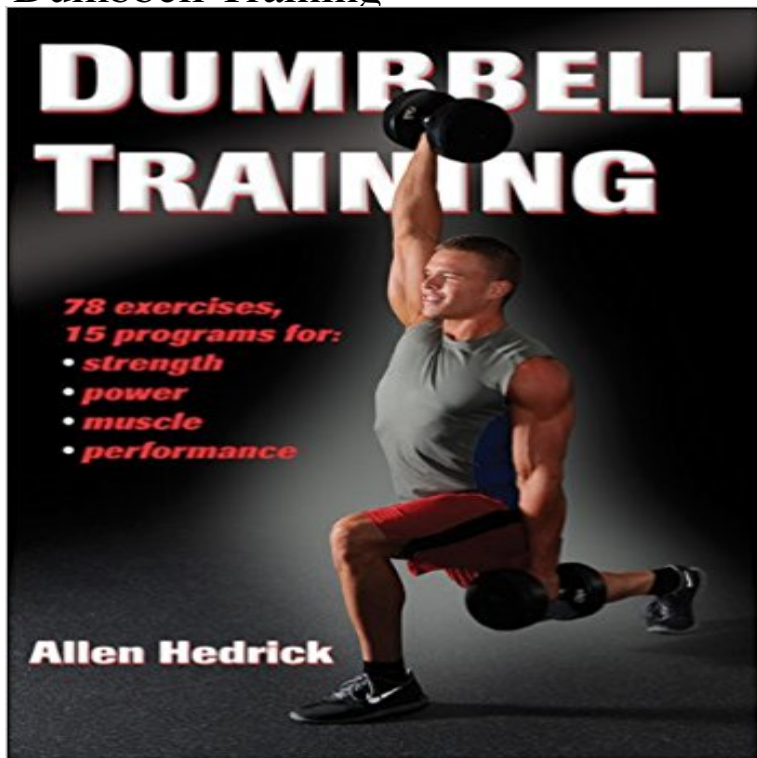


# Dumbbell Training



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. Its 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.

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(b[0]):a.ue.tag(nofls)))(ue_csm);      var
ue_pty=Detail,      ue_spty=Glance,
ue_pti=145044458X;      v
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b={};if(!e      !f)try{var
c=h.sessionStorage;c?a&&(undefined!==ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1}ca
tch(g){e=1}e&&(b.e=1);return      b}var
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{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a      (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window);      (function(b,c){var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length))(ue_csm,document);
(function(m,h){function      I(a){if(a)return
a.replace(/\\/s+      //s+$/g,)}function
x(a,e){if(!a)return { };a.m&&a.m[k]&&(a=a.
.m);var      b=e.m      e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={m:b,f:a.f      a.sourceURL
a.fileName      a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line      a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),

```

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name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe)}{l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):(\d+): \d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*)/(d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a

```

```

=a.connection      a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)))(ue_csm>window);
(function(c,d){function      g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) )          ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) )          ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function      c(){var
a;a=h.cookie.match(/session-id=([/w/-]+)/
);a=null!==(a?a[1]:null);var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void      0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window);          var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction      k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition      {};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags      instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)

```

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