

# Dumbbell Training By Allen Hedrick

**By Allen Hedrick**

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

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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>

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.

<https://www.t-nation.com/training/olympic-lifts-and-dumbbells>

Want more variety in the weightroom? Try adding dumbbell cleans to your training sessions. Allen Hedrick covers the fundamentals of this versatile exercise.

<http://www.ptonthenet.com/articles/incorporating-dumbbell-cleans-into-training-programs-3507>

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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>

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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Seven reasons why you should be working out with dumbbells. Olympic strength and conditioning coach notes a variety of advantages of training with dumbbells in

<http://blogs.canoe.com/keepingfit/tag/allen-hedrick/>

Designing a Dumbbell Program This is an excerpt from Dumbbell Training by Allen Hedrick. Designing effective resistance training

<http://www.humankinetics.com/excerpts/excerpts/designing-a-dumbbell-program>

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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

[http://www.goodreads.com/author/show/3419440.Allen\\_Hedrick](http://www.goodreads.com/author/show/3419440.Allen_Hedrick)

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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