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Frank Zane is the author of The Zane Body Training Manual (4.37 avg rating, 35 ratings, 0 reviews, published 2012), Frank Zane Mind, Body, Spirit (3.97 a...

Frank Zane (Author of The Zane Body Training Manual)

Frank Zane Body Training Manual Frank Zane (born June 28, 1942) is an American former professional bodybuilder and author. He is a three-time Mr. Olympia, and his physique is considered one of the greatest in the history of bodybuilding due to his meticulous focus on symmetry and

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The 1981 Mr Olympia Scandal Part 1: The Frank Zane Interview (Shorter Version) - Duration: 5:02.
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