



Rapid Results from Simple Dumbbell Routines (How to Lists Book 4)

Andy Cor

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Step by Step Program on How to get Rapid Results from a Simple Dumbbell Routine

Starting Strength by Mark Rippetoe set the bar for barbell lifting. Andy Cor's book reveals the best, fastest dumbbell routine to a strong, athletic body ready for active life. The two books belong side by side on the same shelf

. Andy Cor has outlined a simple habit forming system that uses a heavy lifting and light lifting to stimulate muscle and to gain maximum strength. A simple quick read with a daily program, a checklist of mistakes to avoid and many resources for more depth detail orientated people. The author has catered to all learning styles.

This book will reveal

- Top 5 Reasons Why You Are Not Getting Results
- Best 7 Dumbbell Exercises
- The 3 Point

Weights Program

- The 3 Point Cardio Program
- The 9 Point Program - Putting It Together

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