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Boyer & Valerie Coe's weight training book

Coe, Boyer

Note: This is not the actual book cover

Boyer Valerie Coes Weight Training

Yan Bai



Boyer Valerie Coes Weight Training:

Boyer & Valerie Coe's Weight Training Book Boyer Coe, Valerie Coe, Bill Reynolds, 1982 *Boyer & Valerie Coe's Weight Training Book* Boyer Coe, Valerie Coe, Bill Reynolds, 1982-01-01 Pumping Iron Charles Gaines, George Butler, 2022-11-19

WHO ARE THEY AND WHY DO THEY DO IT these men who dedicate themselves to building bodies like Hellenistic statues who crisscross the world competing for titles as grandiose yet as publicly uncelebrated Mr America Mr Universe Mr Olympia as their gargantuan physiques whose daily lives are as rigidly defined and regulated by their obsession to mold the ideal body as any other master athlete s is towards perfecting his craft Yet rather than the public acclaim that normally follows an athletic triumph only their fellow muscle men know who they are and know the price they have paid to win their incredible bodies Novelist Charles Gaines and photographer George Butler have spent the last two years trying to capture the essence of this strange joyful exotic world We have been to quite a few places tracking bodybuilders seeing contests and putting together the materials here If we felt at times a little like 19th century explorers like Doughty perhaps off trekking through Arabia it was because we found bodybuilding to be as primeval and unmapped as parts of Labrador Nobody we discovered had been back into it to send a report on what it was like This struck us then as peculiar and it still does

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