





## Dumbbell Exercises - Shoulder & Arms Poster Laminated

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### Details

This full-colour laminated poster features 22 dumbbell exercises for working the shoulders, rotator cuff, triceps, biceps and forearms.

All exercises are clearly explained with step-by-step instructions and descriptive photos.

- Size: 24" x 36"

### Important

You must not rely on the information on this site as an alternative to medical advice from your medical physician or other



qualified healthcare provider. Consult your healthcare provider immediately if you think that you may have a medical emergency or for the diagnosis and treatment of injuries. Always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or with any questions that you may have regarding a medical condition or injury.

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