

## Complete Guide to Dumbbell Training: A Scientific Approach

By Fred Hatfield PhD, Josh Bryant MS



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Are you tired of fly-by-night fitness fads and space-age exercise machines that promise something for nothing? Maybe information overload from self-appointed Internet gurus is causing your head to spin.


You can build bigger biceps, broader shoulders, more powerful legs and a trimmer waistline (with Herculean levels of strength to match) using nothing more than a set of dumbbells.

World-renowned strength coaches and best-selling authors, **Fred Hatfield, PhD** and **Josh Bryant, MS**, show you how with *The Complete Guide to Dumbbell Training: A Scientific Approach*.

In this book, you have the opportunity to use built-in programs or learn how to design the optimal training program for your specific needs. The principles and information covered will benefit the novice as well as the advanced bodybuilder or strength athlete.

Strength training trends come and go, but any iron game veteran or exercise scientist knows--nothing beats a set of dumbbells in price, simplicity, and most importantly, results.

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### Editorial Review

About the Author

**Dr. Fred Hatfield** is president of the *International Sport Science Association*. He has written over 60 books and hundreds of articles on sports training, fitness, bodybuilding and performance nutrition. Dr. Hatfield (a.k.a. “**Dr. Squat**”) won the world championships three times in the sport of powerlifting, and along the way broke over 30 world records, including a 1986 competitive squat with 1014 pounds at a bodyweight of 255 pounds, a world record which stood for decades.

**Josh Bryant** trains some of the strongest and most muscular athletes in the world in person at Metroflex Gym in Arlington, Texas, and via the Internet. Josh has won many national and world titles in powerlifting and strongman contests and was the youngest person in powerlifting history, at age 22, to bench press 600 pounds raw. Josh has squatted 909 pounds in the USPF, officially bench pressed 620 pounds raw, and officially deadlifted 810 pounds raw. He is not all brawn; having a Master of Science degree in Exercise Science along with many other prestigious certifications. Josh is the co-author of **Amazon #1** selling book *Jailhouse Strong*.

To learn more about Josh Bryant or to sign up for his free training tips newsletter, visit [www.JoshStrength.com](http://www.JoshStrength.com)

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