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Want more variety in the weightroom? Try adding dumbbell cleans to your training sessions. Allen Hedrick covers the fundamentals of this versatile exercise.

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Former U.S. Olympic strength and conditioning coach Allen Hedrick offers a comprehensive guide to training with dumbbells for strength and conditioning enthusiasts

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Allen hedrick (author of dumbbell training) -

Allen Hedrick is the author of Dumbbell Training (3.00 avg rating, 11 ratings, 3 reviews, published 2014), Optimal Performance Training for Football (0.0

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