

Johnny's Simple Dumbbell Workout

by Johnny Aliotti

About the Author



Johnny Aliotti is a native Monterey, California resident and still a competitive bodybuilder even in his fifties.

In addition to competition, Johnny has a full schedule as a certified personal trainer at a number of established fitness centers. Many healthcare professionals are also aware of the benefits of Johnny's expertise, as evidenced by the testimonials added to the back cover of his book.

Johnny has put together this simple dumbbell workout booklet to be used at home, at the gym, in a park, or while travelling at a hotel. With our busy schedules, sometimes it's difficult to find time to work out, so Johnny made it simple.

WBFA Titles (World Bodybuilding and Fitness Association):

Mr. Santa Cruz 2003 and 2004 age 50+
Mr. America 2003 3rd Place Light Weight Class
Mr. Monterey Bay 2002 age 50+

ABA Titles (Amateur Bodybuilding Association):

Natural California 2002 1st Place age 50+
USA 2002 3rd Place age 50+

NPC (National Physique Committee):

San Jose Classic 2004 2nd Place age 50+

Published by:

**ProTips™ Media
Del Rey Oaks, CA**

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