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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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Exercise Encyclopedia Videos CoopersGuns Health

Exercise Encyclopedia provides a list of applicable exercises with video demonstrations and instructions for every large muscle group in the body

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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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Interval Training Wikipedia, The Free Encyclopedia Interval training is a type of physical training that involves bursts of high-intensity work interspersed with periods of low-intensity work.

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Home Encyclopaedia Metallum The Metal Archives

The Diamhea Memorial Review Challenge returns this time next week for a second time! Originally the "MA Virgin Reviews Challenge," this is a time-honored tradition among our reviewers here.

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Sandy Cheeks Encyclopedia SpongeBobia

Sandy's house, known as the Treedome. Sandy lives in a huge polyurethane dome, which is known as the

"treedome." It is an air-locked environment and contains no water, making the treedome the only place in Bikini Bottom where Sandy can survive and take oxygen without her suit.

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Hernia MedlinePlus

A hernia happens when part of an internal organ or tissue bulges through a weak area of muscle. Most hernias are in the abdomen. There are several types of hernias, including

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