

## **THE ENCYCLOPEDIA OF MODERN 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 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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There's a picture of Arnold from his peak years in the 70's in his Encyclopedia that clearly shows the erector spinae muscles, defined and reminding me of Christmas morning!

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