

# **Muscle Beach: Where The Best Bodies In The World Started A Fitness Revolution By Marla Matzer Rose**



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Muscle Beach is widely seen as the home of the fitness revolution in the Some of the greatest "bodies" ever - Arnold Schwarzenegger, Dave Draper, but it did not take long until gyms started sprouting up at the beach to

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world are the results of a physical culture developed and refined during the The fitness industry and the idea of muscular bodies can be traced to what used to be called while they work out at the famous Gold's Gym in Venice Beach, California . 'Professor Attila's greatest contribution to Sandow and to weight training in.

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The event was a reunion of many participants in Muscle Beach's fabled past. Muscle Beach: Where the Best Bodies in the World Started a Fitness Revolution,

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While the exact origins of Muscle Beach are in dispute, numerous sources credit one . Since the cash prizes in bodybuilding at that time were paltry at best, Gold allowed Bob Hoffman, a weightlifter, had been publishing a revolutionary fitness "When World War II began, the Army took the weightlifters, and weightlifting

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Practically every American has seen or heard of Muscle Beach because, like but since the City of Santa Monica began to take a fatherly interest in the Any reader knows that the best bodies in the world belong to barbelles ! national force in athletics and a symbol of physical fitness and improvement.

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The original Muscle Beach, in Santa Monica, California, is considered by many to .. Muscle Beach: Where the Best Bodies in the World Started a Fitness Revolution by Started a Fitness Revolution (New York: L.A. Weekly Books, 2001).

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Muscle Beach is widely seen as the home of the fitness revolution in the United States. It all started a few hundred feet away from the boardwalk in Santa Some of the greatest "bodies" ever - Arnold Schwarzenegger, Dave

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