we've done before!

30-25-20-15-10-5 reps of:

Weighted Step Ups

Situps

Scissor Jumps

Post your weight and time to The Hybrid Scoreboard

No Comments >>

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Crossfit

Other Cool Stuff

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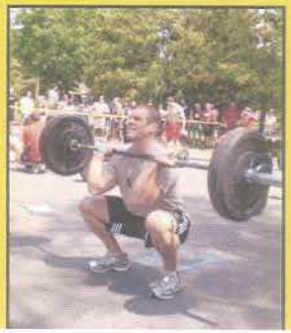

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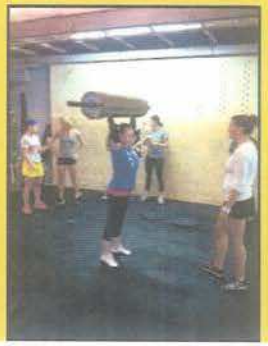

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Hybrid Athletics Segment on Fox News

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"Lunch Box"

October 11th, 2011 admin

A nice quote from one of our college members:

I might just be procrastinating a paper I have due in a few hours, but I thought this was pertinent. Reading your newsletters and whatnot we really see how much Hybrid Athletes are improving whether it is in Crossfit or life in general. Not that I'm one for self promotion (haha) but since coming back to school I've already earned playing time (around 40 minutes a game) in 2 first side games. Before coming to Hybrid I wouldn't have been able to run 40 minutes, now my Met-Con is through the roof and my team has earned a berth to the conference title game. I started at a local crossfit a few days ago and I really have seen a great difference in my WODs. I don't know if you need ideas for your next newsletter, but I just thought I would let you know how much Hybrid has changed my athletic life, both in rugby and Crossfit.

oh and I PR-ed my power clean at 195 (bodyweight) the other day

Crossfit

Other Cool Stuff

We have many young athletes that come to Hybrid to work on their strength in hopes of making their high school or college team. It just goes to show that Crossfit works, and Hybrid can help. If you're looking to make your schools team this year, give us a month and we'll work with you to get there.

100 ft. bear crawl

12 Overhead Press

100ft Overhead walking lunge

6 rounds - 20 minute cap

Post your press weight and time (or rounds completed) to The Hybrid Scoreboard

No Comments >>

"No Work"

October 10th, 2011 admin

Beast of the East was a blast and everyone from Hybrid laid it out on the line giving everything they had. PR's were dropping left and right. Overall, Jack Fecteau showed he was a force to be reckoned with finishing a 5K hill run around 20 minutes, then moving on to pull 47 reps of a 275# deadlift later in the day. Jack finished well into the top half of a group of over 100 men.

Our teams represented us well too. We had teams finish 8th, 16th and 38th, with the last due to a small glitch in counting laps ☺. And of course, all of our teams just dominated the WOD that had stones in it. It's second nature to us by now.

So, a big THANK YOU to all those who competed and to those who came to support us this weekend. We definitely heard your voices as we pushed through each WOD. If anyone thinks they want a taste of good competition, sign up for our Hybrid Challenge November 19th!

We'll have pics and videos available shortly.

For those members who missed the beast of the east, we generously shared one of the WODs with you today:

500m row

15 stones to shoulder

50 hand release pushups

100 box jumps

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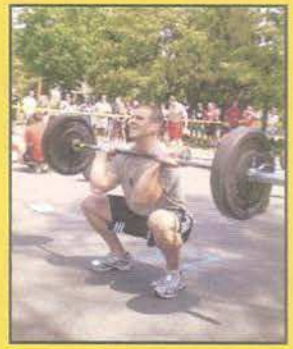

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Situps x 60

3 rounds - 30 Minute cap.

The first person starts on the rower. When they are done, the next person follows behind them, moving through the stations like a conveyor belt. You cannot move on to the next exercise until the teammate in front of you has finished it. All teammates must finish all reps of each movement before the 1st person can begin the next round, so there's some built in rest.

Each movement completed by a teammate counts as 1 point. (IE: all 4 teammates finish 2 rounds, your team has 32 points (4 ppl x 4 movements x 2 rounds).

Post your teams total points to The Hybrid Scoreboard. If you finish within the 30 minutes, post your time.

No Comments >>

"Running Grace"

October 3rd, 2011 admin

Get ready Hybrid! We've got 3 teams and several individials entered into The Beast of the East Competition in Durham, CT this weekend. If you're not already planning on going, make the plans! Come cheer on all of our athletes and meet new folks who stroll up to the Hybrid Tent. Yes, we will have our own tent at the event. Git'r done!

30 Clean & Jerks

1 mile run

Post weight and time to The Hybrid Scoreboard

No Comments >>

"Brewster"

September 30th, 2011 admin

Hopefully everyone is feeling good after yesterday's WOD. It was pretty tough, but like we said, gut checks are always needed once in a while. Today we're coming back with a fun one and a little built in rest. Try and push hard through every round knowing that rest is coming.

200m run
12 overhead press
10 burpees

3 rounds, 3 minutes rest
2 rounds, 2 minutes rest
1 round

Subtract 5 min from your total time

Post that time and your press weight to The Hybrid Scoreboard

No Comments >>

"Can you hang?"

September 29th, 2011 admin

I'll be on The road the next few days, so you'll have to deal with the lack of awesome photos for a few days.

Everyone has to get a gut check once in a while. Yesterday we went short and heavy, so today is a perfect time for your regular checkup. Set a pace and push through.

20 kettlebell/dumbbell hang squat cleans
30 Sledge swings
40 squat tucks
50 double unders
60 russian twists

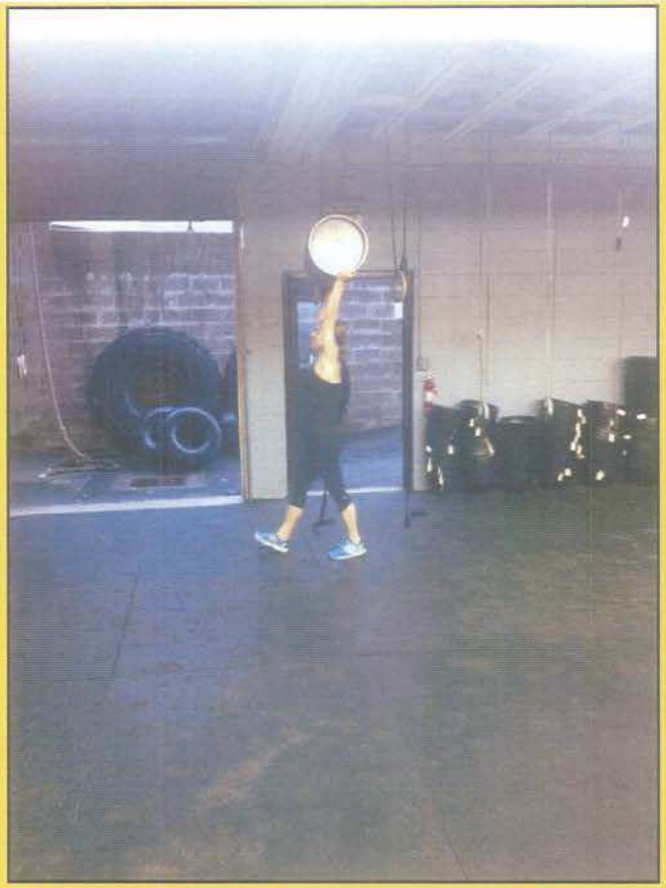
30 minute AMRAP

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

"Don't be a wimp"

September 28th, 2011 admin



Paige decided to play with the big boys today in the strongman wod that we created for the class (Wednesday mornigs and Fridays we have strongman days, just so you all know). Check her out pressing that keg over her head with a smile on her face!

Class WOD:

5 to 1 HEAVY Deadlifts

between each set of deadlifts, complete:

10 box jumps

5 handstand pushups

We want this HEAVY!!! No "i typically do this weight..." We want to see failed reps, nothing unbroken. We want you to look at that bar after each and every rep and say "okay, today, i'm owning you weight!" and then get it done. Heavy means HEAVY!

Post your deadlift weight and your time to The Hybrid Scoreboard

No Comments >>

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"Keep Going"

October 19th, 2011 admin

We're introducing a new format today, similar to stations but at your own pace. There will be a 25 minute running clock. You will spend one full minute at each station performing as many reps as you can in that minute. You can rest as needed between stations, so if you want a full minute off between each station, you can take it. Your score will be the number of times you complete the full cycle of 5 movements.

Stones to Shoulder (sub is heavy KB swings)

Ring Pushups

Single Arm Dumbell Snatch

Bear Crawl

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Sledge Swings

Post your number of completed cycles to The Hybrid Scoreboard

No Comments >>

"Hyde Street"

October 18th, 2011 admin

The 7am Crew knocking out Toes to Bars in this morning's WOD. "The Champion" is being hidden by Kevin, sorry Champ!

For those that haven't signed up yet, here's the LINK to our weekly e-mail list which goes out on Monday Evenings. It covers everything going on at Hybrid.

200m run

30 air squats

15 toes to bar

30 double unders (90 singles)

15 Minute AMRAP.

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

"Clean & Carry"

October 17th, 2011 admin

Don't forget to sign up for the Hybrid competition on November 19th! We'll be blurring the lines between crossfit and strongman to find the true fittest person. It's sure to be a blast!

Also, the Jaco shorts are expected to arrive by October 28th! It's taken a bit longer than expected for delivery, but they will be here. We're doing everything in our power to expedite the delivery. Thanks for your patience.

2 Minutes Clean & Jerk

2 Minutes Heavy Object Carry

3 Minutes Rest

3 Rounds

Post your clean & jerk weight, time and object to The Hybrid Scoreboard

No Comments >>

"Lower Level"

October 14th, 2011 admin

REMINDER!: EVENING CLASSES ARE CANCELLED FOR TODAY! The weekend schedule will be a normal schedule.

Girls can do Strongman too. Check out this video!

This was a rough week at Hybrid, so I'm sure many of you were planning on taking today off anyways. Be ready for tomorrow and get your rest. Mike and James have full control over this Saturdays WOD. Most of you know what that means: it will be fun, and it will be tough. Gear up!

Tabata:

10m sprints

Sumo deadlift high pulls

then....

1000m row

Post your HIGHEST reps from the combined sprints and SDHP's along with your row time to The Hybrid Scoreboard

No Comments >>

"Worse than it looks"

October 13th, 2011 admin

FRIDAY EVENING 5:30PM AND 6:30PM CLASSES ARE CANCELLED. SORRY FOR THE INCONVENIENCE, THE WEEKEND SCHEDULE WILL OPERATE AS NORMAL.

3 minutes for L-sits is a long time at 5:30 in the morning! Follow that up with burpees and wallballs... just a brutal wakeup to your day. But these guys are faithful to the 5:30am slot and dominate WOD's on a daily basis. Nice work 5:30 crew.

3 minutes per station then 1.5 minutes per station

Wallballs

L-sits (count seconds held)

Burpees

Post your total reps to The Hybrid Scoreboard

No Comments >>

"WOD?"

October 12th, 2011 admin

Hybrid Folk. After the performances you saw this past weekend at the beast of the east.. you've got to have those competition jitters. We want as many of you as possible to compete in the competition on November 19th! This is your call-out. It's a competition at your home gym, with events created by your trainers. This will be your bread and butter! You know how to perform all of the movements that will be in the competition, which gives you a slight advantage. Get signed up TODAY!

15 Pullups

600m run

15 Pullups

75 Situps

15 Pullups

100 Sledge Swings

15 Pullups

75 KB Swings

15 Pullups

Post your time to The Hybrid Scoreboard

No Comments >>

"Lunch Box"

October 11th, 2011 admin

A nice quote from one of our college members:

I might just be procrastinating a paper I have due in a few hours, but I thought this was pertinent. Reading your newsletters and whatnot we really see how much Hybrid Athletes are improving whether it is in Crossfit or life in general. Not that I'm one for self promotion (haha) but since coming back to school I've already earned playing time (around 40 minutes a game) in 2 first side games. Before coming to Hybrid I woulan't have been able to run 40 minutes, now my Met-Con is through the roof and my team has earned a berth to the conference title game. I started at a local crossfit a few days ago and I really have seen a great difference in my WODs. I don't know if you need ideas for your next newsletter, but I just thought I would let you know how much Hybrid has changed my athletic life, both in rugby and Crossfit.

oh and I PR-ed my power clean at 195 (bodyweight) the other day.

We have many young athletes that come to Hybrid to work on their strength in hopes of making their high school or college team. It just goes to show that Crossfit works, and Hybrid can help. If you're looking to make your schools team this year, give us a month and we'll work with you to get there.

100 ft. bear crawl

12 Overhead Press

100ft Overhead walking lunge

6 rounds - 20 minute cap

Post your press weight and time (or rounds completed) to The Hybrid Scoreboard

No Comments >>

"No Work"

October 10th, 2011 admin

Beast of the East was a blast and everyone from Hybrid laid it out on the line giving everything they had. PR's were dropping left and right. Overall, Jack Fecteau showed he was a force to be reckoned with finishing a 5K hill run around 20 minutes, then moving on to pull 47 reps of a 275# deadlift later in the day. Jack finished well into the top half of a group of over 100 men.

Our teams represented us well too. We had teams finish 8th, 16th and 38th, with the last due to a small glitch in counting laps ☺ And of course, all of our teams just dominated the WOD that had stones in it. It's second nature to us by now.

So, a big THANK YOU to all those who competed and to those who came to support us this weekend. We definitely heard your voices as we pushed through each WOD. If anyone thinks they want a taste of good competition, sign up for our Hybrid Challenge November 19th!

We'll have pics and videos available shortly.

For those members who missed the beast of the east, we generously shared one of the WODs with you today:

500m row

15 stones to shoulder

50 hand release pushups

100 box jumps

Post your time to The Hybrid Scoreboard

No Comments >>

"No Pullups"

October 7th, 2011 admin

It's here. Tomorrow at this time, 14 members/coaches of our gym will be well on our way through a 5K run at Beast of the East! Will you be there? Hybrid will have a tent set up with equipment, clothing and of course, Rob Orlando. You'll have to catch him when he's not pushing all of us through a WOD, but stop by the tent Saturday AND Sunday and pick up some equipment for your gym, or an awesome Hybrid shirt. We'll see you there.

400m run

15 KB swings

7 Burpees

15 Minute AMRAP

Post your time to The Hybrid Scoreboard

No Comments >>

"Conveyor Belt"

October 6th, 2011 admin

Hybrid is growing, and we have you all, our members and followers, to thank for it! Keep spreading the word about Hybrid and strongman. Our goal is to get atlas stones, tires, yokes, kegs, etc in EVERY

crossfit gym. We will not stop until that goal is met! 3-2-1-GO!

With a running clock, perform as many reps at each station within the minute as you can. Total time per round is 5 minutes.

Versa Climber

Push Press

Double Unders

Kettlebell Hang Clean (1 arm)

Rollups

Rest as needed x 2 rounds

Everyone starts at the Versa Climber, conveyor belt style. This is NOT stations. You move immediately to the next station after your minute expires. Total time is 5 minutes, your transition time is counted against you, so move quickly between stations to get the most reps.

Post your total reps to The Hybrid Scoreboard

No Comments >>

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"Hallowennie"

October 31st, 2011 admin

Happy Halloween! Thanks to everyone for being patient with us while we took the weekend off from classes for the level 1 certification, and congrats to those members who passed the exam and are now level 1 certified. Use your knew found knowledge on some of the movements in todays WOD.

And don't forget to sign up for our weekly newsletter HERE. It's the best way we're all able to keep in touch with what's going on.

5 Thrusters

10 Pushups

5 Burpees

10 Air Squats

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12 minute AMRAP

Post your thruster weight, rounds and reps to The Hybrid Scoreboard

No Comments >>

"Grab 'n Go"

October 28th, 2011 admin

Thanks to everyone who came out to the Hybrid Happy Hour last night at Bradfords! The event was flawless and everyone had a great time. Thanks to management at Bradfords for giving us the deals, and thanks to Bobbi for setting things up with them. From those I've heard from already, it was a great time. Feel free to e-mail me with your comments, or places you'd like to see the Hybrid Happy Hour head to. James@hybridathletics.net

8 Overhead Press

50 ft. Heavy Object Carry

15 Box Jumps

50 ft. Heavy Object Carry

15 Minute AMRAP

Post your object, its weight and your rounds and reps to The Hybrid Scoreboard

No Comments >>

"Happy Happy Hour"

October 27th, 2011 admin

It's Hybrid happy hour round 2 today at Bradfords Bar & Grill. Stop by if you can, even just for a drink. We'll have games and drink specials all night long. Before that though, stop in to work of some calories!

100 ft walking lunge

80 situps

40 KB swings

20 jump squats

2 rounds

Post your time to The Hybrid Scoreboard

No Comments >>

"Penalty Shot"

October 26th, 2011 admin

Training in the elements is something Crossfit preaches. Be prepared for everything. While we cannot say what the rain will do today, be prepared to get a little damp during the WOD. Dress warm!

400m run

15 Power cleans

4 rounds

For every minute over 12 minutes, complete 3 bear crawls (50 ft) and 30 scissor jumps as a penalty at the end of the WOD.

Post your clean weight and time to The Hybrid Scoreboard

No Comments >>

"Dizzy"

October 25th, 2011 admin

This weeks MOIY (movement of the week) is the Split Jerk. Spend some time getting technique help with the trainers and practice practice practice. By the end of the week, see what you can get overhead using your new found prowess. If you want to keep up to date on the MOIY and other events going on at Hybrid, sign up for our Newsletter.

Teams of 4 - Conveyor belt style

1 minute of work per station

Row for Calories

Double Dumbell/Kettlebell Front Squat

Pullups

Rest Station

Post your teams total reps to The Hybrid Scoreboard

No Comments >>

"Evens"

October 24th, 2011 admin

Moving forward, we are going to start repeating WOD's on a regular basis. Many have expressed interest in seeing how they have improved, which is the point of what we do. Rather than just seeing improvements in max lifts, we're going to start seeing improvements in individual WOD's. Todays is a repeat from September 2nd. Let's see how you've improved.

20-2 by 2's of:

Kettlebell Halos

Pushups

Box Jumps

Post your time to The Hybrid Scoreboard

No Comments >>

"Easy Friday?"

October 21st, 2011 admin

Hybrid Athletics works. Our programing can help get you in the best shape of your life, but don't take it from us, check out the below e-mail we received from one of our members yesterday!

Yesterday I had my yearly physical and felt validated by the doctor when she told me my numbers looked good. Last year before I started Crossfit and changed my diet, my blood pressure was 150/100. When she saw that I was 30 lbs lighter and my blood pressure was now 120/79 she asked me what I was doing. I told her I took control of my health and made some lifestyle changes by eating healthy and exercising regularly. It was a positive experience to see the expression on her face and for her to tell me to keep doing it. The numbers are measurable outcomes as a result of what I am doing with CF and healthy eating. Taking control has turned my life around and I feel more fit than I did 30 years ago. Now that's progress!

50 - 10 Burpees (by 10's)

25 - 5 Push Press (by 5's)

Post your press weight and time to The Hybrid Scoreboard

No Comments >>

"Front Tucks"

October 20th, 2011 admin

If you haven't signed up for it yet, get your e-mail on our mailing list for the weekly newsletter HERE. Going forward, it will also be used to send out important information about the gym for those who cannot access the site wherever they go. Some important announcements coming out this week, so sign up and make sure you get them!

With longer WOD's the last couple of days, we'll be slowing it down today to give some rest to the weary.

Front Squat 7 rep max
then...

20 Sitouts

20 Tuck Jumps

20 Kettlebell Windmills

3 rounds

Post your front squat weight HERE and your WOD time to The Hybrid Scoreboard

No Comments >>

"Keep Going"

October 19th, 2011 admin

We're introducing a new format today, similar to stations but at your own pace. There will be a 25 minute running clock. You will spend one full minute at each station performing as many reps as you can in that minute. You can rest as needed between stations, so if you want a full minute off between each station, you can take it. Your score will be the number of times you complete the full cycle of 5 movements.

Stones to Shoulder (sub is heavy KB swings)

Ring Pushups

Single Arm Dumbell Snatch

Bear Crawl

Sledge Swings

Post your number of completed cycles to The Hybrid Scoreboard

No Comments >>

"Hyde Street"

October 18th, 2011 admin

The 7am Crew knocking out Toes to Bars in this morning's WOD. "The Champion" is being hidden by Kevin, sorry Champ!

For those that haven't signed up yet, here's the LINK to our weekly e-mail list which goes out on

Monday Evenings. It covers everything going on at Hybrid.

200m run

30 air squats

15 toes to bar

30 double unders (90 singles)

15 Minute AMRAP.

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

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"All Ones"

November 11th, 2011 admin

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HAPPY VETERANS DAY! Today, pay your respects to all those who have given their all to fight for our continued freedom. They deserve more respect than we can ever give them. Thank you to all our military, past and present, around the world.

8 Standups

10 Overhead Press

15 Vertical Crunches

8 10 meter sprints

AMRAP 20 minutes

Standups and vertical crunches are weighted. 25# plate for men, 15# plate for women.

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

"Aim High"

November 10th, 2011 admin

Sorry for the late posting today! I'm still recovering from doing this WOD this morning. Get at it!

10 Overhead Squats

10 Bar Facing Burpees

10 Vertical Jumps

5 Rounds

For the Vertical Jumps, pick a target that is 1 foot above your reach. Hit this target with your hand on every jump.

Post your OH Squat weight and time to The Hybrid Scoreboard

No Comments >>

"Recover, Please!"

November 9th, 2011 admin

Good Kip Pullup

Good Butterfly Pullup

Bad Pullups

Check out our youngest member, Ryan Palmer, demostrating different variations of the pullup.

Good Kip Pullup - His first pull is ugly. He gets himself over the bar, but forgets to push away from it to restart his kip. You can see his hesitation as he goes to begin the next pullup. He has to reset himself and almost start again. Many people when they kip, forget to push back from the bar to restart the movement. The rest is good. A fully open C shape at the bottom and a good strong hip closing to get his body moving upwards to the bar. Remember, in the kip, it's almost like you're pulling into the bar rather than up to it.

Good Butterfly Pullup - Notice how his legs start moving back behind his body as he moves close to the bar. This is aided by the fact that he closes his hip quickly and violently, but without letting his legs fly too far in front of him. The butterfly pullup takes body awareness and lots of practice. Once you get the kip down perfectly, start practicing.

Bad Pullup - This is a mess of pullups at the end of a very hard wod. Note the second person not getting their chin above the bar. This is due in part to the lack of the violent hip. The closing of the hip is more of a smooth flow, and does not generate enough force to lift the person up to the bar. The video ends with Palmer, and you can see how fatigue reduces the power in his hips. He makes it to the bar, but can only do a couple at a time because he's using more of his arms.

The key to the pullups, remember the hip!

100 Situps

200 Weighted Russian Twists

300 Rolling Planks

800m Run

2 rounds with 3 minutes rest between rounds

Post your time, less the 3 minutes rest, to The Hybrid Scoreboard

No Comments >>

"Next Page"

November 8th, 2011 admin

This weeks MOV (movement of the week) is PULLUPS!! I failed to mention this in the weekly e-mail yesterday. Practice makes perfect. Learn to kip, if you can kip, learn to butterfly. If you can do both of those, learn to butterfly with less of a leg kick, increasing your speed.

And don't forget to sign up for the weekly e-mail HERE

Row for Calories

Ring Dips

KB Swings

Wallballs

Pullups

90 seconds work/30 seconds rest/90 seconds work at each station before moving on.

Post your total reps to The Hybrid Scoreboard

No Comments >>

"Fresh Week"

November 7th, 2011 admin

Next Strongman Seminar at Hybrid Athletics will be January 21st! For all of those who were asking about it, you got your wish. Registration will be up soon on the crossfit main site.

21-15-9 reps

75 air squats

9-15-21 reps

Two movements for the 21-15-9 portion:

Sumo Deadlift High Pull

Overhead Press

You'll complete 21-15-9 reps of the two movements. Then to 75 air squats. Then complete 9-15-21 reps.

Post your weight and time to The Hybrid Scoreboard

No Comments >>

"Katie B."

November 4th, 2011 admin

Hybrid is starting a FOOD DRIVE!!! Starting tomorrow through just before thanksgiving, please bring in canned goods for donation. In these hard economic times many people are in need of help. There will be a box set up in the corner by the shirts. Please donate whatever you can, whether it be 1 can, or 100 cans. Let's show people how strong our community really is!

Sign up today for Hybrid's Weekly Newsletter! It comes out every Monday and is a great way to keep up to date on everything going on at Hybrid! Click HERE

30 Burpees

10 lengths (50ft) heavy object carry

100 sledge hammer swings

600m run

2 rounds

Post your time and your object and its weight to The Hybrid Scoreboard

No Comments >>

"Play it by ear"

November 3rd, 2011 admin

255# Hang Clean

305# Hang Clean

320# Hang Clean

We all know Tim Burke is a monster, and the three videos above are proof of that. HOWEVER, don't focus on that aspect. Check out the form on all 3 lifts. As weights get heavier, everyone's form tends to go to crap. that's why we started these Oly clinics, and the Movement of the Week (MOW). My brief analysis is below, but remember when you're learning these lifts...perfect the form at lighter weight then move your way up.

Hang Clean at 255# - Great form, not perfect, but very strong. Gets to full extension, moves fast, his feet aren't flying out to the sides like we see for most people. It's fast, and VERY efficient.

Hang Clean 305# - He still moves quick, but notice the forward lean in the torso. It's quick and he corrects it, but it's there. Also notice the feet flaring out to the side. Try and limit this foot movement. If the weight is heavy, bend at the knees. In this lift there is NO support for his knees and with 300 plus pounds on the bar, Tim's just begging for knee problems in the long term.

Hang Clean 320# - First...congrats Tim for even being able to do this. However, this is ugly. Look at those feet!!!! His feet are almost as wide as the barbell itself AND he lands on his toes, causing him to stumble around to gain composure. He got the weight up there, sure, but do NOT use this as an example. Your leg will snap in half. A lift like this is a perfect example of when to use the squat clean, getting way under the bar with your feet firmly planted under you.

5 Snatch Grip Deadlifts

15 Toes to Bar

30 Scissor Jumps (15 each leg)

7 Rounds

Post your deadlift weight and time to The Hybrid Scoreboard!

No Comments >>

November 2nd, 2011 admin

Timmy Showing Off

Check out Timmy Burke showing off his off-roading skills at one of our members homes during the snow storm. What a showoff!

Today is a repeat WOD from September. Make sure you make it in to re-test your score!

Tabata Style:

10m sprints

Seated shoulder press

Squat thrust long jumps

Hang Cleans

Post the sum of your lowest reps for each movement to The Hybrid Scoreboard

No Comments >>

"Winter Warz"

November 1st, 2011 admin

Today will be the warmest day in a while so outside we go finishing the WOD with a 400m run. Make sure to wear some cold weather gear. Remember part of te constantly varied training of crossfit is to train in the elements. And it keeps it interesting

1200m Row
60 Kettlebell Swings
90 Box Jumps
400m Run

Post your time to The Hybrid Scoreboard

No Comments >>

"Hallowennie"

October 31st, 2011 admin

Happy Halloween! Thanks to everyone for being patient with us while we took the weekend off from classes for the level 1 certification, and congrats to those members who passed the exam and are now level 1 certified. Use your knew found knowledge on some of the movements in todays WOD.

And don't forget to sign up for our weekly newsletter HERE. It's the best way we're all able to keep in touch with what's going on.

5 Thrusters

10 Pushups

5 Burpees

10 Air Squats

12 minute AMRAP

Post your thruster weight, rounds and reps to The Hybrid Scoreboard

No Comments >>

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"Just Work"

November 23rd, 2011 admin

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One of our members PROMISED his friends he'd be at the 7am class with them today. He did not show up. So, if you've seen this man, tell him that his friends are looking for him, and it'd be nice if he could show up next time ☺ This is what happens if not.

We are CLOSED tomorrow (Thursday) for the Holiday. Enjoy the Turkey! Friday, we will hold TWO classes. The first will be a 9am class. The second will be at 5pm. Saturday we will return to a normal schedule.

LOST! - One of our members lost a gold ring with diamonds shaped like a flower and a dark stone in the middle. If you have seen this ring at the gym, please leave it in the office. It is quite important to the one who lost it.

Todays WOD has no time nor score component. Sometimes it's good to test your limits and just get the work done. We're looking for some good amount of weight lifted. Your first round should be around 20 reps, 2nd round about 15, third round around 5-10. If you get 10 reps in your third round, do a 4th at your option at a heavier weight. If you don't have double unders, this is a perfect WOD to practice them in!

Max rep back squat

Backwards tire drag x 2 lengths (100 ft total)

75 Double Unders

3 rounds (4th is optional)

Rest as needed between rounds

While there is no score, you can post your total weight lifted, or your weights and rep scheme to The Hybrid Scoreboard

Sign up for our weekly newsletter HERE

No Comments >>

Hybrid Athletics Fall Competition Results:

November 22nd, 2011 admin

Women's Lightweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut Off	Event 4	Rank 4	Cut Twice	Event 5	Rank 5	Score	Rank Final
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Men's Lightweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Total	Rank Final
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Women's Heavyweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Total	Rank Final
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Men's Heavyweight:

Participant	Event 1	Rank 1	Event 2	Rank 2	Event 3	Rank 3	Cut	Event 4	Rank 4	Cut	Event 5	Rank 5	Total	Rank Final
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No Comments >>

"Turkey"

November 22nd, 2011 admin

Another repeat WOD today, so check if you did this one last time and try and smoke that old score! This morning, several members beat their times by over a minute. Not bad for a few months work!

1000m row

80 KB Swings

50 Ring Pushups

30 Toes to Bar

Post KB weight and time to The Hybrid Scoreboard

No Comments >>

"WOD Soup"

November 21st, 2011 admin

The Hybrid Fall Competition went off without a hitch! What an amazing time and congrats to all of the winners! Hybrid's very own Kate Schuh took first place in every event but one to take the Womens Lightweight Division. Alex Dancer finished in the top 3 in all of the events to take the Womens Heavyweight Division. For the guys Ray Traitz came back from a slow start to finish first in the last 3 events to take the Mens Lightweight Division and Daniel Romano finished either 1st or 2nd in all but one event to take the Mens Heavyweight Division.

Sign up for our mailing list for details on the next competition (and other fun Hybrid events) as soon as they are released. In the meantime, sign up for one of our upcoming strongman seminars to ensure you're not behind the 8 ball on the next go around!

10 Clean & Jerks

30 Box Jumps

10 Burpees

30 Air Squats

10 Burpees

3 Rounds

Post clean & jerk weight and time to The Hybrid Scoreboard

No Comments >>

"Angel Hands"

November 18th, 2011 admin

Remember! Only ONE class tomorrow morning at **7:45am**. It will be a quick gasser as registration for the competition begins at 8:30am.

Remember! The food drive is going on through next TUESDAY! Please bring in whatever you can for donations to help those in need this holiday season.

20 KB Halos

50 ft. weighted lunge

4 Handstand pushups

50 ft. weighted lunge

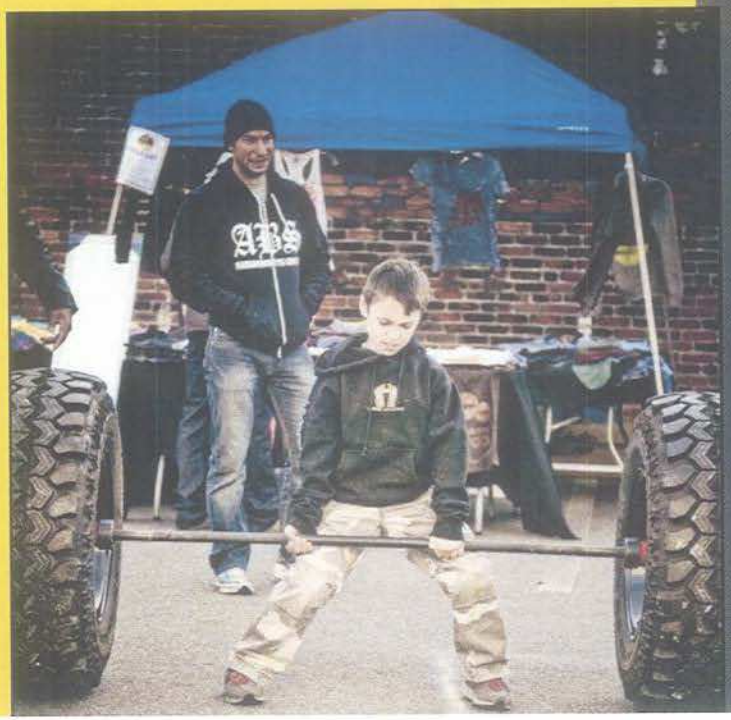
AMRAP 20 Minutes

Post your KB weight, rounds and reps to The Hybrid Scoreboard

No Comments >>

"Bruce M"

November 17th, 2011 admin



Hybrid's youngest member at the garage games! Learn his name, he will be the 2021 Crossfit Games Champion. Jack Higgins.

300m row

10 burpees

20 sledge hammer swings

300m run

4 rounds

rest 3 minutes between rounds

Post your time for each round to the notes of The Hybrid Scoreboard

No Comments >>

"Turkey Jerky"

November 16th, 2011 admin

We have a few videos for you today, so take a minute and watch

Tim Burke - Round 3 of yesterdays WOD

Tim Burke - Round 5 of yesterdays WOD

We've fielded questions from members recently on why their body is not changing. They feel better, but they're not getting the physical results they want. Our answer is simple and twofold. 1) Diet - Eat better, and you'll see the results. 2) Ramp up the intensity - many of you push hard, or think you do, but end up doing 2+ WOD's. Ramp up the intensity in the class WOD to the point where you can't fathom doing another WOD after. This approach is not for everyone, but for those that are serious about making huge progression, watch round 5 of timmy doing yesterdays WOD. You can tell by his body language that he's had enough and wants to quit...but he's at the end, and he pushes through. This is why Tim competes at the level he does...always pushing himself past his mental limits. I always say, it's amazing what the body can do if the mind gets out of it's way.

Turkish Getups - wobbly

Turkish Getups - Good

Check out the first video of todays WOD. Some turkish getup practice is always good, but we have to remember to stay under control. the turkish getup is NOT a speed movement. It is easiest done when you hit every step of the movement, remain under control, and keep your eyes peeled on the bar or kettlebell. The morning class handled the last part great, but moved quickly and you can see the resulting wobble's throughout the movement.

In the second video, Tim shows a perfectly executed Turkish Getup (there's a reason he's our head trainer). Watch how he methodically moves through each step of the movement, under control. He is

always looking at the kettlebell, the movements are basics and delicious. Now he just needs to add some weight!!!

20 Turkish Getups (practice)

Then...

30 KB/DB single arm hang clean – right arm

30 KB/DB Single arm squat – right arm

75 Situps

50 side plank hip raises (25 each side)

30 KB/DB single arm hang clean – left arm

30 KB/DB Single arm squat – left arm

2 rounds

Post KB weight and time to The Hybrid Scoreboard

No Comments >>

"Penalty Play"

November 15th, 2011 admin

At Hybrid, we typically don't provide an "RX'ed" weight. Everyone has different abilities, and we like to get to know our members strengths and weaknesses, and push them where they need to be pushed. Today however, we're telling you what weight you will do...and if you don't do it, there's a penalty. Have fun with it, push past your known limits, and git'r done!

40 Double Unders (120 singles)

7 Push Jerks (135# for me, 75# for women)

7 Chest to bar pullups (or 4 Muscle Ups, or 14 Ring rows)

5 rounds

For every drop of the bar on the jerks, or drop from the pullup bar/rings, it is a 1 length bear crawl penalty. For not doing the WOD as RX'ed, it is an automatic 5 bear crawl penalty.

Time stops after all penalties are completed.

Post your time to The Hybrid Scoreboard

No Comments >>

"Dead Seven"

November 14th, 2011 admin

This is a pile of crap that was found collected around the gym. Please be sure that we are cleaning up after ourselves after we are done with the WOD. If everyone can clean up after themselves, the trainers have more time to clean the floors and the rest of the gym to make it a better envlironment for everyone. If you're using equipment, PLEASE put it back where you got it from. Thanks!

5 heavy deadlifts on the minute for 7 minutes

Rest 2 minutes

9 Minute AMRAP of:

3 pushups

5 situps

7 air squats

9 box jumps

Post deadlift weight and your rounds and reps to The Hybrid Scoreboard

No Comments >>

"All Ones"

November 11th, 2011 admin

HAPPY VETERANS DAY! Today, pay your respects to all those who have given their all to fight for our continued freedom. They deserve more respect than we can ever give them. Thank you to all our military, past and present, around the world.

8 Standups

10 Overhead Press

15 Vertical Crunches

8 10 meter sprints

AMRAP 20 minutes

Standups and vertical crunches are weighted. 25# plate for men, 15# plate for women.

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

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September 24, 2011

CrossFit STRONGMAN

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Other Cool Stuff

"Nothing Left"

September 1st, 2011 admin

Check out Hybrid's new toy! Found on the beach by one of our members, this approximately 350# beast of a log should provide for some fun Team WOD's in the future. I heard rumors of Rob and Tim doing tandem thrusters with this beast, but have yet to be provided a video of it. Lets see if one arises.

Back Squat 5 Rep Max

Then...

200 Mountain Climbers

100 Side Plank Hip Raises (50 ea. side)

200 Flutter Kicks

100 Mountain Climbers

50 Side Plank Hip Raises (25 ea. side)

100 Flutter Kicks

Post your back squat weight HERE and your time to The Hybrid Scoreboard

No Comments >>

"Pull & Press"

August 31st, 2011 admin

GET 10% OFF AT
PROGENEX

Teaching kids when they're still young is the best way to shape their minds. What does this shirt say? It's OKAY to lift weird heavy stuff over your head!

4 rounds of:

15 pullups

8 HEAVY Jerks

By heavy, we mean HEAVY!!! No going unbroken for all 8 reps every time. Take what you think you want to do, and add another 10-20#'s. Get some!

Post your jerk weight and time to The Hybrid Scoreboard

No Comments >>

"No Juice"

August 30th, 2011 admin

Last week we asked everyone to clean up their weights, etc. after they were done with their WOD. We wanted to prove that we are doing our part as well, to help keep the gym clean. After a lot of people did a lot of situps this morning, we broke out some heavy duty disinfectant and a sponge mop and wiped those things down good! No germs exist on those mats anymore.

Teams of 3, stadium style:

400m run

20 calorie row x 3

20 KB swings x 4

20 Situps x 5

400m run

The team runs the first 400m together. Then the teams move through each movement one at a time. One person works while the others rest. Every team member has to complete the required # of reps and rounds at each movement before moving on. (IE: each member rows 20 cals 3 times). The final run is done as a team, and the time ends when the last member crosses through the finish line.

Post your time and teammates names to The Hybrid Scoreboard

No Comments >>

"Storm Talk"

August 29th, 2011 admin

Check out Mama Burke Flipping the 300# tire! Not bad for a stormy Sunday morning... Come on in to Hybrid and give the flipping a try!

Stations:

Power Snatch

Sledge Swings

Keg/Sandbag Carry

90 seconds of work, 30 seconds rest at each station for 2 rounds at that station. Then move on to the next station and repeat. Go through all stations. Once you've completed 2 rounds at each station, move through one more time spending only 60 seconds at each station for 1 round each.

Post your total reps to The Hybrid Scoreboard

No Comments >>

"Back to Bed"

August 26th, 2011 admin

Check out the new Hybrid Athletics Shorts! We are taking pre-orders now... Shorts are made by Jaco and of the best quality and fit, perfect for any type of WOD. We'll be selling them for $50 (plus $5 in shipping)/pair. If you'd like to order some for yourself, we will be taking pre-orders starting starting today. They are ready to order in the store : http://hybrid-athletics.myshopify.com/products/hybrid-athletics-shorts

1000m row

800m run

60 Sumo deadlift high pulls

Post your SDHP weight and time to The Hybrid Scoreboard

No Comments >>

HYBIRD ATHLETICS ON FOX NEWS : 8/24/11

August 25th, 2011 admin

Hybrid Athletics had a segment on Fox News last night! Click the video above to watch.

20 Minute AMRAP:

5 wallballs

5 toes to bar

5 burpees

5 rollups

Post your rounds and reps to The Hybrid Scoreboard

No Comments >>

"Jerk, Jump and Run"

August 24th, 2011 admin

Jack H Field Goal!

Check out little Jack, the 2121 Crossfit Games Champion, practicing his field goal kick. He's preparing in case they decide to throw it into the games like this years softball throw.

Today Fox came by the gym to record a little video for a segment on their station. We will get you details on when it will air as soon as we know them, but we put together a fun little WOD that's just made for TV! 15 minutes of fame anyone!

21-15-9 of:

Clean and Jerk

Box Jumps

Complete a 200m run after each movement (IE: 21 clean & jerks, 200m run, 21 box jumps, 200m run, 15 clean & jerks, 200m run....finishing with a 200m run)

Post your clean & jerk weight and time to The Hybrid Scoreboard

No Comments >>

"Minutes"

August 23rd, 2011 admin

Dear Hybrid Members,

We strive to keep our gym clean and tidy for you guys, mopping at least half of the gym every day, keeping bathrooms stocked, blowing dirt out of the gym on a constant basis. We ask that you PLEASE clean up the equipment you use after you are done with it. The above setup was left out last night. Rowers strewn about, weights still on the bar, even a warmup PVC Pipe left out. Put weights back in the right stacks, put barbells in the corner, rowers stand up by the poles. You know where you got the stuff from. It should be back there when you leave. We understand that you're usually tired right after the WOD, but after you've cooled down a little, please clean up after yourself. It seems to be a growing concern of the training staff that some people see us as maids that will clean up your stuff when you're done. We're not... We have much better things to do after a class is complete. So PLEASE, PLEASE, PLEASE take a few minutes and clean up your stuff when you're done. Thanks!

1 minute of Double Unders

1 minute of KB Swings

1 minute of Situps

1 minute of T-Drill Pushups

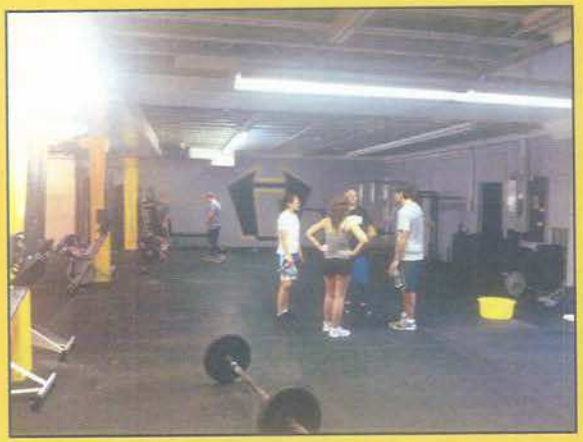
Rest 2 minutes, Repeat for 3 total rounds

Post your total reps to The Hybrid Scoreboard

No Comments >>

"Late Monday"

August 22nd, 2011 admin



After being put through the gauntlet of this past Saturday, some visitors from CA and France talk with Tim about the gym and other facts of the Crossfit Lifestyle. They should have been joining in on the mini football game going on in the background!!!

Don't forget that tonight, at 6pm, we're having a company come in that provides paleo cuisines at great prices. They will be bringing meals for people to try. Stop in and check them out.

This Wednesday, Hybrid is making the big-time! Fox is coming in to do a segment on the gym. They will be in for the 9:15 and 10am classes, so if you can make it in, do so! We want to have a great representation of all the people that come into the gym.

10-1 Pullups

10-1 Weighted Standups

Complete your pullups, then walk of shame 50 ft to complete the standups. Walk of shame back to the pullup bar to start the next round.

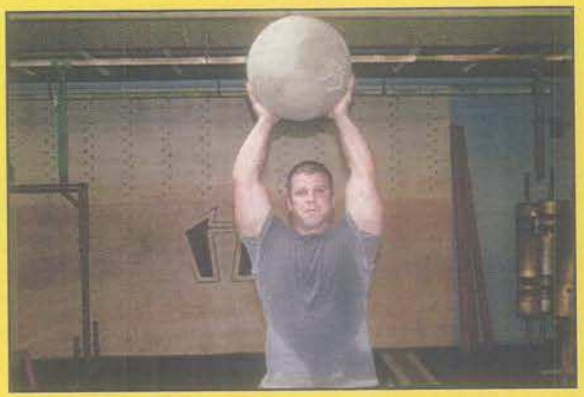
Post your standup weight and time to The Hybrid Scoreboard

2 Comments >>

What is CrossFit Strongman?

August 21st, 2011 admin

"Large Loads, Long Distance, Quickly." That remark is drilled into the mind of anyone who's ever attended a Level 1 certification. There is no better expression of that than moving a yoke that is 3x BWT across a football field in 30 seconds or carrying 1.25x BWT in EACH HAND the same distance in less than 30 seconds or flipping a 700 pound tire for max reps in 60 seconds. They all equate "Large Loads, Long Distance, Quickly". This is the main premise behind why we do CrossFit Strongman.



- CrossFit Strongman is the integration of strongman movement/energy systems into the constantly varied CrossFit model. (That means "Old School" movements with "New School" programming").
- The typical Strongman event consists of 5 workouts in one day. Each workout is less than 60 seconds, so we never tap into anything but the ATP/CP system. Consider what would happen if you trained yourself to have that kind of output during a longer workout! For example, a 7 minute AMRAP of farmer's carry mixed with gymnastics. This is a perfect expression of "Old School" movements mixed with "New School" programming". The results are staggering.
- This is the best, and most fun, way to increase strength while still increasing work capacity across broad time and modal domains. In CrossFit, we want a stimulus that is constantly varied so that we never stop progressing in our fitness. This is an optimal situation that is true whether you're a CrossFit Games hopeful or someone looking to get fit after a lifetime of being sedentary.
- Strongman movements provide a playground where athletes can test and improve their brute strength while helping their overall fitness level.
- Because of the often awkward size/shape/consistency of the objects we use in strongman the lifts tend to have less efficiency than with a barbell.
- Case in point: a water-filled keg. This represents a dynamic load that challenges the neuro-muscular system in a way that a barbell cannot compete with. For this reason, as athletes, we need to develop efficient movement patterns with inefficient loads. That response is at the heart of being a great athlete.
- Athletes are presented with a constantly changing field of play and a better athlete makes quicker adjustments and responds more favorably to an unfavorable stimuli.

http://www.regonline.com/register/checkin.cfm?eventid=995895

No Comments >>

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