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written for Men's Health for
two decades and is the

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author of five Men's Health titles, including The Men's Health Gym Bible, The Body You Want in the Time You Have, Ultimate Dumbbell Guide, Testosterone Transformation, and Push Pull Swing! He continues to

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a total body workout and get maximum results. There are exercises here--lunges, squats, dead lifts, curls, shrugs, kickbacks, presses, and more--that develop abs, arms, chest, legs, and shoulders, along with

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innovative new ways to get
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6–8 reps; Triceps: dumbbell
or machine tricep extensions
– 3 sets of 8–10 reps;
Shoulders: cable or dumbbell
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Workout Routines for Men:
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for men, this book covers everything men need to regain and reclaim their health including: *Improved sexual functioning and health for a satisfying love life *In-depth look at urinary issues men face such

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