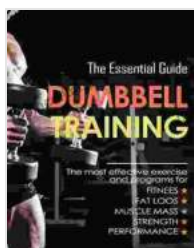


The Essential Guide to Dumbbell Training for Everybody

Are you looking for an effective and efficient way to get fit? Dumbbell training is a great option for people of all ages and fitness levels. With just a pair of dumbbells, you can work your entire body and build strength, muscle, and endurance.



The Essential Guide Dumbbell Training for Everybody with The most effective exercise and programs for, fitness, fat loss, muscle mass, strength, performance

by Jayden Stanley

★★★★☆ 4.4 out of 5

Language : English

File size : 68047 KB

Screen Reader : Supported

Print length : 133 pages

Lending : Enabled



The Essential Guide to Dumbbell Training for Everybody is the most comprehensive guide to dumbbell training available. It provides everything you need to know about dumbbell training, from the basics to the most advanced techniques.

What's Inside the Book?

- **The benefits of dumbbell training**
- **How to choose the right dumbbells**

- **The basic dumbbell exercises**
- **Advanced dumbbell exercises**
- **Dumbbell training programs**
- **Nutrition and supplementation for dumbbell training**

Whether you're a beginner or an experienced lifter, *The Essential Guide to Dumbbell Training for Everybody* has something for you. It's the perfect resource to help you get started with dumbbell training and achieve your fitness goals.

What People Are Saying About the Book

"The Essential Guide to Dumbbell Training for Everybody is the best book on dumbbell training that I've ever read. It's packed with information and helpful tips, and it's written in a clear and concise style." - Our Book Library reviewer

"I'm a personal trainer, and I recommend *The Essential Guide to Dumbbell Training for Everybody* to all my clients. It's the perfect resource for people who want to get fit and strong with dumbbells." - Personal trainer

"I've been lifting weights for years, but I still learned a lot from *The Essential Guide to Dumbbell Training for Everybody*. It's a great book for people of all fitness levels." - Lifter

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DUMBBELL WORKOUT



INFO

HOW TO CREATE A WORKOUT

1. Select 3-4 exercises

2. Determine the number of sets and reps for your goal

3. Repeat the circuit for strength & toning or decrease for endurance & cardio

FITNESS GOAL	REP	SETS
ENDURANCE & CARDIO	15 - 20	1 - 3
STRENGTH	12 - 15	3 - 5
TONING	8 - 10	1 - 3

ARMS & CHEST


SEATED TRICEPS PRESS


KICKBACK


OVERHEAD TRICEPS PRESS


STANDING BICEP CURL


CONCENTRATION CURL


LYING SINGLE ARM FLYES


BENCH PRESS


LYING PULLOVER


SHOULDER PRESS


STANDING BICEP RAISE


SHOULDER SHRUG


SEATED INCLINE DELTOID RAISE


ALTERNATING FRONT DELTOID RAISE


STANDING BENT-OVER FLYES



SCARDROWYER


BENT OVER ROW


PUNTING DOG


DEADLIFT


SQUAT


LUNGE

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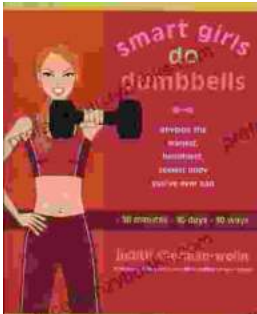
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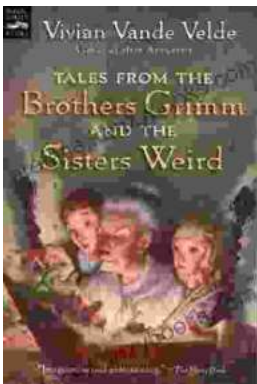
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