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training the
shoulders with
dumbbells is easier
on your wrist elbow
and shoulder joint
because of the
freedom of
movement the
dumbbell provides
on top of that you
get a myriad
exercise selection
grip variations
increased range of
motion and ability
to decrease
strength
imbalances
between sides
because you re
lifting each
dumbbell web may
28 2022 with
dumbbells in each
hand or one held in
goblet position do 8
12 reps per side
before switching
rest between sides
if needed workout a
dumbbell rdl turn
the dumbbells 45
degrees to shift

more of the weight
toward your center
of gravity this
reduces tension on
your lower back
without
compromising the
training effect for
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kickbacks presses
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chest legs and
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with innovative new
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most out of your
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