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MYATT MURPHY, C.S.C.S., has written for Men's Health for two decades and is the 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 write articles on exercise, lifestyle, and nutrition for more than 50 magazines worldwide.

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The 15 Best Dumbbell Exercises - Men's Health

Shoulders: one-arm dumbbell shoulder press — 3 sets of 6-8 reps; Triceps: dumbbell or machine tricep extensions — 3 sets of 8-10 reps; Shoulders: cable or dumbbell front raises — 3 sets ...

Workout Routines for Men: The Ultimate Guide

In Men's Health Ultimate Dumbbell Guide, Myatt Murphy, a fitness expert and longtime contributor to Men's Health, shows readers how to use dumbbells to develop just about every part of their bodies. For anyone who believes that dumbbells can be used only for arms and shoulders, Myatt Murphy proves them wrong.

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(Related: The Men's Health Ultimate Guide to kettlebell training) Why: "Because the elbows are not moving forwards but backwards, this places more stress on the bicep," says Patmore.

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