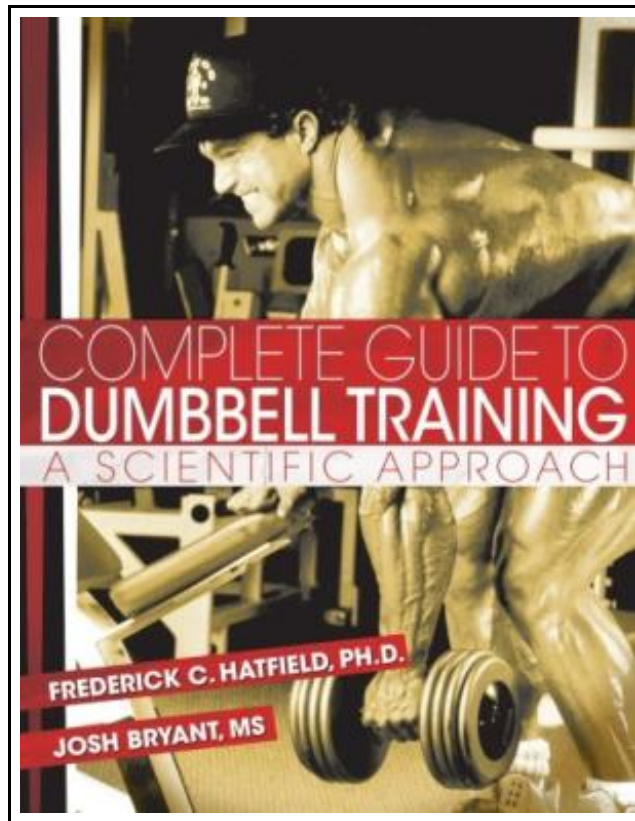


## Complete Guide to Dumbbell Training: A Scientific Approach



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### ***Reviews***

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

*(Myrl Hintz)*

## COMPLETE GUIDE TO DUMBBELL TRAINING: A SCIENTIFIC APPROACH



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