



# Simplified System of Dumbbell Training

*Bob Hoffman*

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**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.

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