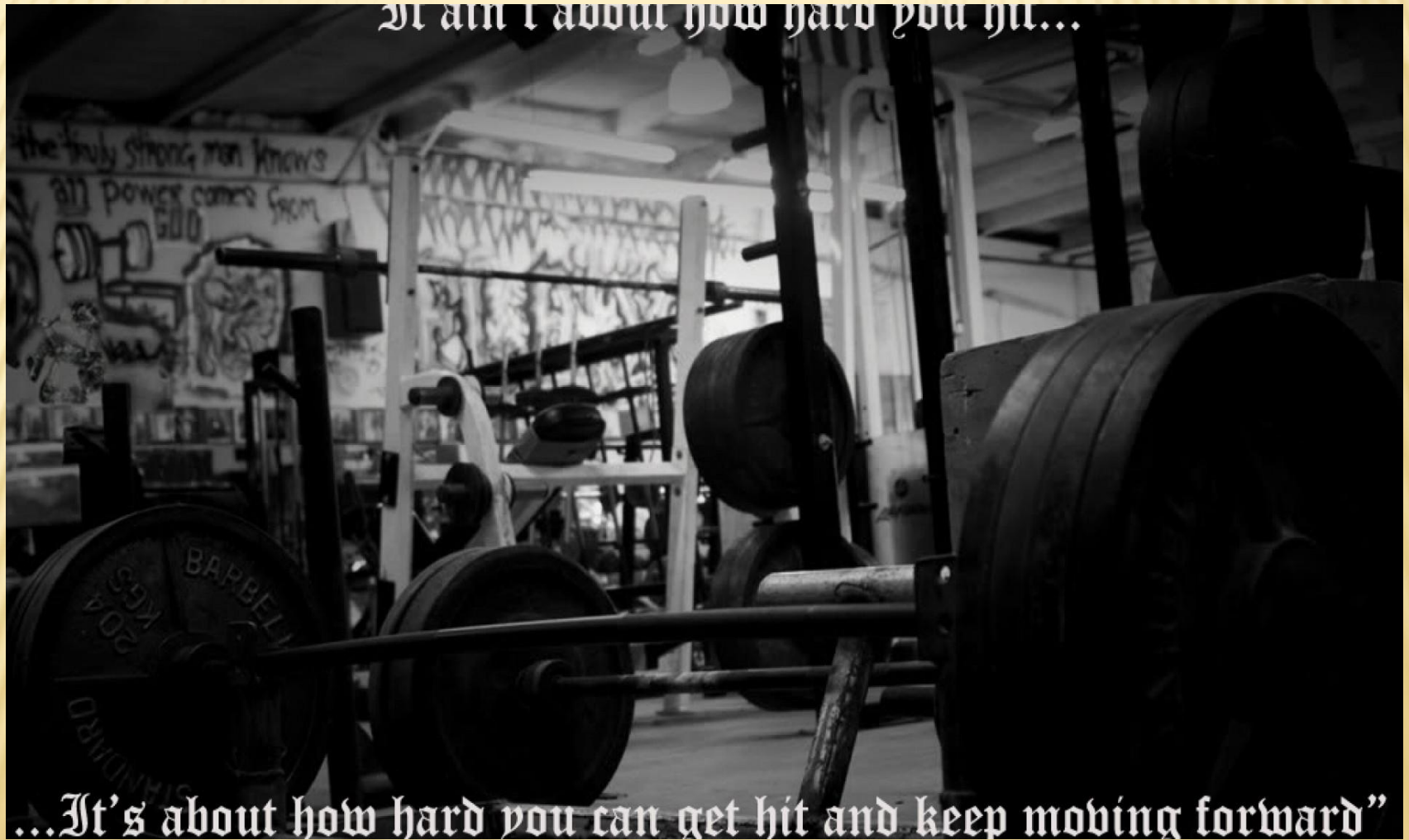


# BODYBUILDING



It ain't about how hard you hit...

...It's about how hard you can get hit and keep moving forward"

# GESCHICHTE DES BODYBUILDING

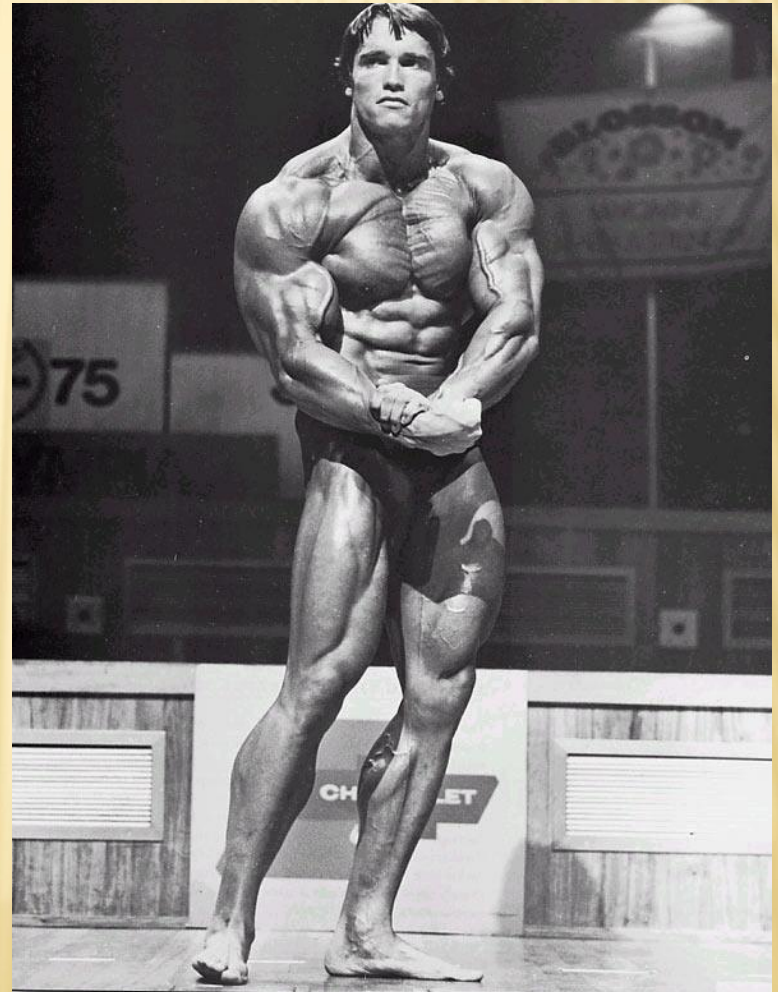
- Moderne Bodybuilding erschien in der Mitte des XX Jahrhunderts in Nordamerika
- Gründer - Brüder Ben und Joe Weider.



# VERTRETER

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Arnold  
Schwarzenegger .  
Record - sieben Titel  
"Mr. Olympia"



# VERTRETER

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Dorian Yates.  
Record - sechs Titel  
"Mr. Olympia,,



# VERTRETER

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Cory Everson.  
Record - sechs Titel  
"Ms. Olympia".



# VERTRETER

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Iris Kyle.  
Record -neun Titel  
"Ms. Olympia".



This Image in Full Size Look At [WWW.AMBAL.RU/42632143822f.jpg](http://WWW.AMBAL.RU/42632143822f.jpg)

# WARUM BODYBUILDING?



