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## Complete Guide to Dumbbell Training: A Scientific Approach

By Fred Hatfield Phd, Josh Bryant MS

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you tired of fly-by-night fitness fads and space-age exercise machines that promise something for nothing? Maybe information overload from self-appointed Internet gurus is causing your head to spin. You can build bigger biceps, broader shoulders, more powerful legs and a trimmer waistline (with Herculean levels of strength to match) using nothing more than a set of dumbbells. World-renowned strength coaches and best-selling authors, Fred Hatfield, PhD and Josh Bryant, MS, show you how with The Complete Guide to Dumbbell Training: A Scientific Approach. In this book, you have the opportunity to use built-in programs or learn how to design the optimal training program for your specific needs. The principles and information covered will benefit the novice as well as the advanced bodybuilder or strength athlete. Strength training trends come and go, but any iron game veteran or exercise scientist knows--nothing beats a set of dumbbells in price, simplicity, and most importantly, results.



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