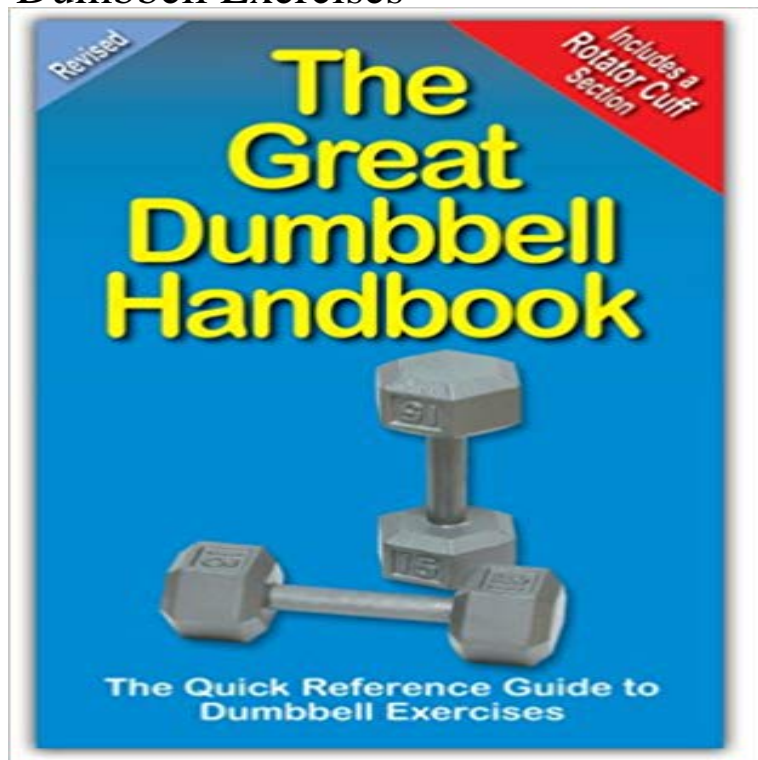


# The Great Dumbbell Handbook: The Quick Reference Guide to Dumbbell Exercises



This comprehensive little book covers a series of dumbbell exercises to work out the upper-body, lower-body, and abdominals. Each exercise has a start and finish photo, with easy to follow step-by-step instructions. The Great Dumbbell Handbook also shows you how to set-up your own dumbbell exercise routine, as well as pointers on stretching, staying motivated, and safety.

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