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**By Michael Hartman**

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dominant in strength training. The 5x5 rep scheme work wonders for weightlifting coach) and Michael Hartman training is great for weightlifters,  
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Dr. Michael Hartman is a Sport Scientist and recognized expert in Human Performance. Dr. Hartman completed his Doctoral degree in Exercise Physiology and has  
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Michael Hartman is the author of Fortis (0.0 avg rating, 0 ratings, 0 reviews, published 2014), How To Start Your Own Hot Rod and Custom Shop  
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Michael Hartman. Attended University of Oklahoma. Lives in Allen, Texas. Fortis: Strength Training for Weightlifters. doctorhartmanblog.com. 1. Shaun Le Conte +  
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