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Bodybuilding Is The Use Of Progressive Resistance Exercise To Control And Develop One's Musculature. An Individual Who Engages In This Activity Is Referred To As A Bodybuilder. In Professional Bodybuilding, Bodybuilders Appear In Lineups And Perform Specified Poses (and Later Individual Posing Routines) For A Panel Of Judges Who Rank The Competitors Based On Criteria Such As Symmetry ... Apr 18th, 2018

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