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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 ...

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