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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Flat Dumbbell Fly

By Rick Mitchell

Exercise The Right Way – The Flat Dumbbell Fly by Rick Mitchell

In this article we'll take a close look at the flat dumbbell fly.

MUSCLES TARGETED: pectoralis major

STARTING POSITION

DOWNWARD MOVEMENT

UPWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Exercise the right way – one-arm dumbbell rows

By Rick Mitchell

Exercise the right way – one-arm dumbbell rows by Rick Mitchell

In this article we'll take a close look at One-Arm Dumbbell Rows.

MUSCLES TARGETED: latissimus dorsi, trapezius (mid), biceps brachialis

STARTING POSITION

EXERCISE TECHNIQUE

OTHER EXERCISES WORTH CONSIDERING

Bodybuilding Exercises

to learn

more about the issues covered in this article.



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