

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward. Keep your back straight and your feet close together. Walk for 30 seconds, then rest for 30 seconds. Repeat.



02 LATERAL RAISE
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Raise the arms out to the sides, until they are parallel to the floor.



03 BENT-OVER REVERSE FLY
Bend over at the hips, holding a dumbbell in each hand. Raise the arms behind the back, until they are parallel to the floor.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug the shoulders, until they are close to the ears.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart, holding a kettlebell in each hand. Press the kettlebells up, until they are overhead.



06 PUSH PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



07 MILITARY PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug the shoulders, until they are close to the ears.



09 KNEELING PRESS
Kneel with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up, until they are overhead.



11 NEUTRAL-GRASP FLOOR PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



12 LUNGE PRESS
Lunge with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



13 BENCH PRESS
Lie on a bench with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



14 INCLINE BENCH PRESS
Lie on an incline bench with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up, until they are overhead.



16 SUSPENSION PUSH-UP
In a push-up position, hold a suspension strap in each hand. Press the body up, until the arms are straight.



17 INCLINE FLY
Lie on an incline bench with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells down, until they are overhead.



18 TRICEPS DIP
In a dip position, hold a suspension strap in each hand. Pull the body up, until the arms are straight.



19 DECLINE PUSH-UP
In a push-up position, hold a suspension strap in each hand. Press the body up, until the arms are straight.



20 BENCH BALL PUSH-UP
In a push-up position, hold a suspension ball in each hand. Press the body up, until the arms are straight.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Pull the body up, until the chin is over the bar.



22 SUITCASE DEADLIFT
In a deadlift position, hold a dumbbell in each hand. Pull the dumbbells up, until they are overhead.



23 MEADOWS ROW
In a row position, hold a suspension strap in each hand. Pull the body up, until the arms are straight.



24 SINGLE-ARM ROW
In a row position, hold a suspension strap in each hand. Pull the body up, until the arms are straight.



25 BENT-OVER ROW
In a row position, hold a dumbbell in each hand. Pull the dumbbells up, until they are overhead.



26 LUNGE ROW
In a lunge position, hold a dumbbell in each hand. Pull the dumbbells up, until they are overhead.



27 BACKWING
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up, until they are overhead.



28 INVERTED ROW
In an inverted row position, hold a suspension strap in each hand. Pull the body up, until the arms are straight.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart. Pull the body up, until the chin is over the bar.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Pull the body up, until the chin is over the bar.

Dumbbell Training Guide

Pasquale De Marco

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Dumbbell Training Guide:

Dumbbell Workout for Beginners Robert Lugo, 2024-05-25 Are you looking to start a fitness journey with simple yet effective equipment Do you want to master dumbbell workouts to sculpt and strengthen your body Are you unsure about how to create a personalized dumbbell workout plan Do you wish to combine strength training with cardio and flexibility exercises for optimal results Are you ready to avoid common workout mistakes and achieve your fitness goals efficiently DUMBBELL WORKOUT FOR BEGINNERS is your ultimate guide to starting a fitness journey with dumbbells This comprehensive book is packed with essential information practical tips and detailed exercises to help you harness the power of dumbbell training Whether you re new to fitness or looking to refine your technique this book is designed to meet your needs Introduction to Dumbbell Training Discover the fundamentals of dumbbell workouts understanding why they are a versatile and essential part of any fitness routine Learn about the benefits including improved muscle tone strength and overall health Assessing Readiness and Basic Techniques Begin your journey by assessing your fitness level and learning the basic techniques crucial for safe and effective training Proper form and technique are emphasized to prevent injuries and maximize results Designing Your Dumbbell Workout Plan Create a personalized workout plan tailored to your fitness goals This section provides step by step guidance on setting realistic goals choosing the right exercises and structuring your workouts for optimal progression Dumbbell Exercises for Different Muscle Groups Explore a wide range of exercises targeting various muscle groups including arms legs chest back and core Each exercise is explained in detail with tips on execution and variations to keep your routine challenging and engaging Combining Dumbbell Workouts with Cardio and Flexibility Learn how to integrate cardio and flexibility exercises into your dumbbell routine for a well rounded fitness program This chapter highlights the importance of a balanced approach to fitness enhancing your endurance flexibility and overall performance Monitoring Progress and Adjusting Intensity Track your progress effectively with practical tips on monitoring your workouts and adjusting intensity levels Understand the importance of progressive overload and how to safely increase your workout s difficulty Nutrition and Recovery for Dumbbell Training Maximize your gains with essential nutrition and recovery strategies This chapter covers the basics of a balanced diet the importance of hydration and effective recovery techniques to keep you energized and ready for your next workout Common Mistakes and FAQs Avoid common pitfalls and get answers to frequently asked questions about dumbbell training This section provides troubleshooting tips and expert advice to help you stay on track and overcome any challenges Sample Dumbbell Workout Plans Get started immediately with sample workout plans designed for beginners These plans offer a variety of routines to keep your workouts fresh and exciting ensuring you stay motivated and achieve your fitness goals DUMBBELL WORKOUT FOR BEGINNERS is a must have for anyone concerned about fitness health and athletic performance With detailed instructions practical tips and a focus on safety and effectiveness this book will be your ultimate companion on your fitness journey Don t let uncertainty hold you back any longer DUMBBELL WORKOUT FOR

BEGINNERS is your definitive guide to achieving your fitness dreams with ease and confidence Make this book your final stop and transform your body and health today Start your journey now and unlock the best version of yourself with the power of dumbbell training *Dumbbells: The Ultimate Guide to Strength Training* Pasquale De Marco,2025-05-05 Dumbbells The Ultimate Guide to Strength Training is the ultimate guide to dumbbell training Whether you re a complete beginner or a seasoned pro this book has something to offer everyone In this comprehensive guide we ll cover everything you need to know about dumbbells from choosing the right ones to performing exercises with perfect form We ll also provide you with a variety of workout plans to help you reach your fitness goals What s Inside A complete overview of dumbbell training The benefits of dumbbell training How to choose the right dumbbells Proper form and technique Warm up and cool down exercises Safety precautions Step by step instructions for over 50 dumbbell exercises Exercises for all major muscle groups Variations for different fitness levels Detailed instructions and photos Sample dumbbell workout plans Full body workouts Upper body workouts Lower body workouts Core and stability workouts Advanced workouts Tips and advice from fitness experts How to progress your workouts How to avoid injuries How to get the most out of your dumbbell training Benefits of Dumbbells The Ultimate Guide to Strength Training Learn how to use dumbbells to improve your strength muscle mass and overall fitness Get step by step instructions for over 50 dumbbell exercises Find sample dumbbell workout plans to help you reach your fitness goals Get tips and advice from fitness experts Whether you re a complete beginner or a seasoned pro Dumbbells The Ultimate Guide to Strength Training has something to offer everyone Grab a pair of dumbbells and get started today If you like this book write a review on google books [Dynamic Dumbbell Training](#) Paul Collins,2010 Every piece of exercise equipment serves a purpose but none more so than the dumbbell commonly referred to as free weights or hand weights Held in either one hand or as a pair in both hands whilst performing exercises dumbbells can be used to create a highly effective and successful exercise program Now Dumbbell Training offers readers a revolutionary new way to get the most out of any exercise plan using the tried and tested 3 Stage Dumbbell Training System *Dumbbell Training* Paul Nam,2019-11-21 Having a difficult time getting to the gym Did you know even exercising for 30 minutes is better than doing nothing Welcome to Dumbbell Training For Men And Women We lose muscle mass each year so it is important to include some form of exercise in your every day lifestyle After exercising your body releases a chemical called serotonin This hormone makes you feel good about yourself Some benefits of resistance training are stress release stronger immune system and a positive change in fat mass to muscle mass ratio What more could you want This book will feature these following chapters Introduction to dumbbells Why use dumbbells Muscle summaries Training guidelines Nutritional guidelines for men and women Thirty four exercise descriptions with pictures Eight dumbbell workouts for men Eight dumbbell workouts for women An 8 week training program for men An 8 week training program for women Now is the time to get into shape All you need is yourself and some dumbbells Lose some unwanted pounds and build some muscle The training in this book is in our number rated app

Dumbbell Fitness Here is one review from our app I started using this app about 3 months ago to guide me through my workouts I ve never lifted weights before and I needed to lose 40 lbs So far in 3 months I ve dropped 10 lbs but went from a 40 inch waist to a 36 I love that I can see someone doing the exercise and they have it broken out by muscle groups

Dumbbell Training Guide Leonard Salinas,2021-09-17 By definition a dumbbell is a quick bar with a weight at both ends It would possibly come wrapped in exceptional substances or even characteristic adjustable dials however the core thought has been equal for centuries Speaking of which the fore bearers of these nifty hand weights date as some distance lower back as historic Greece You can discover dumbbells that weigh as little as 1 pound and as an awful lot as 375 pounds That said most dumbbells fall within the vary of 5 25 pounds At the nearest gym the heaviest dumbbell commonly weighs in at around 60 pounds If you re searching for something heavier you ought to be going to one of these one of a kind gyms due to the fact you re a beast As basic free weights dumbbells are usually used for joint isolation exercises You ve viewed them You ve likely used them But are you performing the fine dumbbell workout routines and workouts Let s discover out **The Dumbbell Workout Handbook: Weight Loss** Michael Volkmar,2018-06-26 Over 100 of the absolute best results driven dumbbell workouts providing an intensive new way to burn fat improve conditioning and lose weight Developed by best selling fitness author and strength and conditioning expert Mike Volkmar this collection of dumbbell workouts will challenge you by promoting total body fitness while burning away unwanted fat These results oriented workouts target all muscle groups from chest and arms to core and legs and provide a powerful combination of exercises designed to help sculpt and tone your ideal body The Dumbbell Workout Handbook Weight Loss is a great way to change up your routine and break through plateaus Whether you train at home in your garage gym or at the local fitness club your workouts will never be boring again guaranteed So grab some iron and get fit now **Build Muscle and Strength with Dumbbells: The Ultimate Guide** Pasquale De Marco,2025-05-04 Unlock the transformative power of dumbbells with Build Muscle and Strength with Dumbbells The Ultimate Guide your ultimate guide to building muscle strength and athleticism Whether you re a seasoned weightlifter or just starting your fitness journey this comprehensive resource provides everything you need to achieve your fitness goals Within these pages you ll discover the science behind dumbbell training and its numerous benefits including improved muscle strength and mass increased bone density enhanced balance and coordination and reduced risk of injury You ll also learn how to choose the right dumbbells for your needs and how to perform essential and advanced dumbbell exercises to target every muscle group Build Muscle and Strength with Dumbbells The Ultimate Guide provides step by step instructions and clear illustrations to ensure proper form and maximize results You ll find a wealth of information on creating customized workout plans incorporating proper nutrition for optimal recovery and avoiding common injuries Plus dedicated chapters address specific needs of women and seniors empowering everyone to achieve their fitness aspirations But Build Muscle and Strength with Dumbbells The Ultimate Guide goes beyond just physical benefits It

emphasizes the importance of motivation and consistency offering practical strategies for staying on track and overcoming plateaus You ll discover the power of setting realistic goals finding a workout buddy tracking progress and staying motivated With Build Muscle and Strength with Dumbbells The Ultimate Guide you ll have all the tools and knowledge you need to transform your body and your life Whether you re a fitness enthusiast an athlete or simply looking to improve your overall health this book will guide you on a journey to reach your full potential Invest in Build Muscle and Strength with Dumbbells The Ultimate Guide today and unlock the power of dumbbells for a stronger healthier and more confident you If you like this book write a review on google books

Complete Guide to Dumbbell Training Frederick C. Hatfield, Josh Bryant, Josh Bryant MS, 2014-09-24 Are you tired of fly by night fitness fads and space age exercise machines that promise something for nothing Maybe information overload from self appointed Internet gurus is causing your head to spin You can build bigger biceps broader shoulders more powerful legs and a trimmer waistline with Herculean levels of strength to match using nothing more than a set of dumbbells World renowned strength coaches and best selling authors Fred Hatfield PhD and Josh Bryant MS show you how with The Complete Guide to Dumbbell Training A Scientific Approach In this book you have the opportunity to use built in programs or learn how to design the optimal training program for your specific needs The principles and information covered will benefit the novice as well as the advanced bodybuilder or strength athlete Strength training trends come and go but any iron game veteran or exercise scientist knows nothing beats a set of dumbbells in price simplicity and most importantly results

Dumbbell And Core(Abs) Training Combined Paul Nam, Exercising in your home has many benefits You can wear what you want sweat all you want and listen to your favorite music Welcome to Dumbbell And Core Abs Training Combined Training that can be done in the comforts of your home This book will feature 3 sections Section 1 will feature full body workouts that are all done with dumbbells There are 34 exercises with pictures 8 workouts for men and women nutrition advice for fat loss and muscle growth muscle summary sheet 8 week training program for men and women and much more Section 2 will feature workouts for your core abs There will be 34 exercises with pictures 10 core workouts for all levels 6 week program to follow for men and women and much more Section 3 will feature all of these following chapters Introduction Setting Your Goals Eight Week Training Program For Men cardio core dumbbell training combined Eight Week Training Program For Women cardio core dumbbell training combined Conclusion

The Ultimate Guide to Weight Training for Running Rob Price, 2005-10 The Ultimate Guide to Weight Training for Running is the most comprehensive and up to date running specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round running specific weight training programs guaranteed to improve your performance and get you results No other running book to date has been so well designed so easy to use and so committed to weight training This book has been designed specially for runners to increase endurance stamina speed and strength By following

the programs contained in this book you will no longer run out of gas before the race is over but instead you will be able to sprint at record paces until the finish line Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too **The Ultimate Guide to Weight Training for Football** Rob

Price,2006-10-31 The Ultimate Guide to Weight Training for Football is the most comprehensive and up to date football specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round football specific weight training programs guaranteed to improve your performance and get you results No other Football book to date has been so well designed so easy to use and so committed to weight training This book will have players of all positions and skill levels increasing strength agility and power dramatically resulting in more touchdowns crisper and harder tackles and the flatout domination of opponents all over the field Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too *Men's Health Ultimate Dumbbell Guide* Myatt Murpdy,2007-07-24

Demonstrates how to perform a total body workout with the use of dumbbells covering such techniques as lunges squats dead lifts curls and presses in a volume that features step by step instructions and photographs *The Ultimate Guide to Weight Training for Track and Field* Robert G. Price,2014-05-14 The Ultimate Guide to Weight Training for Track and Field is the most comprehensive and uptodate track and fieldspecific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features yearround track and fieldspecific weighttraining programs guaranteed to improve your performance and get you results Athletes of all events from sprinting to shot put have used and benefited from the information in this text No other track and field book to date has been so well designed so easy to use and so committed to weight training This book will have all types of track field athletes increasing speed flexibility power strength and endurance unlike any book before it No longer will you find yourself becoming tired at the end of an event or losing distance on javelin or discus throws due to fatigue By following this program you will eclipse your previous records and eliminate unnecessary injuries Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine and is the founder and

head trainer of SportsWorkout.com's eTraining service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

The Ultimate Guide to Weight Training for Baseball Rob Price, 2006-04 The Ultimate Guide to Weight Training for Baseball is the most comprehensive and up-to-date baseball-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide. This book features year-round baseball-specific weight training programs guaranteed to improve your performance and get you results. No other baseball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing arm strength, bat speed, and overall quickness and power on the diamond, leading to an increase in batting average, on-base percentage, steals, and overall performance. You will build the strength and power needed to hit the ball out of the park, and you will build the stamina and endurance needed to go strong until the final pitch. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too.

The Complete Dumbbell Workout Guide for Seniors and Beginners Philip Gebo, 2024-06-09 Are you ready to transform your body and boost your fitness with the power of dumbbells? Welcome to The Complete Dumbbell Workout Guide for Seniors and Beginners, your comprehensive resource for effective and versatile training tailored specifically for seniors and those new to fitness. Whether you're taking your first steps into the world of exercise or looking to enhance your routine with safe and effective workouts, this guide has something for everyone. This book is designed to help you maximize the benefits of dumbbell training, offering clear step-by-step instructions for a wide range of exercises. From building muscle and increasing strength to improving endurance and flexibility, dumbbells are an incredibly effective tool that can be used anywhere, at home, in the gym, or even on the go. The Complete Dumbbell Workout Guide for Seniors and Beginners starts with the basics, providing essential information about dumbbells, their benefits, and important safety tips to ensure you're training correctly. We then delve into designing your workout program, helping you set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and track your progress effectively. The heart of the book is our structured workout plans. We've tailored programs for all fitness levels, from complete beginners to seniors looking to maintain their health and vitality. Each plan builds on the previous one, ensuring steady progress and continuous improvement. You'll find detailed workout routines that focus on different goals, whether you're aiming for strength, mobility, or overall fitness. In addition to the workout plans, this guide includes a comprehensive exercise library with clear instructions and tips for maintaining proper form. This ensures that you perform each movement safely and effectively, maximizing your results while minimizing the risk of injury. Start today and unlock the full potential of your workouts with The Complete Dumbbell Workout Guide for Seniors and Beginners.

The Ultimate Guide to Weight Training for Cheerleading Rob

Price,2014-05-14 Provides year round workout programs designed specifically for cheerleaders to help increase flexibility eliminate fatigue and prevent injuries

The Ultimate Guide to Weight Training for Bowling Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Bowling is the most comprehensive and up to date bowling specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round bowling specific weight training programs guaranteed to improve your performance and get you results No other bowling book to date has been so well designed so easy to use and so committed to weight training This book will have you increasing your average by focusing on the endurance strength and flexibility needed most by bowlers By following this guide you will get more speed on your rolls more pin action and overall higher scores and success on the lanes Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sport training expertise Rob is a contributing author to US Bowler Magazine Golf Fitness Magazine Swimmer's World Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

The Complete Guide to Outdoor Workouts Matt Lawrence,2014-07-03 The Complete Guide series is designed for the fitness professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors Covering physiology and core training principles as a starting point this book includes different workouts for different environments park beach back garden and covers the use of a variety of popular equipment from ViPRs to kettlebells Packed with colour photography clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits The Complete Guide to Outdoor Workouts is the ultimate how to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors

The Ultimate Guide to Weight Training for Basketball Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Basketball is the most comprehensive and up to date basketball specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round basketball specific weight training programs guaranteed to improve your performance and get you results No other basketball book to date has been so well designed so easy to use and so committed

to weight training This book will have players increasing strength power agility and overall quickness on the court leading to an increase in rebounds steals blocked shots and overall defensive efficiency You will build the strength and power needed to dominate the post and under the basket and you will build the stamina and endurance needed to go strong until the final whistle Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

The Ultimate Guide to Weight Training for Triathlon Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Triathlon is the most comprehensive and up to date triathlon specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round triathlon specific weight training programs guaranteed to improve your performance and get you results No other triathlon book to date has been so well designed so easy to use and so committed to weight training This book was designed specifically for triathletes to increase strength speed endurance and stamina This guide will have you shaving time off of all three events by using the most advanced and efficient exercises available It will have you recording new personal records and reaching all of your goals By following the yearround programs in the book you will be able to finish meets with the same energy you exerted when you began Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

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