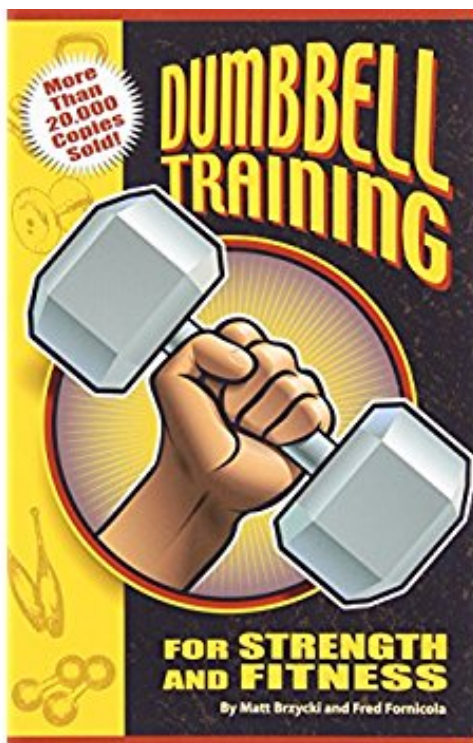


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## Synopsis :

From the Author ABOUT THE AUTHORS MATT BRZYCKI, B.S., is the Coordinator of Recreational Fitness and Wellness Programs at Princeton University in Princeton, New Jersey. He has more than 22 years of experience at the collegiate level as a coach, instructor and administrator. His current responsibilities at Princeton University include managing the Stephens Fitness Center and teaching a variety of fitness classes such as Adult Fitness, Introduction to Free Weights, Introductory Strength Training and Women-n-Weights. Matt served in the United States Marine Corps from 1975-79 which included a 12-month tour of duty as a Drill Instructor. He earned his Bachelor of Science degree in Health and Physical Education from Penn State in 1983. He has been a featured speaker at local, regional, state and national conferences, clinics and sports camps throughout the United States and Canada. This includes presentations at the U. S. Secret Service Academy; the Princeton University Strength & Speed Camp; the National Strength & Science Seminar; the American College of Sports Medicine's Health & Fitness Summit & Exposition; the Tampa Bay Buccaneer Strength and Conditioning Seminar; and the Toronto Football Clinic. He developed a correspondence course for Desert Southwest Fitness (Tucson, Arizona) that was used by strength and fitness professionals to update their certifications and co-developed a SWAT (Special Weapons and Tactics) Fitness Specialist Certification Program for law-enforcement and military personnel. Matt has written more than 285 articles/columns on strength and fitness that have been featured in 41 different publications. In addition, he has authored, co-authored or edited 14 books. Matt developed the Strength Training Theory and Applications class and taught the course to Exercise Science and Sport Studies majors at Rutgers University as a member of the Faculty of Arts and Sciences from 1990-2000. He also developed the Weight Training class and taught the course to Health and Physical Education majors and other students at The College of New Jersey as a member of the Health and Physical Education Faculty from 1996-1999. Matt was appointed by the governor to serve on the New Jersey Council on Physical Fitness and Sports as well as the New Jersey Obesity Prevention Task Force. He was elected to serve on the Alumni Society Board of Directors for the College of Health & Human Development (Penn State) and is the chair of its Awards Committee. Matt and his wife, Alicia, reside in Lawrenceville, New Jersey, with their son, Ryan. FRED FORNICOLA, B.A., is the President and exclusive personal trainer of Premiere Personal Fitness (premierepersonalfitness.com) in Asbury Park, New Jersey. In addition, he serves as a fitness equipment consultant for schools and corporations for Fitness Lifestyles, Inc. as well as the fitness professional who oversees Newberry Fitness (also of Asbury Park). Fred has been involved in the field of strength and fitness for nearly 30 years. He has authored more than 75 articles on strength and fitness while maintaining several regular columns on nutrition and training for numerous Internet websites. Also, he's the Editor-in-Chief of the High Performance Training newsletter and has been published in periodicals such as Master Trainer and Hardgainer. In addition, he's a contributing author of the book Get Fit New Jersey! Fred serves as a resource member of the New Jersey Council on Physical Fitness and Sports. He received his Bachelor of Arts degree in Business from Stockton College in 1983. Fred and his wife, Lori, reside in Oakhurst, New Jersey, with their daughter, Alexa. Read more From the Back Cover 'Dumbbell Training for Strength and Fitness' is a profound presentation of practical information on one of the simplest, safest and most successful means for improving muscular strength and physical fitness. This well-written book provides everything you need to know for

attaining excellent results through sensible dumbbell exercises.' Dr. Wayne Westcott Fitness Research Director South Shore YMCA Quincy, Massachusetts  
'High-tech machines or low-tech dumbbells, they're all strength-building tools. This is the book that will tell you how to use dumbbells to your greatest strength-enhancing advantage.' Dr. Ken Leistner Strength Coach Valley Stream, New York 'Dumbbell Training for Strength and Fitness offers a practical and time-efficient approach using one of the oldest tools in strength training: the unsophisticated, simple-to-use dumbbell. This book should be on the shelf of every trainee, trainer and coach as it is an invaluable tool/reference for anyone.' Tom Kelso Coordinator of Strength and Conditioning Saint Louis University Saint Louis, Missouri  
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