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Men Health Ultimate Dumbbell Guide

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There are exercises here—lunges, squats, dead lifts, curls, shrugs, kickbacks, presses, and more—that develop abs, arms, chest, legs, and shoulders, along with innovative new ways to get the most of this versatile piece of strength ...

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In Men's Health Ultimate Dumbbell Guide, Myatt Murphy, a fitness expert and longtime contributor to Men's Health, shows readers how to use dumbbells to develop just about every part of their bodies. For anyone who believes that dumbbells can be used only for arms and shoulders, Myatt Murphy proves them wrong.

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Book Overview. The easiest, most inexpensive way to build muscle strength,

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size, and power turns out to be the best, with this supremely effective guide from the world's largest men's magazine. Workout fads and fitness equipment come and go, but as trainers and bodybuilders know, nothing tops a simple set of dumbbells for convenience, reliability, and versatility when you are trying to build

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muscles and get in
shape.

Men's Health Ultimate Dumbbell Guide:... book by Myatt Murphy

Lie on an incline bench holding 20-pound dumbbells above your chest, elbows slightly bent. Now spread the weights apart as you lower the dumbbells until your upper arms are parallel to the floor.

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Hold one dumbbell with both hands at arm's length in front of your body. Keep your torso upright and lower your hips until your thighs are at least parallel to

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