



# Zen of Dumbbell Training: How to use a Dumbbell for Health, Strength, Figure and Therapy

*Dr Alan Radley*

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# **Zen of Dumbbell Training: How to use a Dumbbell for Health, Strength, Figure and Therapy**

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**Zen of Dumbbell Training: How to use a Dumbbell for Health, Strength, Figure and Therapy** Dr Alan Radley

Alan Radley has written a comprehensive book on the zen of dumbbell training. Developed is a thoughtful approach to dumbbell practice, with emphasis on natural movement patterns, deep concentration and technically informed practice. You will learn how to spice-up your routine with ~ 50 “lost” exercises; including shoulder, body and triceps circles and various pressing, curling, squatting and bending moves etc. Both men and women can use the Zen of Dumbbell Training to attain their fitness goals. The how and why of dumbbell training is explained in greater detail than ever before, and laid-out is a well-defined path to physical perfection.



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