



# Dumbbell Training

*Allen Hedrick*

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## **Dumbbell Training** Allen Hedrick

Former U.S. Olympic strength and conditioning coach Allen Hedrick offers a comprehensive guide to training with dumbbells for strength and conditioning enthusiasts and athletes. Dumbbell Training is loaded with 81 exercises and 33 ready-to-use programs that increase power, speed, agility, and balance in a number of popular sports.

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