

Izismile.com » Random » Awesome » Bodybuilding – Before and After (19 pics)

Bodybuilding – Before and After (19 pics)

Posted in [Random](#) » [Awesome](#) 25 Jul 2012 / 126177 views

Share 0 Tweet 0 Pin it 0 Share

8

Compare the pictures of people who changed their lives with regular trainings in a gym.

2 Réservé aux nouveaux VIPS **LEGGINGS 24€**
FABLETICS J'EN PROFITE ▶



Izismile Network
 Like Page 74K likes

Submit content



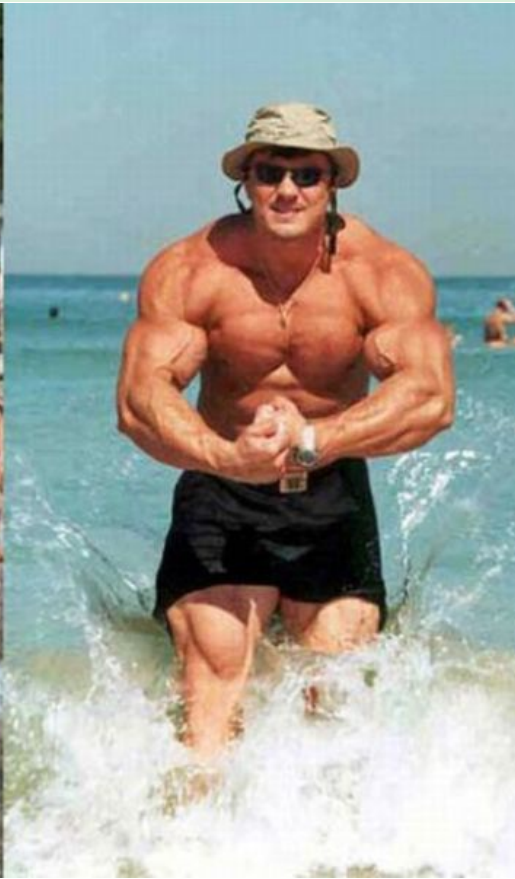
RÉSERVÉ AUX NOUVEAUX VIPS

2
LEGGINGS
24€

J'EN PROFITE ▶

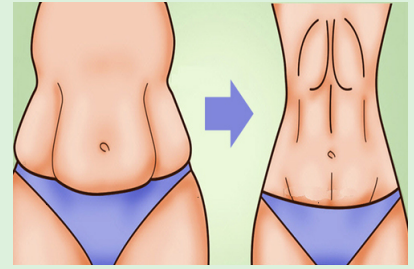
FABLETICS

5



CHECK THIS OUT

by mgid



Le ventre fond en une nuit avec ce truc (utilisez cette nuit)

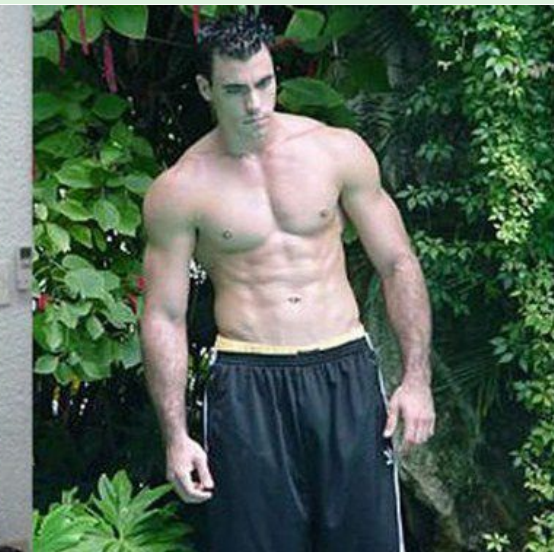


Mangez ça au petit-déjeuner et perdez jusqu'à 14 kg en 2 semaines



2 légumes qui « détruisent » la graisse abdominale

6



Tags

[animals](#), [Awesome](#), beautiful, beauty, car, cars, Celebs, [cute](#), [Daily gifdump](#), [Daily picdump](#), demotivational, dog, facts, [fail](#), [fails](#), flash, [funny](#), funny photos, [Funny picdump](#), games, gifs, [girls](#), [hilarious](#), [humor](#), images, [interesting](#), kids, [LOL](#), Morning picdump, photobomb, picdump, [pictures](#), selection, sexy, These funny animals, weird, [win](#), [wins](#), wow, [wtf](#)

Archives

[2018](#)

[March 2018](#) (140 entries)



[February 2018](#) (679 entries)

[January 2018](#) (679 entries)

[2017](#)

[2016](#)

[2015](#)

[2014](#)

[2013](#)

[2012](#)

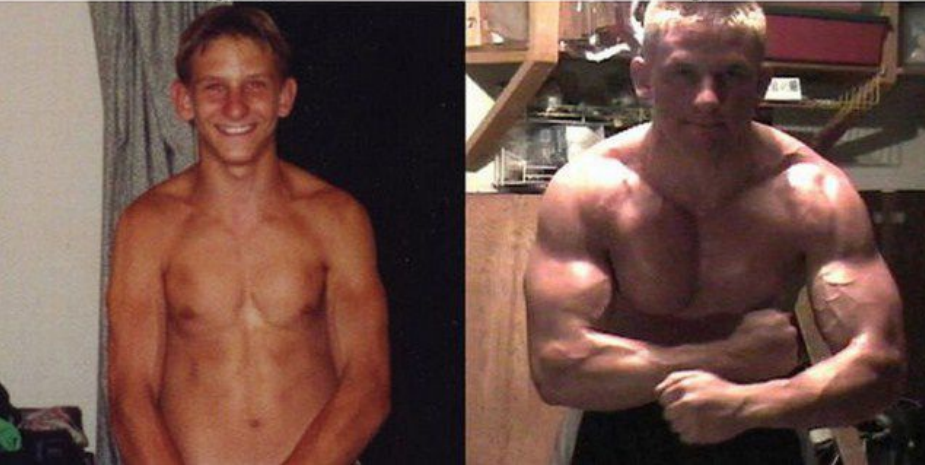
[2011](#)

[2010](#)

[2009](#)

[2008](#)

8 Age 14 Kevin Rice Age 19



9



Assurez-vous que personne ne soit dans le coin lorsque vous jouez

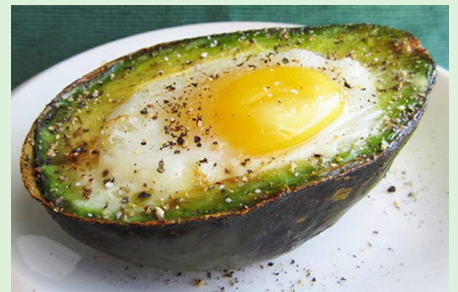
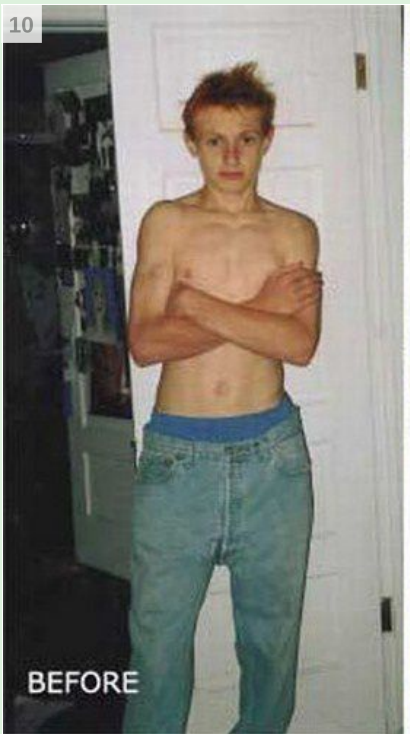


Montre de quel bois tu es fait !



Essayez-le une fois et votre femme en redemandera!

10



Mangez ça au petit-déjeuner et perdez jusqu'à 14 kg en 2 semaines

11



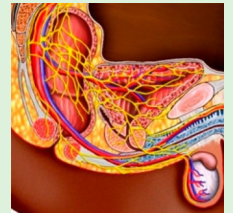
12



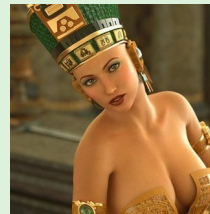
CHECK THIS OUT



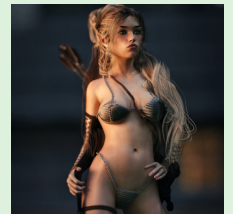
Attention ! impossible de tenir plus de cinq minutes à ce jeu !



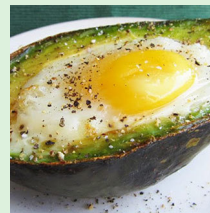
Essayez-le une fois et votre femme en redemandera!



Assurez-vous que personne ne soit dans le coin lorsque vous jouez



Montre de quel bois tu es fait !



Mangez ça au petit-déjeuner et perdez jusqu'à 14 kg en 2 semaines



Essayez ceci une seule fois et vous n'aurez plus besoin de Viagra

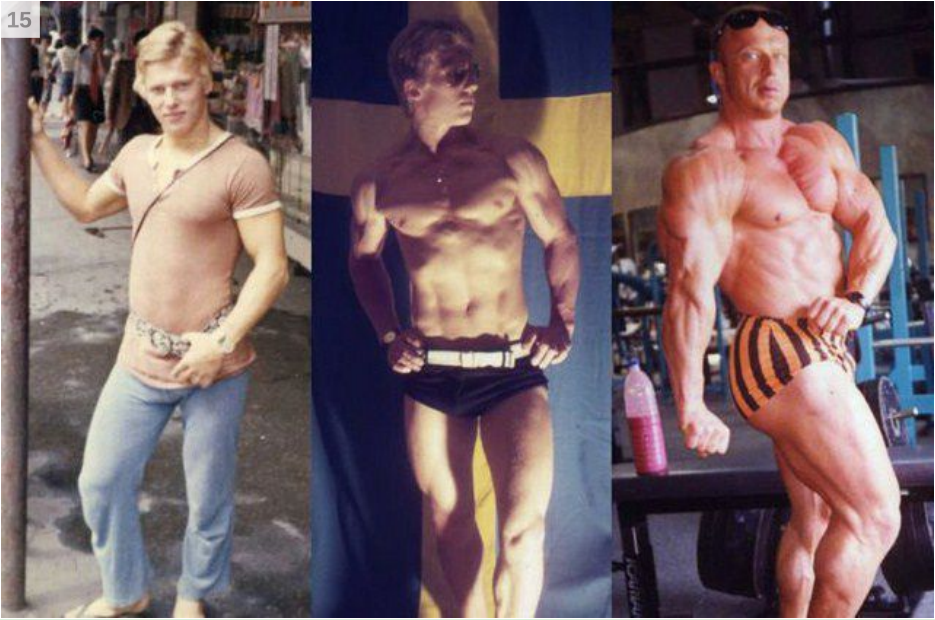
13



14



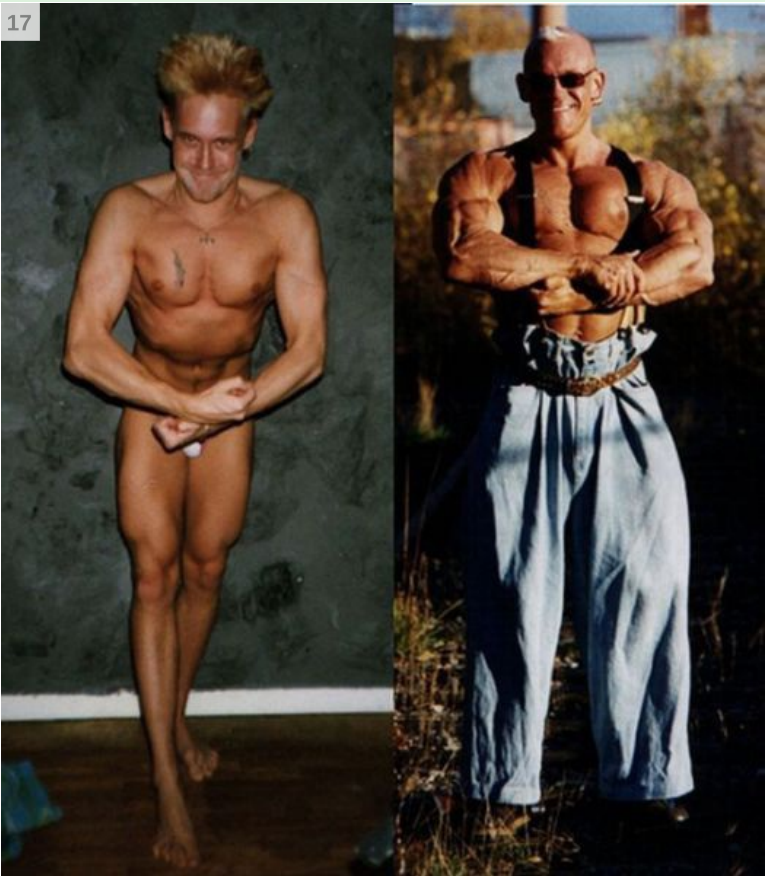
15



16



17



18

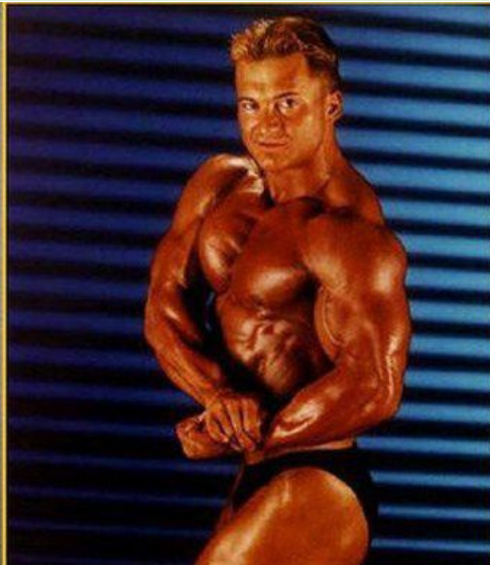
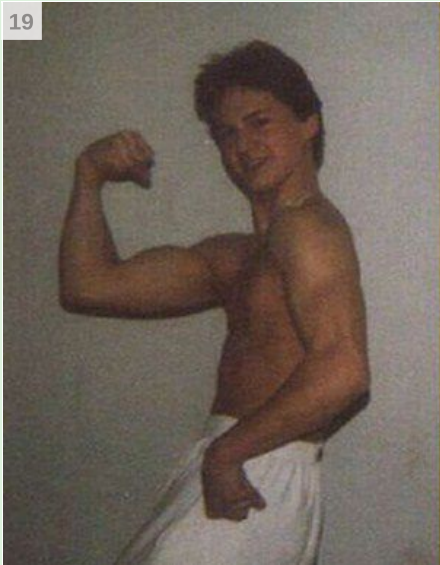


2005

2008



19



0 0 0

Share
 Tweet
 Pin it
 Tweet

Tags: [bodybuilding](#)

YOU MAY LIKE

by **mgid**



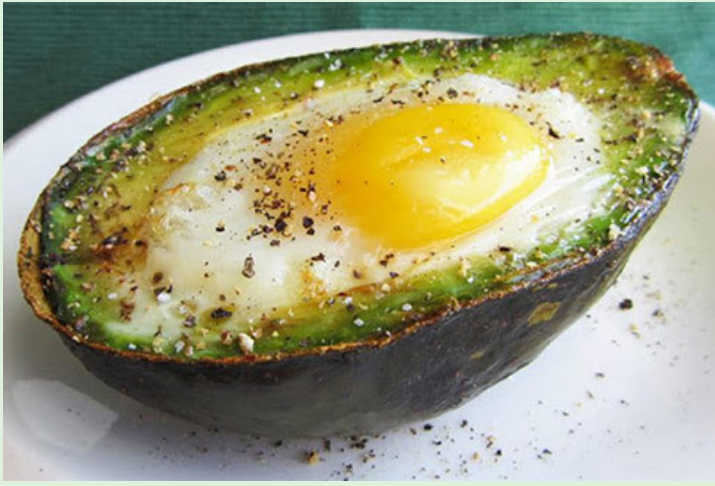
Assurez-vous que personne ne soit dans le coin lorsque vous jouez



Montre de quel bois tu es fait !



Essayez-le une fois et votre femme en redemandera!



Mangez ça au petit-déjeuner et perdez jusqu'à 14 kg en 2 semaines



Sexy Asian Women In NA



Attention ! impossible de tenir plus de cinq minutes à ce jeu !



Ne parlez pas de ce jeu à votre femme!



Essayez ceci une seule fois et vous n'aurez plus besoin de Viagra

Comments (16):



Place 5 year s ago [MARK AS SPAM](#)
Steroids, steroids everywhere

3  



buzz lightyear 5 year s ago [MARK AS SPAM](#)
fags... fags everywhere !

2  



Three 5 year s ago [MARK AS SPAM](#)
you still have to put much work in it

-2  



[jaseuk](#) 5 year s ago [MARK AS SPAM](#)
No you don't, the point of steroids is that they greatly enhance the effect of exercise ergo less work = massive results

1  



Court 5 year s ago [MARK AS SPAM](#) 1

even with steroids, one must put in insane amounts of work to achieve such results.



Back 5 year s ago [MARK AS SPAM](#) 1

Exactly. You can't take steroids and just magically get like this! You still have to put in a ton of work.



Bride 5 year s ago [MARK AS SPAM](#) 1

True, but without steroids they would never be so big and it would never be done so fast.



[oddbal](#) 5 year s ago [MARK AS SPAM](#) 2

How is that enlarged heart doing?



[orendadude](#) 5 year s ago [MARK AS SPAM](#) 2

From geek to gay geek. So what!

I have no problem with God, It's his fan club I can't stand!!



Golden 5 year s ago [MARK AS SPAM](#) 0

HAHA look at all the haters posting! probably just a bunch of couch potatoes getting all catty just like of bunch of little girls!



Photo 5 year s ago [MARK AS SPAM](#) 1

So, let me get this straight... If i work out regularly at the gym I'll turn orange?!? Why the hell would I want to be orange?



Life 5 year s ago [MARK AS SPAM](#) 2

Orange is the new black



Mr. Ree 5 year s ago [MARK AS SPAM](#) 0

The scary part - all of these photos are of FEMALES!

Yikes!



[SuckaMC](#) 5 year s ago [MARK AS SPAM](#) 0

For some reason.. this particular post just made me quite conscious of how stupid these kinds of people really look... I use to think they were cool when I was a kid... But now... they just kinda remind me of those fake tan shallow chicks at the bar...

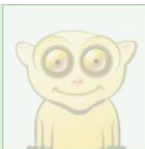


Catshark 5 year s ago [MARK AS SPAM](#) 0

"here, i'll give you my penis and balls. Give me muscles to impress whores"

Actually #13 looks way more better and masculine before

[mm](#) 5 year s ago [MARK AS SPAM](#) 0



I consider that bodybuilding has gone too far, when veins appear everywhere on the body like worms surfacing from underground after the rain. Even though bodybuilding can be really hard, it's the same for rolling an egg using only your nose through the forest. Working hard for something isn't always clever.

Réservé aux nouveaux VIPs

2 LEGGINGS 24€

FABLETICS J'EN PROFITE ▶

[Home Pictures Videos](#)

[Izismile Rules](#)
[Privacy Policy](#)
[Copyrights](#)
[Advertising](#)
[Contact us](#)

[View mobile Izismile](#)

© Izismile.com, 2009-2017



