



From Melons to Medals

Shane Hamman

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Shane grew up learning to be tough. The youngest of three boys, and the son of a hardworking grocer, he fought daily for his place in the family and spent summers learning the produce trade, lifting heavy watermelons in the hot sun. But as Shane grew older it became increasingly evident that he had a special talent. His strength was growing, and although he was able to lift heavier and heavier amounts of weight, there was also a steadfast base of integrity and faith that would accompany him throughout his foray into the whirlwind of competitive weightlifting. This is the story of Shane's rise to the top of the world and all the trials and tribulations of getting there. From the heady fame of the media blitz, to the failed lifts; the great triumphs and the painful injuries--Shane has experienced it all, and is here to say that the road to success isn't easy--but it is exceedingly rewarding. Through determination, dedication, and holding on to his roots, Shane was able to achieve all his dreams. Join Shane on his inspirational journey and learn what it means to go From Melons to Medals.

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