

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

By Myatt Murphy

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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.

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Editorial Review

About the Author

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.

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