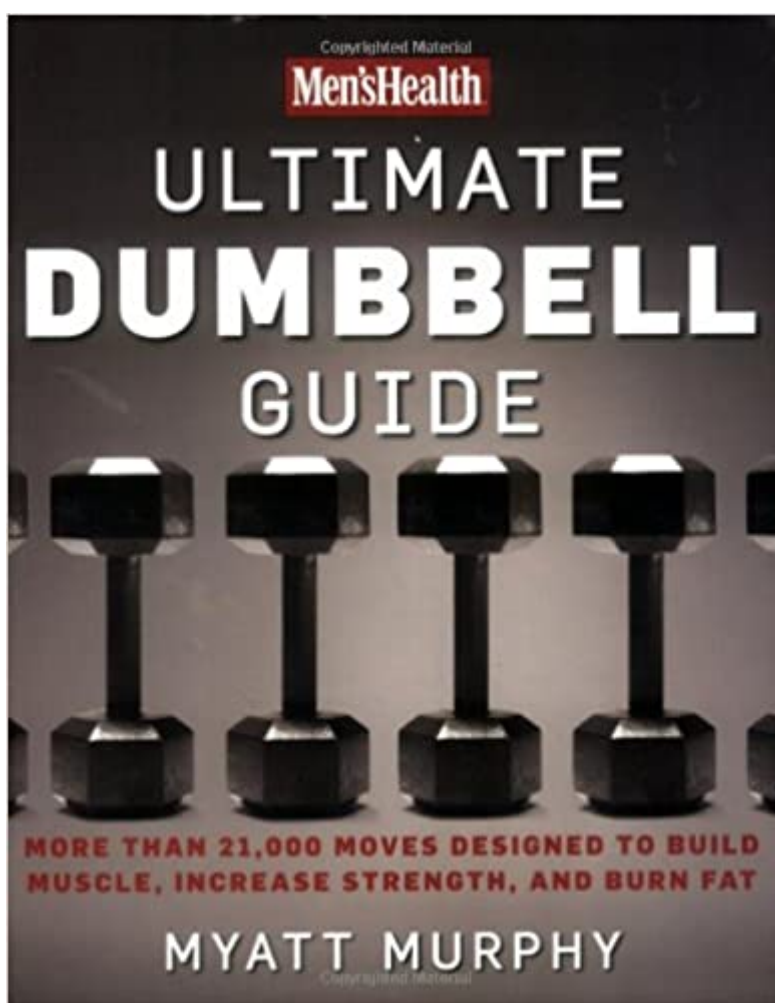




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# Men's Health Ultimate Dumbbell Guide: More Than 21,000 Moves Designed To Build Muscle, Increase Strength, And Burn Fat



## Synopsis

The easiest, most inexpensive way to build muscle strength, size, and power turns out to be the best, with this supremely effective guide from the world's largest men's magazine. Workout fads and fitness equipment come and go, but as trainers and bodybuilders know: nothing tops a simple set of dumbbells for convenience, reliability, and versatility when you are trying to build muscles and get in shape. In *Men's Health Ultimate Dumbbell Guide*, Myatt Murphy, a fitness expert and longtime contributor to *Men's Health*, shows readers how to use dumbbells to develop just about every part of their bodies. For anyone who believes that dumbbells can be used only for arms and shoulders, Myatt Murphy proves them wrong. Featuring 200 photographs, *Men's Health Ultimate Dumbbell Exercises* demonstrates how to perform a total body workout and get maximum results. There are exercises here—lunges, squats, dead lifts, curls, shrugs, kickbacks, presses, and more—that develop abs, arms, chest, legs, and shoulders, along with innovative new ways to get the most of this versatile piece of strength-training equipment. With instructions for creating literally thousands of dumbbell exercises for the novice to advanced lifter, *Men's Health Ultimate Dumbbell Exercises* will be an indispensable addition to any home gym.

## Book Information

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## Customer Reviews

MYATT MURPHY has written articles on exercise, lifestyle, nutrition, and sports for more than 40 worldwide magazines, including *Esquire*, *Fitness*, *GQ*, *Men's Health*, and *Sports Illustrated*. A frequent guest on CNN News and Good Morning America, he is the author of *Men's Health Gym Bible* and *Men's Health The Body You Want in the Time You Have*.

If you need some dumbbell inspiration this is a good resource. Some of my favorite dumbbell exercises come from this book. Its a low cost item that gives you local access to some solid information.

Not only gives you the basics, but teaches to several levels of difficulty. Outstanding reference

It's good to make as much in our life as simple as possible. This book will make your workouts simple. But it will also make you strong and toned and help you burn fat. Nothing beats dumbbells. I bought this book because I have a unique problem at this time and needed a way to workout but take it easy on a torn rotator cuff. I can't lift the barbell at all because my right arm has lost most of it's mobility. It's coming back but it's not totally back. So I needed a way to workout and not let my muscles atrophy. So now I can use a lighter weight in my right hand and my regular heavy weight in my left and do bench presses. No, it's not ideal. But it works. Of course, that's not what this book is about. It's not for those with injuries. It's for anyone. All you really need are dumbbells. The author even tells you the various types you can get and the advantages and disadvantages of each. To your dumbbells you will probably want to add a bench or, at the least, a fitness ball. But for a small investment, you can get all you need to get a real workout in the privacy of your home. And I mean a "safe" workout. The author gives exercises for all levels. He describes them fully and tells you how you should go about each exercise, how many reps and sets. Oh, and gals, don't be afraid to buy the book. You have muscles too. This is a great resource and I highly recommend it to you.-

Susanna K. Hutcheson

Easy to read & understand, includes actual photos of form start and finish for of most of the exercises and a great work out program for all different levels is included. If your looking for a good at home work out plan and how to do the stuff, this is an excellent book.

very good

I have a small gym in my garage and this book is what I was looking for. I train mostly with dumbbells so this will be a great help. I know a lot of exercises already, but I was wondering if there were any I was missing. This book showed me a ton! Can't wait to start using some new exercises to freshen up my training. You can only keep doing the same exercises for so long and than your

muscles start to adapt. This slows and halts growth. You have to mix things up to keep from getting bored. Recommend this book to anyone who wants to learn some new variations on existing exercises and to learn a few different exercises to keep workouts from getting too boring.

I bought this hoping I would find more exercises like Arnold press and Renegade rows; instead this book has all the most common dumbbell exercises and all the varieties to do them. It was a good book, but did know most of the exercises a head of time. Great book for someone just starting out, but if you know how to use dumbbell this is probably not the book for you. I mean it didn't have Arnold press or Renegade rows in the whole book. Update 1/14/14 I've had this book for longer now and have come to really appreciate all of the exercises in it. It has the basic which are illustrated, but it has the more advanced techniques detailed in the end of the chapters. Plus it was cool to get a comment from author of the book.

I am enjoying reading this book. It is very useful as a guide for exercising with dumbbells.

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