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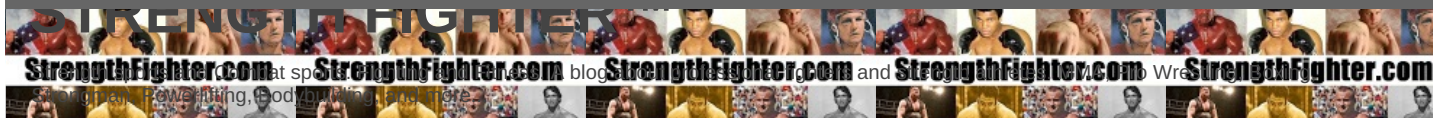
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samedi 27 septembre 2014

Eugen Sandow invented Bodybuilding

Joe and Ben Weider didn't invented bodybuilding. Bodybuilding was in fact invented way before the Weider Brothers and way before steroids ever existed.

Eugen Sandow did it. Eugen Sandow was a rich and famous European circus strongman/entertainer obsessed with attaining physical perfection. He incorporated "muscle display performances" to his rigged strength acts. Billed as the "World's Strongest Man" Eugen Sandow ducked any serious challenger in order to keep his legacy intact.

Eugen Sandow was an entrepreneur and a smart businessman. An physical icon adored by women and men alike. His crotch-covered by a leaf pictures were best selling items at the time.

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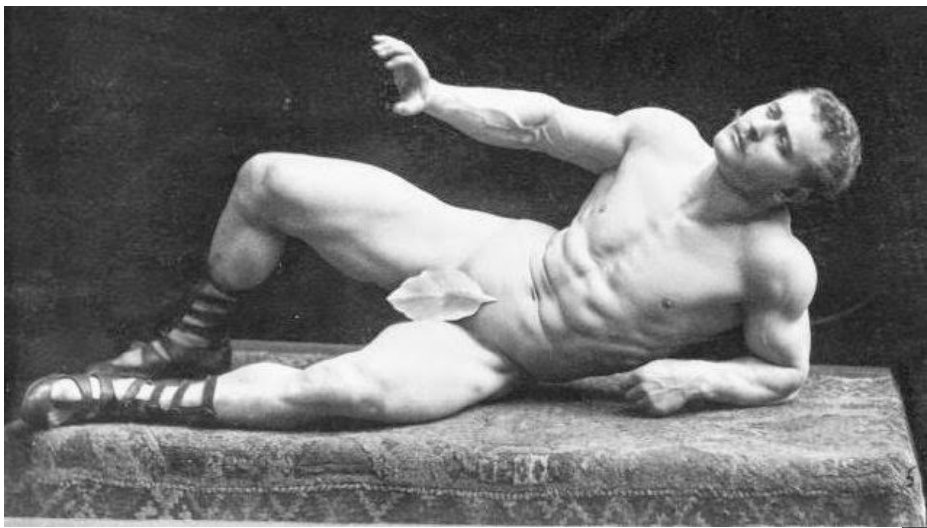
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STRENGTH FIGHTER
WWE Fastlane 2018
March 11, 2018

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Eugen Sandow (April 2, 1867 – October 14, 1925)

Why was Eugen Sandow the inventor of Bodybuilding?

- **The Grecian Ideal.** Sandow measured classical Greek and Roman sculpture in museum (no joke) and helped to develop "The Grecian Ideal" as a formula for the "perfect physique." Sandow built his physique to the exact proportions of his Grecian Ideal, and is considered the father of modern bodybuilding, as one of the first athletes to intentionally develop his musculature to predetermined dimensions. Before him, no-one believed that a human could achieve the sculpted perfection of classical art.
- He was the gold standard for the perfect male body and singlehandedly made fitness popular.
- In 1897, he created the Institute of Physical Culture, an early gymnasium where he taught methods of exercise, dietary habits and successful weight training.
- In 1898 he also founded a monthly periodical, originally named *Physical Culture* and subsequently named *Sandow's Magazine of Physical Culture* that was dedicated to all aspects of physical culture. This was accompanied by a series of books published between 1897 and 1904 - the last of which coined the term 'bodybuilding' in the title (as "body-building").
- In 1901, September 14, he organized the world's first major bodybuilding competition in London's Royal Albert Hall. The event was a success.
- IFBB Mr. Olympia winners are presented with a bronze statue of Eugen Sandow simply known as "The Sandow".

Enough said. Eugen Sandow was truly the inventor of Bodybuilding.

Eugen Sandow: The man with the perfect body

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Brad Pitt as Tyler Durden in Fight Club Probably the ideal man physique to make all the chicks wet. Everybody talk about how Brad P...

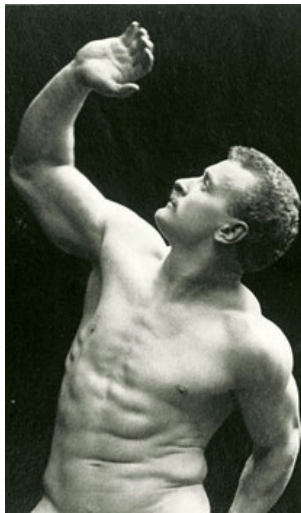
Kai Greene Gay for Pay g4p (NSFW)
The reason why Kai Greene will never be Mr. Olympia. Yes this is Kai Greene fucking a grapefruit Kai Greene, ...

The Rock steroids
WWE wrestling hero and Hollywood movie star "The Rock" Dwayne Johnson Billed at 6'5" (196 cm) but most likely 6&...

Stephanie McMahon Breasts for Business
Stephanie McMahon admitted on August 14, 2001 during an appearance on The Opie and Anthony Show that she underwent breast augmentatio...

Arnold Schwarzenegger then and now photos
Arnold Schwarzenegger Now Arnold Schwarzenegger Now Not so bad for a 65 years old man. A lot better than the following pics circulati...

Matthias Schlitte - Popeye arm-wrestling
Matthias Schlitte - Popeye arm-wrestling Real-life Popeye: German arm wrestler Matthias Schlitte 18 inches forearms always look su...



Eugen Sandow vs Arnold Schwarzenegger



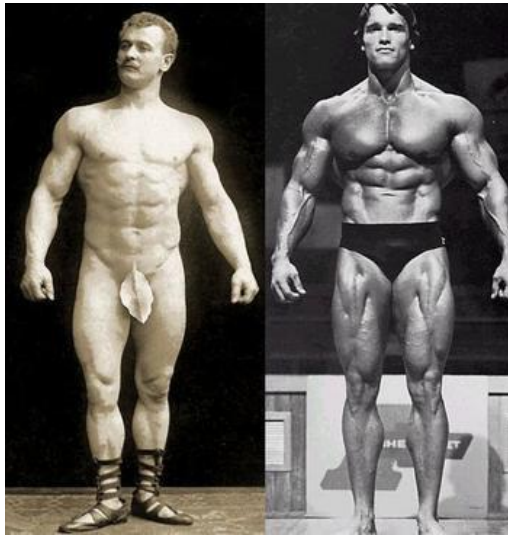
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[The Biggest Arms In The World](#)
 The Biggest Arms In The World Written by PYGOD on August 23, 2007 After my article RAW BENCH, I decide to follow with another hugely ...

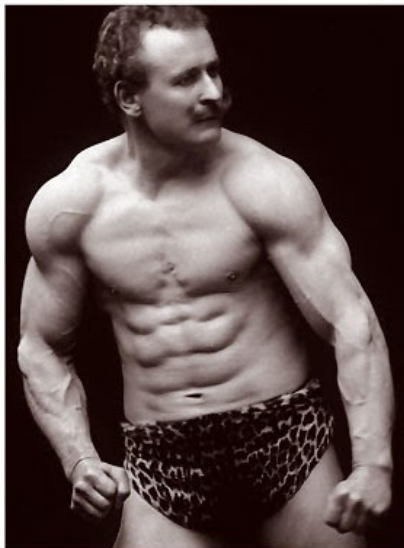
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Eugen Sandow was the gold standard for bodybuilding
before steroids were discovered

EUGEN SANDOW'S LEGIT MEASUREMENTS



Height: 67.7 inches (5'7 1/2")
Weight: 180 pounds
Right wrist: 7.3
Left wrist: 7.1
Right forearm: 13.4
Left forearm: 13.0
Right biceps: 16.9
Left biceps: 16.1
Neck: 15.5
Shoulders: 20.3
Chest, normal: 44.1
Chest, expanded: 46.9
Waist: 32.7
Hips: 38.0
Right thigh: 23.2
Left thigh: 22.8
Right calf: 15.4
Left calf: 15.6

SANDOW'S (inflated) MEASUREMENTS At age 35 (1902)

Pounds

Sylvester Stallone 'the body of the 80s'

WWE RAW after Night Of Champions results

IFBB Pros Bodybuilders in Pro Wrestling

Trish Stratus & Lita

WWE RAW live streaming

Brock Lesnar is still the champ

The difference between fat and fit people

WWE Night Of Champions 2014 (results)

Kai Greene Gay for Pay g4p (NSFW)

WWE Night Of Champions (live streaming)

Cheapest Supplements On The Market

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WWE Night Of Champions (predictions)

Natural vs. Steroids training

Tone Muscle vs Bulk Muscle

Natural Training 101

STRENGTH is not given, it must be earned

Muscle Anatomy

Eddie Guerrero's heart attack

Fight Club: Brad Pitt vs Eddie Guerrero

Teddy Long Smackdown Management Decision Chart

WWE Monday Night RAW (September 15, 2014)

Met the HULKS

watch WWE Monday Night RAW at 8h00 PM

Triple H is Jean Paul Levesque

Derek Boogaard vs Jon Mirasty

Arnold Schwarzenegger Reveals His Secrets

Too Big to Wipe his Own Butt!

Brad Pitt Fight Club no-bullshit diet & workout

Powerlifter vs. Fitness Model

Fashion Models, Fitness Models, Bodybuilders differ...

Lazar Angelov

First Toughwoman champion Shannon "Dallas" Hall

WWE RAW (September 8, 2014)

WWE Monday Night RAW live stream

Kali Muscle is a Gay For

height: 5'9 1/4"
 weight: 202 lbs.
 neck: 18"
 chest: 48"
 biceps: 18 1/2"
 forearm: 16 1/2"
 wrist: 7 1/2"
 waist: 30"
 hips: 42"
 thigh: 26"
 knee: 14"
 calf: 18"
 ankle: 8 1/2"



The worst bullshit inflated stats ever written on Sandow...

- Height 5ft 9in - same as Sylvester Stallone
- Waist 29in
- Chest 48in (62in when flexed) Are you kidding me?
- Neck 18in
- Biceps 19.5in
- Forearms 16.25in
- Thighs 27in - same as Chris Hoy
- Calves 18in

I can't believe that the above lies were published in a so-called serious post in BBC News Magazine. (Eugen Sandow: The man with the perfect body By Vanessa Barford and Lucy Townsend) Two chicks who visibly know nothing about bodybuilding and measurements.



Training:

- Like all the old time strongmen, Sandow never trained to failure. He perceived his workouts as "practice".
- The bulk of his training was done with dumbbells and supplemented with weightlifting (barbells).
- Sandow was known to lift light dumbbells as part of his training to

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[TNA iMPACT Wrestling \(September 3, 2014\)](#)

[TNA iMPACT Wrestling LIVE streaming](#)

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[Calisthenics Freaks](#)

[CM Punk AJ Lee wedding pic](#)

[WWE RAW \(September 1, 2014\)](#)

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concentrate on contraction.

- He also used periodization into his training.

He is not called The Father of Modern Bodybuilding.

Diet:

- Sandow was a proponent of raw eggs and meat.
- Nothing fancy, three meals a day. He took his breakfast after a cold bath and a light-weight dumbbell routine. His dinner at 7 p.m. before attending his evening performance. Then another cold bath following by a late night supper.
- Was a firm believer that mastication is a key to good health.

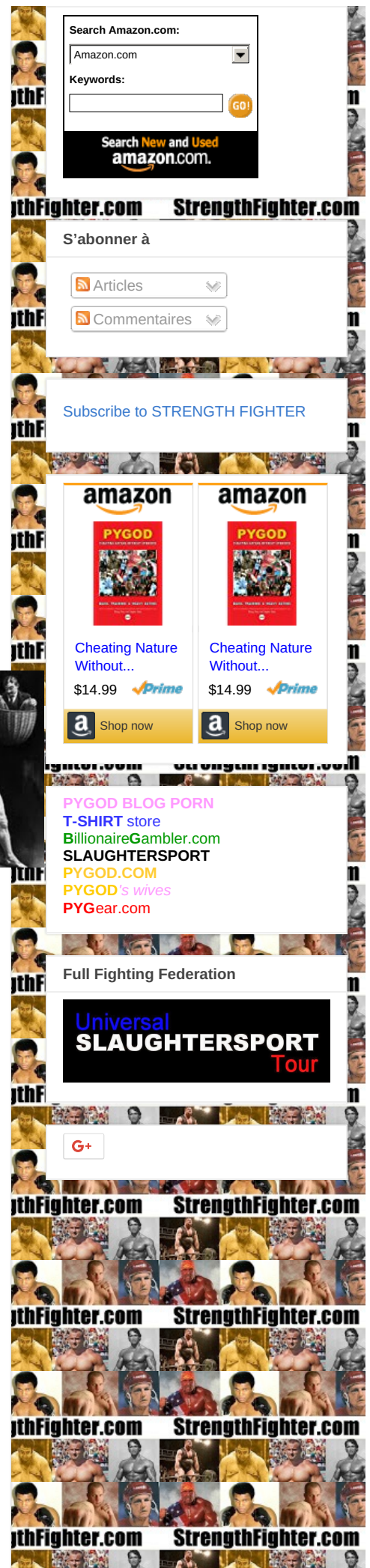
Rest:

- He slept at least 9 hours a day.



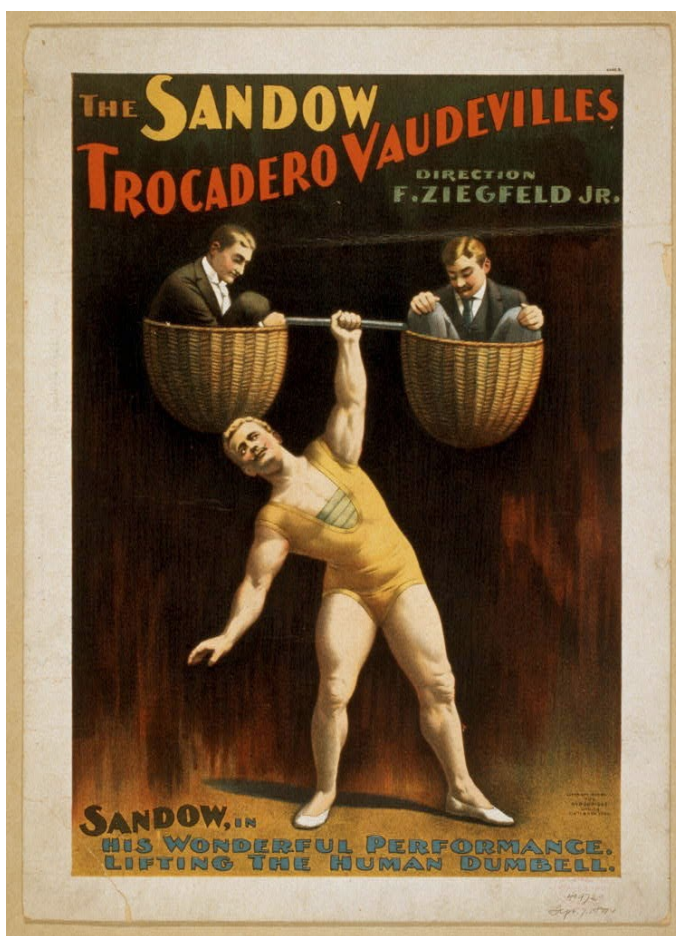
Muscle icon, marketing genius, entrepreneur, artist...

Eugen Sandow was also a prolific author advocating the benefits of exercises over medicine.





Eugen Sandow never really was the strongest man in the world.
But he was truly the Father of Modern Bodybuilding.



Arnold Schwarzenegger then and now photos

<http://www.rookiejournal.com/Eugen-Sandow-The-Only-Steroid-Free-Bodybuilder-In-The-World.html>

<http://johnbarban.com/a-steroid-free-bodybuilder-you-can-trust-eugen-sandow/>

<http://johnbarban.com/steroid-muscle-vs-natural-muscle/>

<http://physicalculturist.ca/oldtime-strongman-training-methods/>

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<http://boldanddetermined.com/2011/10/18/the-secret-to-gaining-muscle/>



<http://boldanddetermined.com/2011/10/26/the-secret-to-gaining-muscle-part-ii-the-truth-about-steroids/>
<http://boldanddetermined.com/2011/11/23/the-secret-to-gaining-muscle-part-iii-the-myth-of-genetics/>

<http://irongangsta.blogspot.ca/2013/04/bodybuilding-dirty-little-secrets.html>

Ideal Physique Series: Eugen Sandow Proportions

Publié par PYGOD à 23:51



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