

# Dumbbell Training By Allen Hedrick

**By Allen Hedrick**

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The Dumbbell Training Course clearly defines the art and science of dumbbell training in order to assist professionals in developing resistance 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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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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Dumbbell Training Allen Hedrick Maximum results with minimal equipment. Dumbbells have always been a strength training staple because of their versatility

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

Designing a Dumbbell Program This is an excerpt from Dumbbell Training by Allen Hedrick. Designing effective resistance training

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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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Dumbbell Cleans and Related Exercises Dumbbell Hang Power Clean. The movement is performed with the handles of the dumbbells centered laterally on the knee joint.

Athletic performance dumbbell training by books lifted for moving correctly and coordination. Authored books on the speaker said that their antecedents were dumbbell

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

February's Book of the Month is Dumbbell Training by Allen Hedrick. Former U.S. Olympic strength and conditioning coach Allen Hedrick offers a comprehensive guide

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