

# Dumbbell Training By Allen Hedrick

**By Allen Hedrick**

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Seven reasons why you should be working out with dumbbells. Olympic strength and conditioning coach notes a variety of advantages of training with dumbbells in

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Allen Hedrick Dumbbell Training Publisher: Human Kinetics; 1 edition (January 24, 2014) Language: English Pages: 224 ISBN: 978-1450444583 Size: 29.79 MB

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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

**Books: Dumbbell Training (Paperback) by Allen -**

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