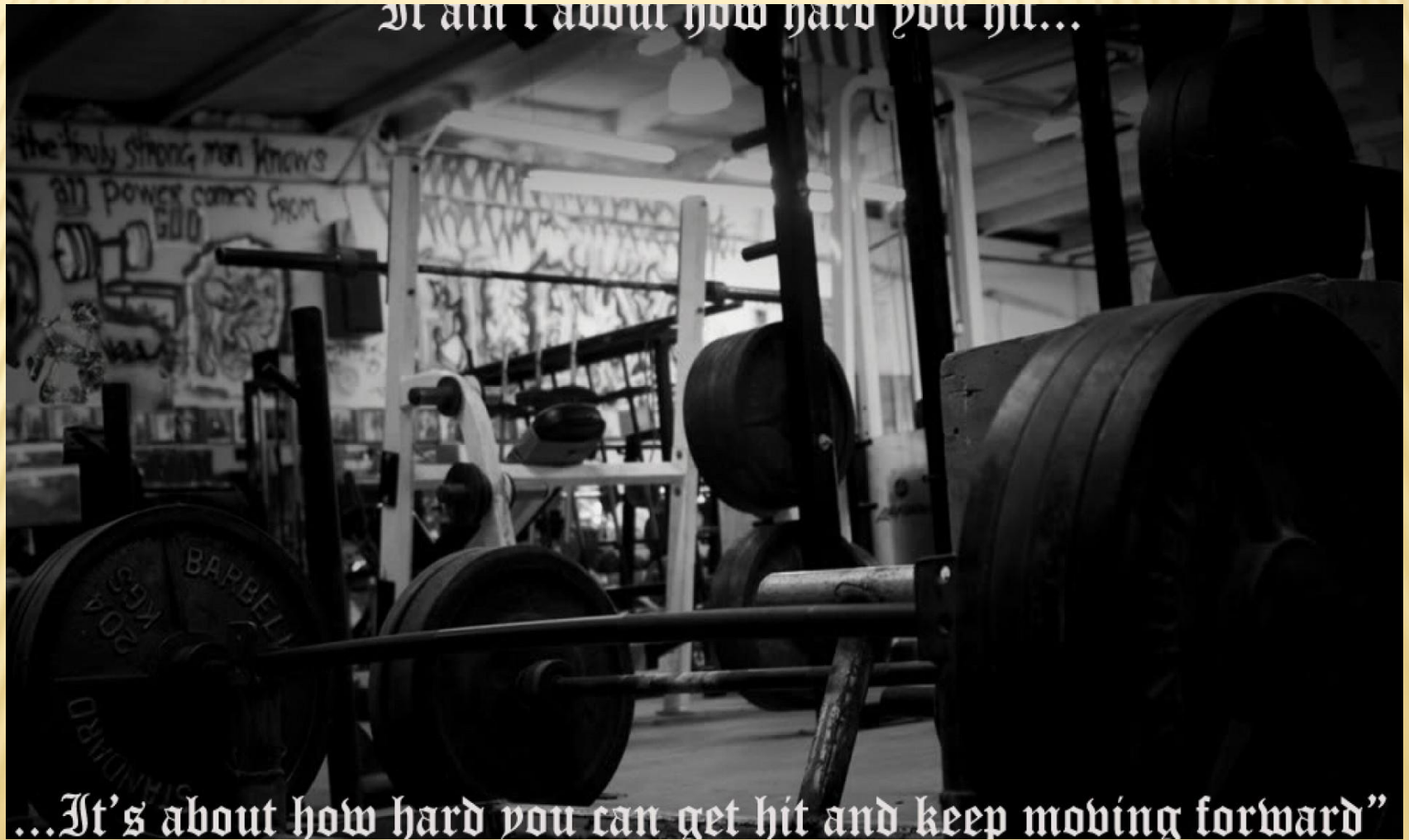


BODYBUILDING



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

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

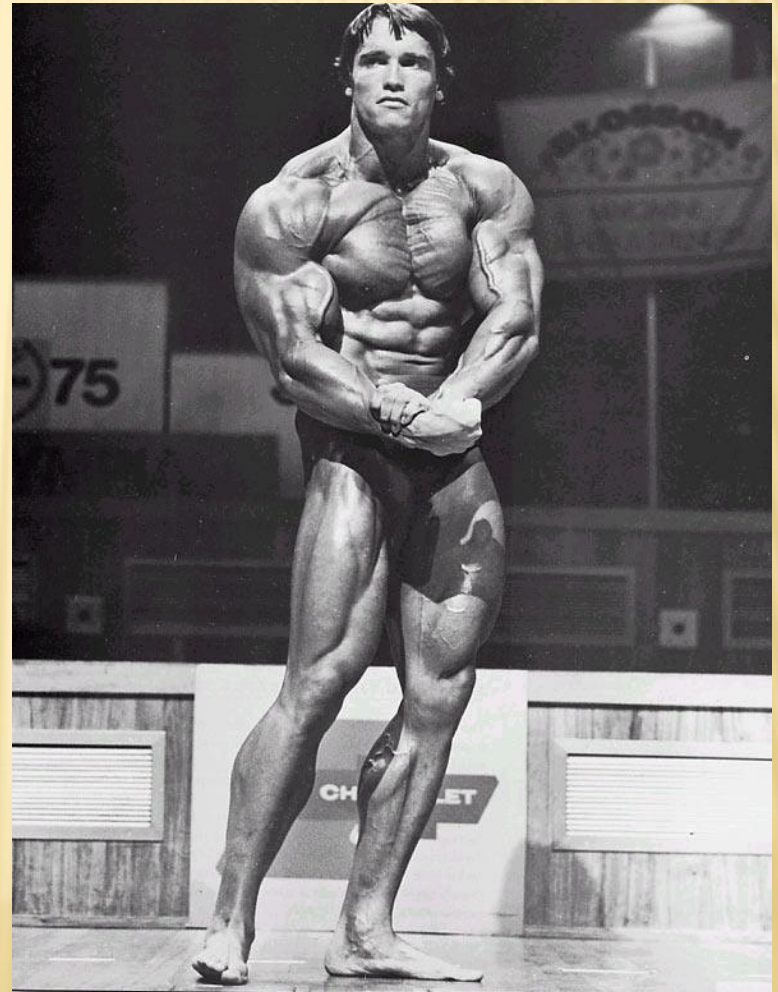
GESCHICHTE DES BODYBUILDING

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



VERTRETER

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



VERTRETER

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



VERTRETER

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



VERTRETER

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



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WARUM BODYBUILDING?



