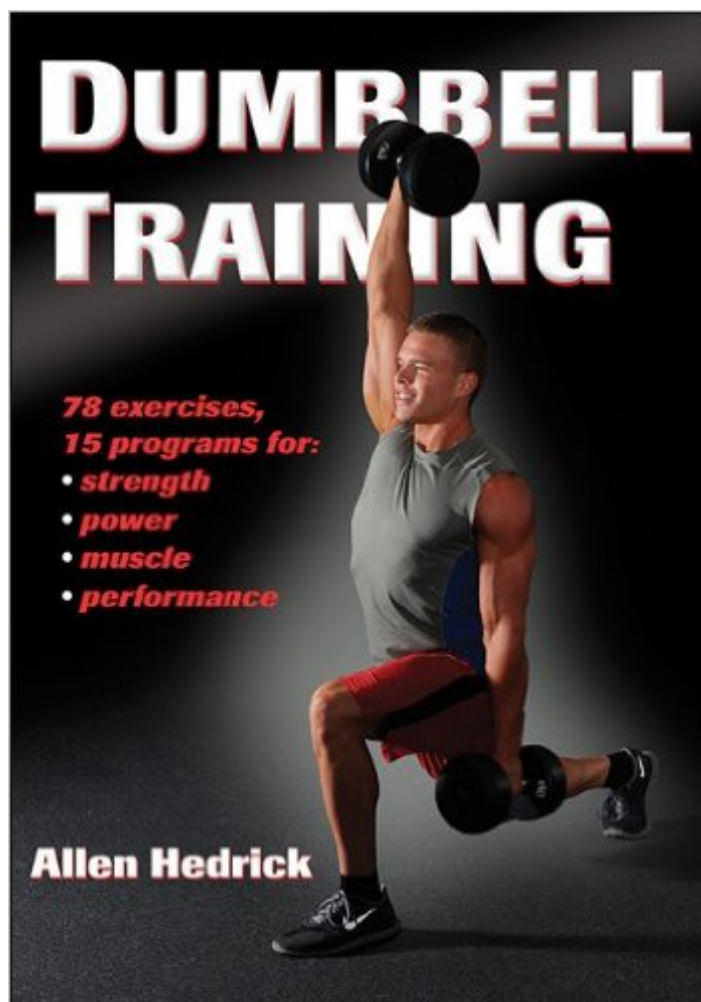


The book was found

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

Paperback: 224 pages

Publisher: Human Kinetics; 1 edition (January 24, 2014)

Language: English

ISBN-10: 145044458X

ISBN-13: 978-1450444583

Product Dimensions: 0.8 x 7 x 10 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (50 customer reviews)

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 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.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Dumbbell Training Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house

breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) CAT TRAINING FOR HUMANS: OBEY THE CAT RULES OR THERE WILL BE TROUBLE: CAT CARE CAT FOOD CAT BEHAVIOUR CAT RULES CAT TRAINING EXPLAINED FOR HUMANS (IT IS ... FOOD CAT LOVER CAT TRAINING SERIES Book 1) Dog Training: Ultimate Puppy Training for Happy, Obedient Dogs: Stop Bad Behaviors, use Positive Reinforcement, and Develop Obedience (23 Impressive Dog ... Raising A Puppy, Potty Training) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) My Potty Reward Stickers for Girls: 126 Girl Potty Training Stickers and Chart to Motivate Toilet Training My Potty Reward Stickers for Boys: 126 Boy Potty Training Stickers and Chart to Motivate Toilet Training

[Dmca](#)