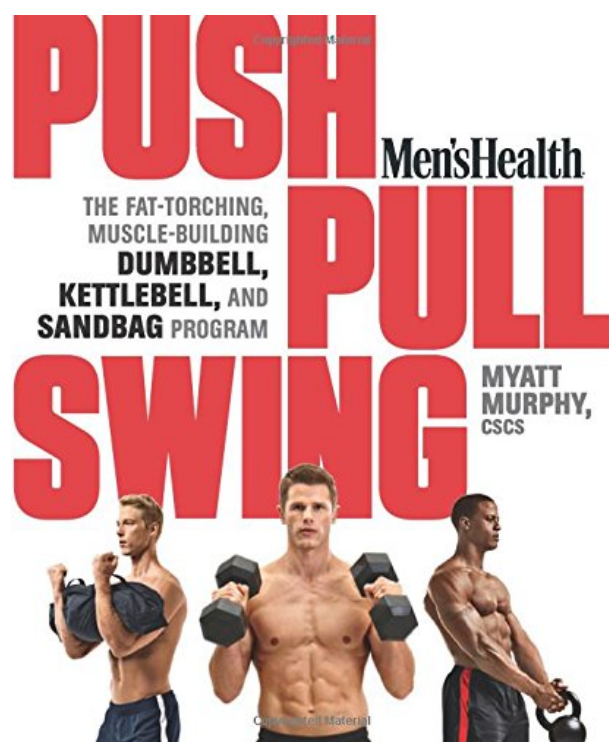
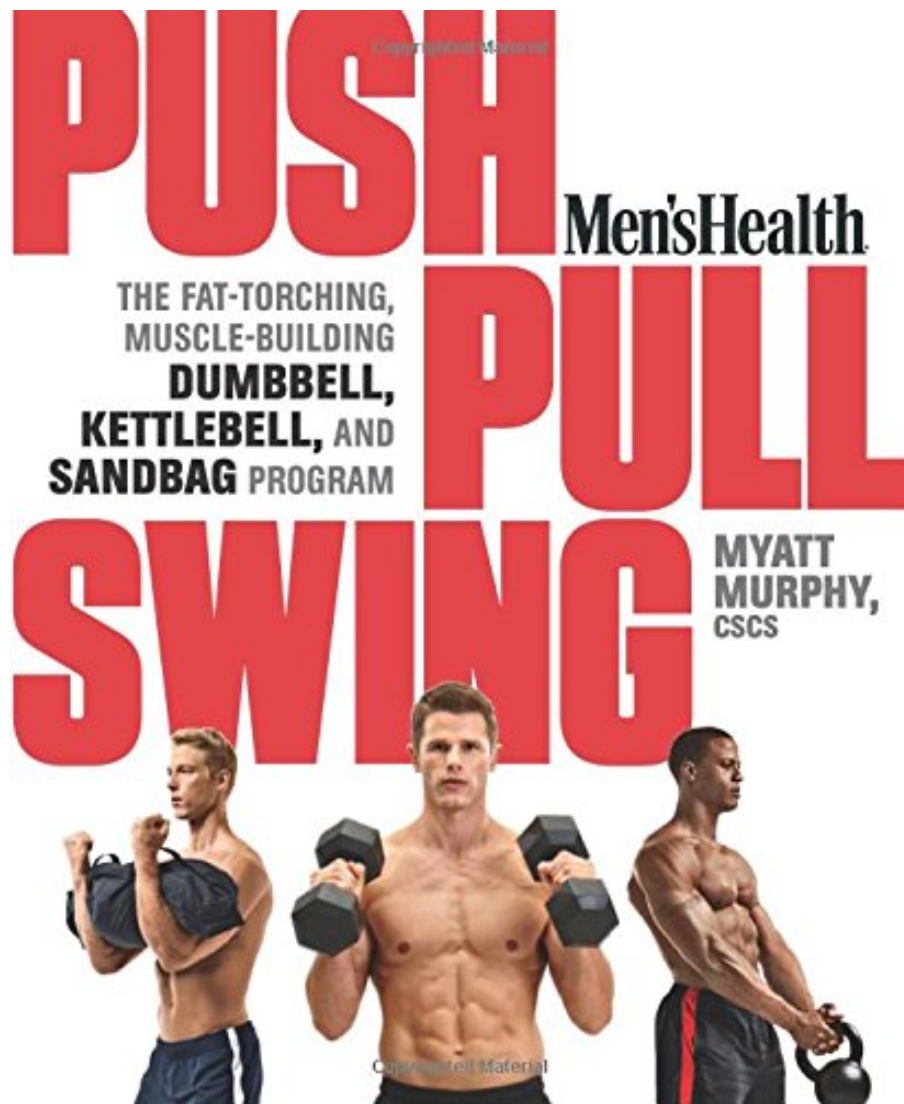


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As one of the home window to open the brand-new globe, this *Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program By Myatt Murphy* supplies its remarkable writing from the writer. Released in among the popular publishers, this publication *Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program By Myatt Murphy* turned into one of the most desired publications just recently. Really, the book will certainly not matter if that *Men's Health Push, Pull, Swing: The Fat-Torching, Muscle-Building Dumbbell, Kettlebell & Sandbag Program By Myatt Murphy* is a best seller or not. Every book will still offer ideal sources to get the reader all finest.

## About the Author

MYATT MURPHY, a certified strength and condition specialist (CSCS), is the author of eight books, including *Men's Health Testosterone Transformation*, *The Men's Health Gym Bible*, and *Men's Health Ultimate Dumbbell Guide*.

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No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone.

The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can become strong in any direction. And sanctioned by Men's Health, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements?pushing, pulling, and swinging?that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world application and total-body fitness Men's Health Push, Pull, Swing by Myatt Murphy, CSCS will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.

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## About the Author

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## Most helpful customer reviews

20 of 21 people found the following review helpful.

Excellent guide to modern lifting of DB, KB and sandbags for beginners

By gt surber

Review - Push Pull Swing by Myatt Murphy

"Push, Pull, Swing" is an excellent guide for beginning lifters of dumbbells, kettlebells and sandbags. We get an excellent philosophy of working all three of the planes of our bodies (sagittal, frontal and transverse) with

good descriptions of each and examples of the exercises included in each. This is followed by a simple but excellent description of each of the three tools mentioned above including how to select your beginning weights and purchase guidelines for each. Then we get a brief practical anatomical discussion of the important muscles, divided into pushing, pulling, swinging and combination muscles. There is a good basic discussion of nutrition. Basic terms are defined in easy to understand language.

Part 2 is the exercises themselves. These are grouped by DumbBell, KettleBell and sandbag. The exercises are well described with easy to follow instructions and hints on performance. The pictures are good and show the exercises well. The quantity of exercises is plentiful and the selection is good.

Part three is the routines. The first chapter is how to build your own routines based on the exercises and the three planes of movement. Then are several chapters on sample routines well laid out and easily followed.

The book is well and clearly written. The pictures are good, including some motivational pictures highlighting each chapter. The audience is obviously beginners, although there are things to be learned by intermediate and advanced lifters.

I highly recommend this book to men beginning to lift dumbbells, kettlebells, and/or sandbags.

6 of 6 people found the following review helpful.

Old School Lifting Tools Make Push, Pull, Swing "New" - Move Over Cross Fit!

By M. DeMartini

As a long-time professional fitness writer and instructor I avidly read Myatt Murphy's work in Men's Health Magazine and other articles eager to absorb his knowledge; he knows his field and has the credentials and writing talent to prove it. Taking the science and research of the fitness industry and interpreting it for easy consumer understanding isn't easy, but Murphy makes it so. I found Push, Pull, Swing to be a no-nonsense, practical approach to training just as he promised--coaching people away from machines and to the basics of free weight lifting--or should I say pushing, pulling and swinging! The book gave me many "Aha!" moments as I recalled exercises or tips that I will continue to share with my clients and I now feel like I have a new encyclopedia of facts and photos to use as references. I enjoyed the periodic tips and Did You Know? items he added and I wish there had been more of them as they provided key insights and facts.

If you want a good workout plan, the back of the book is filled with customized, easy to follow charts. Nice work--and good workouts--"old school" is the way to go!

6 of 7 people found the following review helpful.

I liked them a lot

By rabbit sheriff

I got this about six weeks ago and read it fairly thoroughly- I lost focus when reading about some exercises I knew I wouldn't do for a while. Also, I don't have dumbbells and won't, so I skipped a lot of that, too. I've been using kettlebells for two years and a sandbag for a year, so I'm not quite a beginner. I was looking to pick up a few more movements and continue to hone those I knew. This book has helped me do that. The other reason I bought it was for set routines and plans. It has that. I randomly used a few workouts to get a feel for what to expect. I liked them a lot. For about the last five weeks I've been sticking to a single plan. I've definitely been getting stronger and seeing some results (whatever that means.) I have only one more week of this program and then I'm switching to another and looking forward to the benefits of that. Also, the workouts are easy to follow and each movement is cross-referenced with the page in the book that the movement is explained. Very nice.

The book does have some editorial faux pas, though. For example, the KB bottoms-up press is wrong. Not

sure which others might be wrong, but that sticks out in my head.

Without a doubt, it was worth what I paid.

See all 43 customer reviews...

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