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Bodybuilding, a regimen of exercises designed to enhance the human body's muscular development and promote general health and fitness. As a competitive activity, bodybuilding aims to display in artistic fashion pronounced muscle mass, symmetry, and definition for overall aesthetic effect.

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Arnold's encyclopedia to modern bodybuilding bodybuilding

News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more. Bodybuilding is specifically defined for purposes of this subreddit as the sport that involves preparing yourself for a competition (includes bikini, fitness, figure and physique).

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Bodybuilding Wikipedia

Bodybuilding is the use of progressive resistance exercise to control and develop one's musculature for aesthetic purposes. An individual who engages in this activity is referred to as a bodybuilder. In professional

bodybuilding, bodybuilders appear in lineups and perform specified poses

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