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Mike Mentzer (November 15, 1951 – June 10, 2001) was an American IFBB professional bodybuilder, businessman, philosopher and author.

Mike Mentzer - Wikipedia

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Biography Bodybuilding. Columbu was born in Ollolai, Sardinia (Italy). Starting his athletic career as a boxer, Columbu progressed into Olympic Weightlifting, powerlifting, and later bodybuilding, winning the title of Mr. Olympia in 1976 and 1981.. Since 1969, Franco Columbu was considered to be one of the strongest men in the world.

Franco Columbu - Wikipedia

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Women's Physique World (WPW) - "For The Best In Women's Bodybuilding". For over 30 years, WPW has been publishing magazines featuring contest coverage and bios of the sport's top women.

Women's Physique World - Female Bodybuilding DVD Store

Il culturismo o cultura fisica, anche chiamato bodybuilding («costruzione del corpo» in inglese), è una disciplina che tramite l'allenamento con pesi e sovraccarichi (resistance training) e un'alimentazione specifica si pone come fine ultimo il cambiamento della composizione corporea, quindi con l'aumento della massa muscolare e la riduzione del grasso corporeo, dove le finalità sono ...

Culturismo - Wikipedia

Das High Intensity Training (kurz HIT, deutsch hochintensives Training oder Hochintensitäts-Training) ist ein Trainingskonzept im Bodybuilding und Kraftsport.Es zeichnet sich durch kurze und sehr harte Trainingseinheiten aus, denen eine mehrtägige bis -wöchige Regenerationszeit folgt. Maßgebend für die Verbreitung des HIT waren der Unternehmer und



Sportgerätehersteller Arthur Jones sowie ...