



Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program

By Myatt Murphy

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Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program By Myatt Murphy

No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone.

The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can become strong in any direction. And sanctioned by *Men's Health*, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements?pushing, pulling, and swinging?that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world application and total-body fitness *Men's Health Push, Pull, Swing* by Myatt Murphy, CSCS will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.

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Editorial Review

About the Author

MYATT MURPHY, a certified strength and condition specialist (CSCS), is the author of eight books, including *Men's Health Testosterone Transformation*, *The Men's Health Gym Bible*, and *Men's Health Ultimate Dumbbell Guide*.

Users Review

From reader reviews:

Brenda Carey:

Now a day people that Living in the era just where everything reachable by talk with the internet and the resources inside can be true or not call for people to be aware of each info they get. How individuals to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Reading through a book can help persons out of this uncertainty Information especially this Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program book because this book offers you rich info and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you know.

Edward Yung:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely without a doubt. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read is actually Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program.

Bryon Diaz:

Your reading sixth sense will not betray you actually, why because this Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program e-book written by well-known writer who knows well how to make book that may be understand by anyone who read the book. Written throughout good manner for you, dripping every ideas and writing skill only for eliminate your hunger then you still doubt Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program as good book not simply by the cover but also through the content. This is one publication that can break don't judge book by its protect, so do you still needing one more sixth sense to pick this specific!?! Oh come on your looking at sixth sense already alerted you so why you have to listening to a different sixth sense.

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