



Bodymagic - Julie s 50th Birthday Power Circuit (Paperback)

By Dr Gary Walsh

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Why Bodybuilding? You may be reading this and thinking that exact question. First of all lets define bodybuilding for our purposes. Bodybuilding - Any person changing or wishing to change the shape of their body through diet and exercise particularly but not solely through the use of progressive resistance training with weights. This definition covers a huge range of the exercising population from absolute beginner to hard core competitive athletes. Why ? Because all negative connotations aside bodybuilding is the best way to achieve most fitness and body shaping goals. Julie and I trained for over 35 years without ever thinking of competing until quite recently. Competitive bodybuilding is an extreme sport. Competitive bodybuilders are just a very small percentage of the total people using bodybuilding techniques to improve their physiques across the world. There is a level for each individual and one can take the sport as a casual pastime to improve health and fitness or to the most extreme levels. Bodybuilding contains the freedom for you to express your individual uniqueness however you choose. However bodybuilders...



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