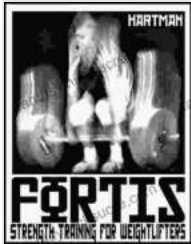


Fortis Strength Training: The Ultimate Guide for Weightlifters



Fortis: Strength Training for Weightlifters by Michael Hartman

★★★★☆ 4.1 out of 5

Language : English

File size : 248 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 58 pages

Lending : Enabled



What is Fortis Strength Training?

Fortis Strength Training is a revolutionary approach to weightlifting that emphasizes building strength, power, and explosiveness. It is based on the principles of conjugate periodization, which involves rotating different exercises and training methods to maximize results. Fortis Strength Training is designed to help weightlifters of all levels improve their performance.

Benefits of Fortis Strength Training

There are many benefits to Fortis Strength Training, including:

* Increased strength * Increased power * Increased explosiveness *
Improved speed * Improved agility * Improved conditioning * Reduced risk
of injury

Exercises for Fortis Strength Training

Fortis Strength Training involves a variety of exercises, including:

* Barbell squats * Deadlifts * Bench press * Overhead press * Power cleans
* Snatch * Pull-ups * Rows * Plyometrics

Programming for Fortis Strength Training

Fortis Strength Training is typically programmed in a conjugate periodization format. This means that different exercises and training methods are rotated on a regular basis. The goal of conjugate periodization is to maximize results by stimulating different muscle groups and energy systems.

A typical Fortis Strength Training program will include:

* A strength phase * A power phase * An explosiveness phase * A conditioning phase

The length of each phase will vary depending on the individual's goals and experience level.

Fortis Strength Training is a revolutionary approach to weightlifting that can help you build strength, power, and explosiveness. If you are looking to improve your performance in the weight room, Fortis Strength Training is a great option.

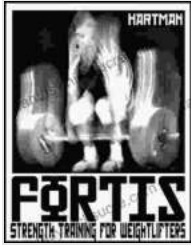
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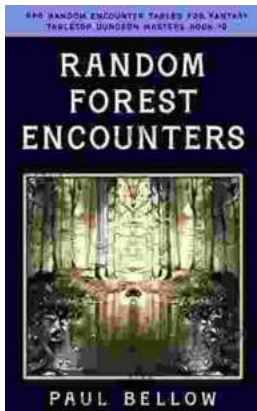


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