



# Dumbbell Training for Strength And Fitness

*Matt Brzycki, Fred Fornicola*

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**Dumbbell Training for Strength And Fitness** Matt Brzycki, Fred Fornicola

Covers various aspects of proper strength training. This title debunks certain myths and misconceptions such as explosive training and sport-specific training. It shows how to perform nearly 50 exercises with dumbbells in a safe and effective manner.

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