



Dumbbell Training

By Matt Brzycki

A dumbbell is essentially a shorter version of a barbell that is intended for use with one hand. There are two main advantages of using dumbbells in your training. One advantage is that dumbbells can provide variety to your routine. Since every exercise that can be performed with a barbell can also

grip" (with your palms facing each other).

Another advantage of using dumbbells is that each of your limbs must work independently of the other. Most individuals are often stronger (and more flexible) on one side of their body than the other. Usually, this is