

# Dumbbell Training By Allen Hedrick

**By Allen Hedrick**

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## **Incorporating Dumbbell Cleans into Training -**

Want more variety in the weightroom? Try adding dumbbell cleans to your training sessions.

Allen Hedrick covers the fundamentals of this versatile exercise.

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Allen Hedrick Dumbbell Training Publisher: Human Kinetics; 1 edition (January 24, 2014)

Language: English Pages: 224 ISBN: 978-1450444583 Size: 29.79 MB

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### **Dumbbell Training - NOOK UK -**

Former U.S. Olympic strength and conditioning coach Allen Hedrick offers a comprehensive guide to training with dumbbells for strength and conditioning enthusiasts

<http://www.nook.com/gb/ebooks/dumbbell-training-by-allen-hedrick/9781450473934>

### **Dumbbell Training Allen Hedrick - PunchYouFitness -**

Maximum results with minimal equipment. Dumbbells have always been a strength training staple because of their versatility, affordability, and effectiveness.

<http://iwillpunchyouinyourface.com/downloads/dumbbell-training-allen-hedrick/>

### **Book of the Month: Dumbbell Training - Coaches -**

February's Book of the Month is Dumbbell Training by Allen Hedrick. Former U.S. Olympic strength and conditioning coach Allen Hedrick offers a comprehensive guide

<http://www.coachesontario.ca/book-of-the-month-dumbbell-training/>

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### **Books: Dumbbell Training (Paperback) by Allen -**

Author: Allen Hedrick, Title: Dumbbell Training (Paperback), Publisher: Human Kinetics, Category: Books, ISBN: 9781450444583, Price: \$15.12, Release\_date: 2014-01-24

<http://www.tower.com/dumbbell-training-allen-hedrick-paperback/wapi/124544585>

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Developed by the renowned strength and conditioning coach Allen Hedrick, Dumbbell Training highlights some of the most effective exercises for increasing strength

<http://www.power-systems.com/p-5482-dumbbell-training.aspx>

### **Olympic Lifts and Dumbbells | T Nation -**

Dumbbell Cleans and Related Exercises Dumbbell Hang Power Clean. The movement is performed with the handles of the dumbbells centered laterally on the knee joint.

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Allen Hedrick is the author of Dumbbell Training (3.00 avg rating, 11 ratings, 3 reviews, published 2014), Optimal Performance Training for Football (0.0

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