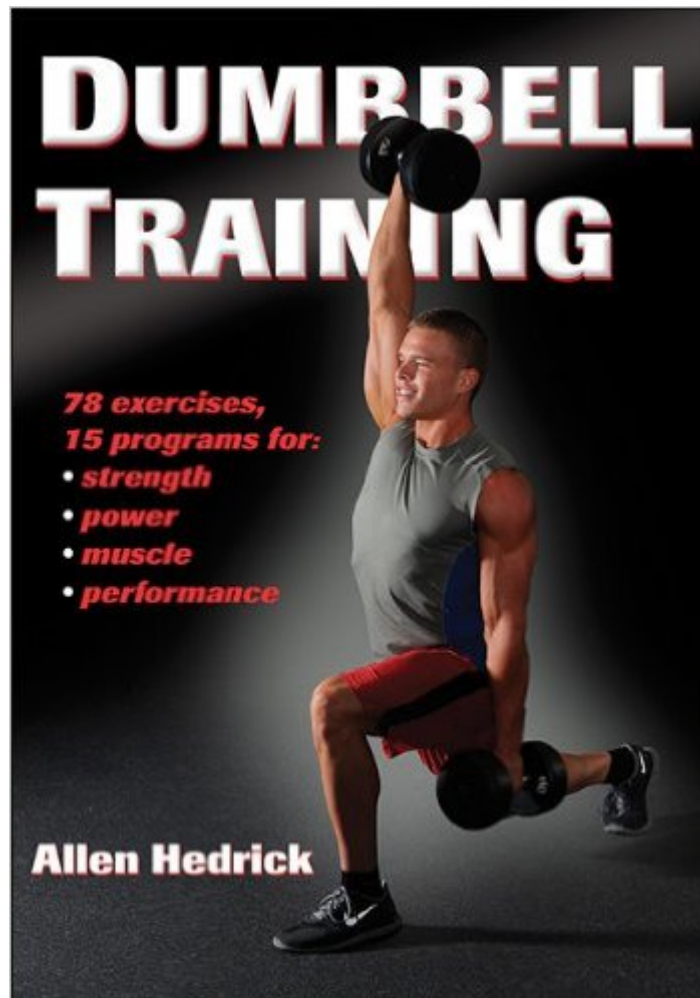


The book was found

# Dumbbell Training



## Synopsis

Maximum results with minimal equipment. Dumbbells have always been a strength training staple because of their versatility, affordability, and effectiveness. With the enormous popularity of all-in-one, adjustable versions, dumbbells have solidified their standing as the must-have muscle building tools. Now comes the one authoritative guide to using dumbbells to achieve the results you want. Developed by renowned strength and conditioning coach Allen Hedrick, *Dumbbell Training* features the most effective dumbbell exercises for increasing strength, power, and muscle mass. Targeting the core, upper body, lower body, and total body, the more than 81 exercises are accompanied by step-by-step instructions, common errors and corrections, and safety considerations. Expert insights, variations, and training tips further explain how to isolate muscles, increase range of motion, and stimulate stabilizing muscles to protect joints. More than just exercises, *Dumbbell Training* includes workouts and programs proven to add muscle mass and definition and enhance sport performance. You'll find 33 programs for increasing power, speed, agility, and balance for athletes in 11 popular sports: basketball, cycling, ice hockey, skiing, soccer, softball, speed skating, swimming, track, volleyball, and wrestling. It's all here and ready to use. At the gym, home, or on the road, *Dumbbell Training* is a targeted approach to improving strength, power, musculature, and performance. If you own dumbbells, this book is a must-own. v

## Book Information

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Best Sellers Rank: #218,053 in Books (See Top 100 in Books) #332 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #425 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

Unlike many other reviews that just repeat what is written in the Table of Contents (Susanna Hutcheson), I am going to tell you why this book is an excellent choice. I'll go over all the parts that I

feel make an excellent fitness book. If my review helps you, please click the "Yes" button at the bottom of my review. It helps rank the best reviews at the top so that other shoppers can find them. Thank you and enjoy my view. I am loving this book. You can tell a lot of time and attention went into writing this book. First off, it's loaded with information and photos. Second, the organization is excellent. I've been using one of the routines (Hypertrophy and Strength) for the past 3 weeks and I've gotten some great gains (5-15 lbs in every exercise) and better appearance. The routine has rounded-out my old program and is addressing muscles that I previously neglected. 78

EXERCISES 78 different dumbbell exercises are given. Each exercise is posted on its own page (some extend to two pages), with text instructions and 2 to 4 black and white photos showing the sequence. The instructions are well-written and clear. The photos use models with excellent form. I like how each exercise has its own page. Never are two different exercises posted on the same page. This makes using the book while working out very easy. The photos are posted directly below the text instructions - perfect! There are 78 dumbbell exercises in total. The exercises are grouped by the muscles they work. Note: most exercises work more than the muscles that they are grouped in. For example, many chest exercises also work triceps; many back exercises, also work biceps.

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