

Eric Frohardt



Eric Frohardt is a former Navy SEAL w/ nearly 12 years of active duty service to our nation. While on active duty, he served at various SEAL Teams. He deployed numerous times to hot spots around the world, in support of the Global War on Terror. He received a Bronze Star with Valor in both Iraq and Afghanistan, a Purple Heart for injuries received in combat and various other medals, awards and commendations.

As a SEAL, Eric was trained in the use of various firearms, demolition, explosive, radio and computer communications, combat diving, parachute operations, combat casualty care (first aid), survival in various environments, climbing, hand-to-hand combat and tactical driving. He was also a sniper.

While on active duty, Eric also climbed El Capitan, in Yosemite National Park, CA. He also completed 2 of the 7 summits, Denali and Aconcagua both without the use of supplemental oxygen.

Eric was medically retired at the beginning of 2010 as a SEAL Operator Chief, SOC, or E-7. After leaving the Navy, Eric and his business partner / Navy SEAL Team-mate Sean, co-founded a number of different business. The most notable, the BluCore Shooting Center, located in Lakewood, CO, is an indoor shooting range, gun store and firearms training facility.

With businesses running smoothly, Eric stepped down from the day-to-day operations. He is now the CEO of StrongFirst, a premium strength and fitness education company with a global presence of more than 2,000 instructors.

Eric and his wife Lea have been married 12 years. They have 4 kids ranging from 3 to 10 years old. Eric is active in the community and serves in his church. He also volunteers for the Navy SEAL Foundation, serving on the committee for their Denver based event, "An Evening of Tribute." He enjoys the Colorado active lifestyle and is an avid hunter, fisherman, hiker, skier and camper. He also enjoys working out, martial arts and shooting.

Most of all, he enjoys spending time with his family.