



Single Dumbbell Fitness for Beginners: The Video Guide

Caleb March, Vook

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In this Vook, you'll learn the warm-up moves that will prime your body for a workout, and you'll learn how to set the goals depending on the type of strength you hope to achieve. You'll ease into the workout with functional training such as a classic squat, then you'll jump into asymmetrical training which will engage your core and target one side of your body at a time. You'll learn simple, yet effective exercises that will target your biceps, triceps, and abdominal muscles to get you full-body results. You'll also learn how to better approach body weight exercises such as push-ups and incorporate those into your dumbbell workout. Throughout these workouts, a professional fitness trainer will show you proper alignment, and ways that you can keep your exercises challenging.



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