



Simplified System of Dumbbell Training

Bob Hoffman

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Bob Hoffman was probably the man more responsible for bringing weightlifting to the masses than anyone else, with his York Barbell Company.

This book, Simplified System of Dumbbell Training, gives you two complete courses or workout plans with 12 dumbbell exercises to follow. Plus you'll find three additional exercises for the neck, chest and abs.

Also look for the two other Simplified System books featuring Barbells and Swing Bells.

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