

THE NEW ENCYCLOPEDIA OF BODYBUILDING



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Bodybuilding Wikipedia

Bodybuilding is the use of progressive resistance exercise to control and develop one's musculature. An individual who engages in this activity is referred to as a bodybuilder. In professional bodybuilding, bodybuilders appear in lineups and perform specified poses (and later individual posing routines) for a panel of judges who rank the competitors based on criteria such as symmetry

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Bodybuilding supplement Wikipedia

Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the purpose of facilitating an increase in lean body mass. The intent is to increase muscle, increase body weight, improve athletic performance, and for some sports, to simultaneously decrease percent body fat so as to create better muscle

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What is TRUE Natural BodyBuilding about? On this website I describe how I have built my physique through TRUE natural bodybuilding. Because of the vast (ab)use of performance enhancing drugs and sports supplements by bodybuilders and so-called natural bodybuilders, I unfortunately have to introduce and define the following new term:

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