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The cover of the updated version identifies it as "The Bible of Bodybuilding," but I've been told around the Bodybuilding.com offices that the "of Bodybuilding" is unnecessary. About the size and weight of a Vienna phone book (I'm assuming), The Encyclopedia of Modern Bodybuilding and its update The New Encyclopedia of Modern Bodybuilding are how a generation learned what strength was.

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Power. Speed. Agility. Pride. These are just a few of the reasons why bodybuilding has become the fastest growing sport in America. From gymnasts to football players, from golfers to boxers, athletes everywhere now are working out with weights to maximize their performance and their lives.

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I finally review what is considered THE BIBLE OF BODYBUILDING. Arnold Schwarzenegger's The New Encyclopedia of Modern Bodybuilding. This encyclopedia in my opinion belongs on every serious

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The New Encyclopedia Of Modern Bodybuilding As I ve talked about more and more I think aesthetics are more

important than having gym strength . I think you re much better off weight training and eating for aesthetics and then doing combat training for applicable strength and body movement.

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