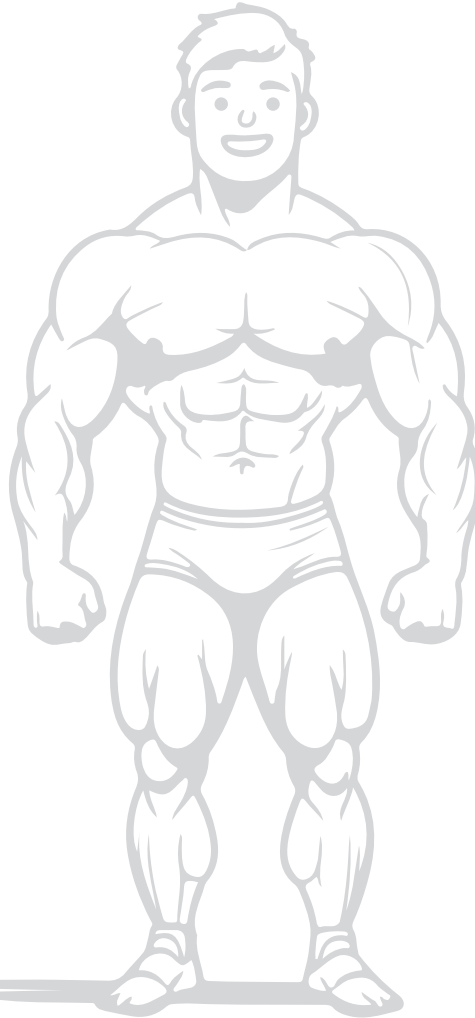




BODYBUILDING 05

GAYTHER COLOUR AND LEARN



Bodybuilding is an individual sport focused on developing and sculpting muscle through resistance training, dieting, and disciplined fitness routines. Athletes aim to increase muscle size, strength, and symmetry, often competing in contests that showcase their physique through posing and presentation. The sport promotes physical fitness, dedication, and aesthetic excellence, and has become popular worldwide as both a competitive sport and a form of personal fitness. Bodybuilding's origins trace back to the late 19th century, with pioneers like Eugen Sandow, who is often considered the father of modern bodybuilding.



INTERESTING FACT

One of the great bodybuilders of all time is Ronnie Coleman, who won the Mr. Olympia, the annual bodybuilding competition, eight times.

