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Maximum results with minimal equipment. Dumbbells have always been a strength training staple because of their versatility, affordability, and effectiveness.

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

Dumbbell training | power systems

Developed by the renowned strength and conditioning coach Allen Hedrick, Dumbbell Training highlights some of the most effective exercises for increasing strength

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