

1. Introduction

Thank you for picking up my workbook. Now that you have it, there are a variety of ways you can use it. You can:

- Use some or all of my suggested exercises.
- Use some or all of my routines.
- Try my recipes and ideas.
- Write notes in it and use it as a workbook.
- Use it as a place mat—just joking.

It's up to you to decide how to use the book to your greatest benefit. I hope you will find it helpful. Here is my inspiration for why I developed the techniques I am about to describe, and why I think they will be beneficial to you as well.

After working for a few years in sales and commuting during that time, I didn't have much time to work out, and it was killing me. So every time I got paid, I bought a set of dumbbells, then a bench. Before you know it, I had a whole rack of dumbbells, and I managed to use dumbbells to work my whole body at home.

dumb-bell (dum'bel) n. A weight consisting of a short bar with a metal ball or disk at each end that is lifted for exercise.

It was great, and that's how I came up with the idea for this book. We have busy lives and sometimes travel. Dumbbells are everywhere (no pun intended) and that makes it easy to do the exercises I'll be showing you, exercises you can do wherever you are: at home, in the office or a hotel, even in a park.

Have a great workout!