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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

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Bodybuilding Encyclopedia com

Bodybuilding. The term "bodybuilding" has taken on several meanings in popular discourse. The most common usage refers to the organized sport in which men and women compete by posing to display the physiques they have created through weight training, careful dieting, and, in some cases, ergogenic drugs such as anabolic steroids.

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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.

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Arnold's encyclopedia to modern bodybuilding bodybuilding

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). There are other subreddits better suited to those just interested in staying fit or building a beach body or lifting weights.

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