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Men's Health

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MYATT MURPHY,
C.S.C.S., has
written for Men ' s
Health for two
decades and is the
author of five
Men ' s Health titles,
including The
Men ' s Health Gym
Bible, The Body
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Shoulders, along
with innovative new
ways to get the
most of this
versatile piece of
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Guide: More Than
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Set two 20-pound
dumbbells on the
floor in front of you.

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Bend at the hips and knees and pick them up using an overhand grip.

Without round-ing your back, stand up with the weights.

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Shoulders: one-arm
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6 – 8 reps; Triceps:
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Murphy, a fitness
expert and long
time contributor to
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shows readers how
to use dumbbells to

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develop just about
every part of their
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Myatt Murphy
proves them wrong.

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Where To Download Men Complete with advice just for men, this book covers

everything men
need to regain and
reclaim their health
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- * Improved sexual
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