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The run down of our top 10 greatest old-school bodybuilders. Some are from the golden era (1960s - 1970s), some of them were training during the silver era in bodybuilders. Some are from the golden era (1960s - 1970s), some of them were training during the silver era in bodybuilders.
"The Golden Eagle" and "The Quadfather" (due to his incredible quads) Tom Platz began his competitive bodybuilding career in the 1978 Mr. Adonis competition. In 1978 and after completing his degree at Wayne State University, he moved to
California. He arrived there with $50 and a dream to win Mr. Olympia. For the following nine years Platz competed as a professional, aiming for Mr. Olympia competition, he had a string of top ten finishes, with a third position in 1981 being his best. Platz became famous for his remarkable leg
development. He developed a high intensity, high volume method of leg training, which led to his unparalleled size and definition for his time. Regardless of what was found lacking elsewhere, it is still widely claimed in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding of his time and some of the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles that Platz holds the mark for the best legs in bodybuilding circles the mark for the best legs in bodybuilding circles the mark for the best legs in bodybuilding circles the mark for the best legs in bodybuilding circles the mark for the best legs in bodybuilding circles the bodybu
ever. Flex readers agree: In a "best bodyparts of the 20th century" poll, Platz was deemed to have the best quads and hamstrings of all time. Tom Platz retired from professional bodybuilding competition in 1987 and did a 'Comeback' in 1995 when he was awarded Honorary Mr. America. He still promotes the sport wholeheartedly. Tom says, "I just
want to give back to the sport I love which has been really great to me." He played the part of "Body Builder" in the 1990 film Book of Love. His character from those "tired of bullies kicking sand in your face and stealing your girlfriend"-type of advertisements that were in a lot of comic books for decades.
Tom Platz was and is one of the most sought-after guest speakers in the world of bodybuilding, nutrition and general fitness. He was a Professor and the Director of Bodybuilding Sciences at ISSA for 14 years. Tom has a Masters in Fitness Science, Bachelors in Science Physiology and Nutrition from Wayne State University and Michigan State
University, and a Masters in Business Administration from the University of California. #9. Mike Mentzer (November 15, 1951 - June 10, 2001) was an American IFBB professional bodybuilder, businessman, philosopher, and author. Mentzer started bodybuilding when he was 12 years of age at a body weight of 95 lb (43 kg) after seeing
the men on the covers of several muscle magazines. His father had bought him set of weights and an instruction booklet. The booklet suggested that he train no more than three days a week, so Mike did just that. By age 15, his body weight had reached 165 lb (75 kg), at which point Mike could bench press 370 lb (170 kg). Mike's goal at the time was
to look like his bodybuilding hero, Bill Pearl. After graduating high school, Mentzer served four years in the United States Air Force. It was during this time he started working out over three hours a day, six days a week. Mentzer started competing in local physique contests when he was 18 years old and attended his first contest was in 1969. In 1971,
Mentzer entered and won the Mr. Lancaster contest. In 1971 he suffered his worst defeat, placing 10th at the AAU Mr. America, which was won by Casey Viator. Mentzer considered his presence at this contest important later on, as here that he met Viator who gave Mentzer the contact information for his trainer Arthur Jones. Due to a severe
shoulder injury, he was forced to quit training from 1971 to 1974. In early 1975, however, he resumed training and returned to competition in 1975 at the Mr. America contest, placing third behind Robby Robinson and Roger Callard. Mentzer went on to win that competition the next year, in 1976. He won the 1977 North America championships in
Vancouver, British Columbia, Canada, and competed a week later at the 1977 Mr. Universe in Acapulco, Mexico with the first and only perfect 300 score. He became a professional bodybuilder after that 1978 Universe win. In late 1979, Mentzer won the
heavyweight class of the Mr. Olympia, again with a perfect 300 score, but he lost in the overall to Frank Zane who was awarded the title for a third time that year. In the 1980 Mr. Olympia, again with a perfect 300 score, but he lost in the overall to Frank Zane who was awarded the title for a third time that year. In the 1980 Mr. Olympia he placed fourth (in a tie with Boyer Coe) behind Arnold Schwarzenegger, Chris Dickerson and Frank Zane. He retired from competitive bodybuilding after that
show at the age of 29. He maintained that the contest was rigged until the day he died. While he never said he thought that he should have won, he maintained that Arnold should not have, though he eventually got on good terms with Schwarzenegger. #8. Steve Reeves (January 21, 1926 - May 1, 2000) was an American
bodybuilder and actor. At the peak of his career, he was the highest-paid actor in Europe, Bodybuilder and actor Steve Reeves claimed the titles Mr. America, Mr. World and Mr. Universe by the age of 25. He starred in 18 European films, including Hercules (1959), Hercules Unchained (1960) and The Last Days of Pompeii (1960), He wrote an
exercise guide, Building the Classic Physique the Natural Way and continued to inspire future generations of bodybuilders until his death in May 2000. Bodybuilders until his mother to Oakland, California. He became interested in bodybuilding in his teens and
aspired to enter world-class competitions, a goal cut short by the outbreak of World War II and a stint in the U.S. Army. His determination persisted after the war, and in 1946, he earned the title of Mr. Pacific Coast. Within the next four years he muscled his way into the world's most acclaimed titles, including Mr. America, Mr. World, and Mr.
Universe. After his success in bodybuilding competitions, Reeves enjoyed a flourishing acting career that spanned 16 years and 18 films. He was known for his starring roles in Hollywood, he preferred to work in
Europe on the sort of glitzy costume dramas that highlighted his attention-grabbing physique. In 1963, he married Aline Czarzawicz and the couple retired to Southern California in 1969. He wrote an exercise guide, Building the Classic Physique the Natural Way and continued to inspire future generations of bodybuilders until his death in May 2000
Both Sylvester Stallone and Arnold Schwarzenegger credit Reeves as an inspiration. #7. Larry Scott Larry Dee Scott (October 12, 1938 - March 8, 2014), nicknamed "The Legend" and "The Golden Boy," was an American IFBB professional bodybuilder. He won the inaugural 1965 Mr. Olympia competition and defended the crown at the 1966 Mr.
Olympia contest before retiring. Larry Dee Scott was born in Pocatello, Idaho, to Thea Scott and machinist Wayne Scott. He began training at age 16 and, by age 20, won the Mr. Idaho competition in 1959. After moving to California, he promptly won Mr. California (1960), Mr. Pacific Coast (1961), Mr. America (1962), and Mr. Universe (1964). When
Joe Weider created the IFBB's Mr. Olympia title, Scott won the first two contests in 1966. Although Scott retired after his 1966 Olympia win, he staged a brief comeback in 1979 before retiring from competition for good in 1980. He studied electronics at the California Air College, and was known to be a devout Mormon. He was married to
Rachel Scott (née Ichikawa). The Scotts had five children: daughter Susan, and sons Erin and Nathan survived Scott. Son Derek died in a motorcycle accident in 1992, and son Michael died in a motorcycle accident in 1992, and son Michael died in a motorcycle accident in 1993. #6. Lou Ferrigno Louis Jude "Lou" (born November 9, 1951) Ferrigno is an American actor, fitness trainer/consultant, and retired professional
bodybuilder. As a bodybuilder, Ferrigno won an IFBB Mr. America title and two consecutive IFBB Mr. Universe titles, and appeared in the bodybuilding documentary Pumping Iron. As an actor, he is best known for his title role in subsequent animated and computer-
generated incarnations. He has also appeared in European-produced fantasy-adventures such as Sinbad of the Seven Seas and Hercules, and as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The King of Queens and IFBB Mr. Universe, found as himself in the sitcom The Situation The Situation The Situation The Situation The 
years later. Early in his career he lived in Columbus and trained with Arnold Schwarzenegger. In 1974, he came in second on his first attempt to beat Arnold Schwarzenegger was the subject of the 1975 documentary Pumping Iron. The documentary made
 Ferrigno famous. These victories, however, did not provide enough for him to earn a living. His first paying job was as a $10-an-hour sheet metal worker in a Brooklyn factory, where he worked for three years. He did not enjoy the dangerous work, and left after a friend and co-worker accidentally cut off his own hand one day. Following this, Ferrigno
left the competition circuit for many years, a period that included a brief stint as a defensive lineman for the Toronto Argonauts in the Canadian Football League. He had never played football, and was cut after two games. During competition, Ferrigno at 6 ft 5 in (1.96 m) weighed 285 lb (130 kg) in 1975, and 315 lb (142 kg) in 1992. Ferrigno
competed in the first annual World's Strongest Man competition in 1977, where he finished fourth in a field of eight competitors. In the early 1990s, Ferrigno returned to bodybuilding, competition in 1977, where his attempt to beat
Robbie Robinson and Boyer Coe was the subject of the 1996 documentary Stand Tall. After this, he retired from competition. #5. Franco Columbu (born August 7, 1941) is an Italian actor, former champion bodybuilder and World's Strongest Man competition. #5. Franco Columbu (born August 7, 1941) is an Italian actor, former champion bodybuilder and World's Strongest Man competition.
as a boxer, Columbu progressed into the sport of Olympic Weightlifting, powerlifting and later bodybuilding, winning the title of Mr. Olympia in 1976 and 1981. At 164 centimetres (5 ft 5 in) in height, Columbu is shorter than most of his bodybuilding competitors, but that did not prevent him from achieving widespread success. In 1977, Columbu
competed in the first World's Strongest Man competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competition; a remarkable outing, considering that Franco weighed much less than all his competitions.
While ahead, Franco stumbled, and was shown on national television collapsing with a grotesquely dislocated leg. This ended his participation in the World's Strongest Man contest (in the end, he finished in fifth place). After a court settlement, he received a reported $1 million in compensation for his injury. After Arnold Schwarzenegger's comeback
victory in the 1980 Mr. Olympia, Franco followed suit and won the 1981 Mr. Olympia. Columbu is a longtime friend of Schwarzenegger, whom he met in Munich in 1965 and against whom he competed in the under 200 lb (90.7 kg)
category, whereas Schwarzenegger was in the over 200 lb category. The final champion was determined by a pose down between the two class winners. The IFBB has since abandoned weight classes. Arnold and Franco were inseparable during the early to mid-1970s and were training partners. Columbu served as the best man at the wedding of
Schwarzenegger and Maria Shriver in 1986. Columbu and Schwarzenegger had been encouraged to come to America by bodybuilders began a bricklaying and patio business called European Brick Works in 1969, according to a report in
The New York Times. From the time he arrived in America in 1969, Franco Columbu was considered one of the world's strongest men. He held a number of powerlifting and Olympic weightlifting world records. He also performed a strongman act in which he routinely blew up a hot water bottle by inflating it orally, lifted vehicles onstage (while
someone else was changing a tire) and deadlifted over 320 kg (700 lbs) for repetitions. He designed a comprehensive workout for men in 1988 to flatten the stomach, narrow the waist, and eliminate love handles. He is both a chiropractor and a weightlifter and his career parallels that of American weightlifting champion Karyn Marshall, who has
used chiropractic therapy to train for competitions and who became a chiropractor herself. #4. Sergio Oliva (July 4, 1941 - November 12, 2012) was a bodybuilder known as "The Myth". This sobriquet was arguably given to him by bodybuilder known as "the Myth". This sobriquet was arguably given to him by bodybuilder known as "the Myth".
calling Oliva "The Myth" Twenty-year-old world class weightlifter Sergio Oliva knew that the occasion of the 1961 Pan Am Games in Kingston, Jamaica might be his last best chance to escape the confines of Castro-controlled Cuba. With speed of foot nearly on par with his strength Sergio Sprinted for the nearby American consulate. He and the entire
Cuban weightlifting team, who immediately followed his lead, were granted political asylum, and more significantly, their freedom. From Jamaica Sergio emigrated to the United States; first to Miami, where he performed odd jobs ranging from TV repair to unloading trucks. Then, in 1963, he made his way north to Chicago. It was at Chicago's Duncan
YMCA that the weightlifter was introduced to the sport of bodybuilding by top local bodybuilding regimen. He took to
bodybuilding as an eagle to soaring and by the end of the year had won his first title, Mr. Young Chicagoland. Within no time Sergio's physique, and reputation, grew to the point where he was being mentioned in the same breath with names like Scott, Sipes and Pearl by those in the know. Yet despite the overwhelming physical superiority he brought
to the stage in those early years, the uber-Cuban found actually winning titles within the Amateur Athletic Union to be inexplicably difficult. Indeed, it was his inability to take the AAU's most coveted title, Mr. America, against very un-uber competition, that drove him into the open arms of the IFBB and on a quest to become the greatest bodybuilder
of all time. #3. Frank Zane Frank Zane (born June 28, 1942 in Kingston, Pennsylvania) is an American former professional bodybuilder and teacher. Zane is a three-time Mr. Olympia (1977 to 1979). His reign represented a shift in emphasis from mass to aesthetics. Zane's proportionate physique featured the second thinnest waistline of all the Mr.
Olympias (after Sergio Oliva), with his wide shoulders making for a distinctive V-taper. His abdominal muscles were considered by some bodybuilders to be the best in bodybuilders to be the bodybuilders
Zane is one of only three people who have beaten Arnold Schwarzenegger in a bodybuilding contest (1968 Mr. Universe in Miami, FL) and one of the very few Mr. Olympia winners under 200 pounds. Overall, he competed for over 20 years (retiring after the 1983 Mr Olympia winners under 200 pounds. Overall, he competed for over 20 years (retiring after the 1983 Mr. Olympia winners under 200 pounds. Overall, he competed for over 20 years (retiring after the 1983 Mr. Olympia winners under 200 pounds.)
during his illustrious career. He has written many courses and books about bodybuilding. In 1994, Zane was inducted into the 1st annual Joe Weider Hall of Fame. He received the Arnold Schwarzenegger lifetime achievement award at the 2003 Arnold Classic for his dedication and longtime support of the sport. He was given the nickname "The
Chemist" due to his Bachelor of Science degree and, as he puts it: "Back in the day I took a lot of supplements and tons of amino acids. Still do. But back then it was pretty unusual. That's how I got the nickname was given because he was very scientific in reaching his peak on the exact day
of competition, year after year. In 1985, Frank and his wife Christine owned and operated Zane Experience. In 2005, Frank Zane played
the IFBB Announcer and worked as the consulting producer in the movie "See Arnold Run." As of 2006, Zane currently runs his own website, appears at seminars and book signings. In 2011 Frank Zane advocate Sri Chinmoy.
The film was an Official Selection of the 2011 Tribeca Film Festival. Frank was in attendance. #2. Serge Nubret (October 6, 1938 - April 19, 2011) was a French professional bodybuilding titles, including IFBB Mr. Europe Tall, NABBA Mr.
Universe and WBBG Pro. Mr. World. All were amazed and perplexed when he started to talk about his intention to become a world champion after only 2 years of training. Living up to his words, in 1960 he joined the International Federation of Bodybuilders, and was declared World's Most Muscular Man in Montreal. From this day forward, this
exceptional athlete kept improving, winning the most prestigious titles including NABBA Mr. Universe in 1976 (London), WBBG Pro. Mr. World and Mr. Olympus in 1977 (New York) and another World champion title in 1981 (Geneva). In 1983, 23 years after his first world class achievement, further demonstrating his lifetime dedication, he became
the WABBA World Champion in Rome, winning his fifth major title. In 2003, Serge Nubret offered a stunning last show to his public during the World championships in France (Gravelines). He was 65 years old. Additionally to being recognized by experts, peers and fans as a reference in the bodybuilding field, Serge Nubret has also dedicated himself
to development and promotion of Bodybuilding. He became the head of the France and Europe IFBB bodybuilding federation from 1970 to 1975. He is also the founder of the WABBA since 1976 with one objective in mind: ensuring that affiliated athletes receive the best support via representing organisms. The cinema could not miss out on such a
character. Thus, Serge Nubret featured in 25 movies including Arrivano i titani with Giuliano Gemma (1961). Serge Nubret remains one of the most significant figure and for lots of bodybuilders, he represents the out-of-the-box
aesthetic reference. His legacy is well alive, witnessing the Golden Age of bodybuilding when balance and harmony were keys to all achievements. Nubret is best known in the bodybuilding documentary Pumping Iron where he competed as a last-minute entry against (eventual seven time winner) Arnold Schwarzenegger for the title of Mr. Olympia in
1975. While he looked fantastic, Serge finished second in the Tall Man category to Schwarzenegger, while Lou Ferrigno finished third. He was known for his excellent chest development, which would scare off fellow contestants. The documentary film Pumping Iron follows the events occurring before the Mr. Olympia 1975—the preparation for the
competition as well as its final phase. For contract reasons, his part is comparatively brief; and, apparently, certain scenes containing him could not be put in the movie. These episodes are discussed further in his autobiography. In the 1980s, Serge appeared regularly in 60 episodes of the television series Breakfast Included, with Pierre Mondy and
Marie-Christine Barrault, in which he played a role that mirrored his real life as a bodybuilder/gym owner in Paris. #1. Arnold Schwarzenegger Arnold Alois Schwarzenegger Arnold Alois Schwarzenegger is an Austrian-born American actor, model, producer, director, activist, businessman, investor, writer, philanthropist, former professional bodybuilder, and politician.
Schwarzenegger is considered among the most important figures in the history of bodybuilding, and his legacy is commemorated in the Arnold Classic annual bodybuilding sport long after his retirement, in part because of his ownership of gyms and fitness magazines.
He has presided over numerous contests and awards shows. For many years, he wrote a monthly column for the bodybuilding magazines Muscle & Fitness and Flex. Shortly after being elected Governor, he was appointed executive editor of both magazines muscle & Fitness and Flex. Shortly after being elected Governor, he was appointed executive editor of both magazines, in a largely symbolic capacity. The magazines agreed to donate $250,000 a year to the
Governor's various physical fitness initiatives. When the deal, including the contract that gave Schwarzenegger at least $1 million a year, was made public in 2005, many criticized it as being a conflict of interest since the governor's office made decisions concerning regulation of dietary supplements in California. Consequently, Schwarzenegger
relinquished the executive editor role in 2005. American Media Inc., which owns Muscle & Fitness and Flex, announced in March 2013 that Schwarzenegger had accepted their renewed offer to be executive editor of the magazines. The magazines and Flex, announced in March 2013 that Schwarzenegger had accepted their renewed offer to be executive editor of the magazines. The magazines and Flex, announced in March 2013 that Schwarzenegger had accepted their renewed offer to be executive editor of the magazines.
the first competitions he won was the Junior Mr. Europe contest in 1965. He would go on to compete in, and win, many bodybuilding victories included five Mr. Universe (4 - NABBA [England], 1 - IFBB [USA]) wins, and seven Mr. Olympia wins, a record which would stand
until Lee Haney won his eighth consecutive Mr. Olympia title in 1991. Schwarzenegger continues to work out even today. When asked about his personal training during the 2011 Arnold Classic he said that he was still working out a half an hour with weights every day. Competition Weight: 235 lb (107 kg) (top 250 lb (113 kg)) Off Season Weight: 255
lb (116 kg) (top 260 lb (118 kg)) Bodybuilding is not just a sport or a hobby. It is also a form of art that has a glorious and fascinating history. But how familiar are you with the golden era of bodybuilding? How did it transformed by culture, science, and media throughout the decades? Who were the legendary bodybuilders who
dominated the sport and inspired millions of fans and followers? In this series of articles, we will explore these questions and more, as we take you on a journey through bodybuilding history. We will uncover the secrets and stories behind the most remarkable physiques ever created, from the ancient times to the modern trends. In this second article,
we will focus on the most acclaimed period of bodybuilding, from the 1980s. This period is known as the Golden Era of bodybuilding (following on from the Ancient, Bronze & Silver Eras). We will see how bodybuilding achieved new levels of popularity and prestige, thanks to the impact of magazines, movies, and competitions. We will
also meet the icons of bodybuilding, such as Larry Scott, Arnold Schwarzenegger, Frank Zane, Lee Haney, Cory Everson and many others, who broke the records and standards for the sport. Are you ready to experience the glory days of the aesthetic physique? Then read on and discover how the Golden Era of bodybuilding changed the sport and the
fitness industry. Bodybuilding History - the 1960s The 1960s was a decade of emergence and breakthroughs in many domains of society, culture, and technology. It was also a decade of emergence and growth in the sport of bodybuilding. In this section, we will explore how the 1960s laid the foundations for the Golden Era of bodybuilding, and
how it introduced new standards and styles to the sport. One of the most significant developments in bodybuilding during the body into different muscle groups and training them on separate days, allowing for more intensity, volume, and recovery. The
split-system was widely adopted by the bodybuilders of the era, who learned about it from various sources, such as bodybuilders of the 1960s. It enabled them to achieve greater muscle growth, definition, and symmetry, as well as avoid
overtraining and injuries. It also allowed them to experiment with different exercises, techniques, and find what worked best for their individual goals and genetics. The split-system was a breakthrough in bodybuilding training that advanced the physical development of the athletes and set the stage for the next level of the sport. The
and they helped to introduce and spread the sport to a wider audience. Some of the most notable stars of the 1960s were: Dave Draper: Known as "The Blond Bomber", Dave Draper was one of the first bodybuilders to achieve mainstream fame and success. He won several titles, such as Mr. America, Mr. Universe, and Mr. World, and appeared in
movies, TV shows, and magazines. He was admired for his muscular and aesthetic physique, as well as his friendly and humble personality. Larry Scott was the first bodybuilder to win the Mr. Olympia title. He won it twice, in 1965 and 1966, and then retired at the peak of his career. He was famous for his
incredible arms, especially his biceps, which were considered the best in the world. Sergio Oliva was one of the most genetically gifted and dominant bodybuilders to ever defeat Arnold
Schwarzenegger in competition. He was renowned for his massive and symmetrical physique, as well as his charismatic and confident attitude. Bill Pearl was one of the 1960s. He won several titles, such as Mr. America, Mr. Universe, and Mr
World, and was also a successful author, trainer, and promoter. He was admired for his muscular and proportionate physique, as well as his dedication and professionalism. These were some of the stars of the 1960s, who paved the way for the Golden Era of bodybuilding and inspired generations of fans and followers. Another important aspect of
bodybuilding in the 1960s was the emergence of the major competitions that showcased the best physiques in the world. These were the international events that broadened the appeal of the sport and grew its fan base. They were also the platforms that allowed the bodybuilders to display their talents, and to compete the international events that broadened the appeal of the sport and grew its fan base. They were also the platforms that allowed the bodybuilders to display their talents, and to compete the international events that broadened the appeal of the sport and grew its fan base.
for glory and recognition. Some of the most significant competitions of the 1960s were: The Mr. Universe: One of the oldest and most respected titles in bodybuilding, created in 1950, open to amateur
and professional bodybuilders from all over the world. The World Championships: One of the most controversial and influential titles in bodybuilding, created in 1969, a rival event to the other competitions of the 1960s, that established the global stage of bodybuilding
and attracted millions of spectators and supporters. The 1960s was not only a decade of progress and innovation in bodybuilding, but also a decade of risk and experimentation. During this period, performance-enhancing drugs (P.E.Ds), such as anabolic steroids, started to become a part of the sport. These substances were used by some bodybuilders
to enhance their muscle size, strength, and recovery, and to gain an edge over their competitors. However, the use of P.E.Ds was very much a new thing for these bodybuilders, and they didn't quite fully understand the ramifications like we do now. They were often unaware of the side effects, dangers, and legal issues associated with these drugs.
The use of P.E.Ds has had a severely detrimental effect on the sport of bodybuilding, not only in the eyes of the public, but also health wise and by ruining the appearance of the physiques. Many bodybuilders suffer from serious health wise and by ruining the appearance of the physiques. Many bodybuilders suffer from serious health wise and by ruining the appearance of the physiques.
bodybuilders also lost their aesthetic and symmetrical physiques, and developed grotesque and disproportionate features, such as bloated stomachs, enlarged heads, and gynecomastia. Many of the Golden Era bodybuilders have since come out in modern times against the use of steroids and other P.E.Ds, and have advocated for natural and healthy
bodybuilding. They have also expressed their regret and remorse for their past mistakes, and have warned the younger generation of bodybuilders about the dangers and consequences of drug use. Golden Era Bodybuilding - The 1970s was a decade of progress and achievements in many fields of society, culture, and technology. It was also
a decade of prominence and glory in the sport of bodybuilding. In this section, we will explore how the 1970s amplified the Golden Era of bodybuilding, and how it connected and interacted with the world. One of the most important factors that contributed to the popularity and prestige of bodybuilding in the 1970s was the exposure and
representation of the sport in mainstream media. The most famous and influential example of this was the documentary film "Pumping Iron", released in 1977. The film followed the lives and preparations of several bodybuilders, including Arnold Schwarzenegger and Lou Ferrigno, for the 1975 Mr. Olympia and Mr. Universe competitions. The film
was a huge hit, and introduced the sport and its stars to millions of viewers around the world. The film also portrayed the bodybuilders as charismatic, confident, and competitive, and highlighted the drama, humor, and passion behind the sport. "Pumping Iron" was not the only example of bodybuilding in mainstream media in the 1970s. There were
also other movies, TV shows, and magazines that featured bodybuilding and bodybuilders, such as "Stay Hungry", "The Incredible Hulk", "Muscle Builder", and to showcase the beauty, strength, and artistry of the bodybuilding physique.
Another important aspect of bodybuilding in the 1970s was the location and environment of the sport. The epicenter of bodybuilding during this era was California, especially the city of Los Angeles and its famous beachside neighborhood of Venice. Venice Beach was the home of many bodybuilding during this era was California, especially the city of Los Angeles and its famous beachside neighborhood of Venice.
Beach was also the place where bodybuilders could display their physiques to the public, and attract attention, admiration, and inspiration. Venice Beach was the ultimate destination for bodybuilding was Gold's Gym, the
original and oldest gym of its kind. Gold's Gym was founded in 1965 by Joe Gold, a former bodybuilders and where the most intense and hardcore workouts took place. Gold's Gym was also the place where the bodybuilders formed friendships, rivalries, and
alliances, and where the culture and spirit of the sport was born and nurtured. Gold's Gym was the Mecca of bodybuilding, and the heart and soul of the most talented and iconic bodybuilders in the history of the sport. These were the stars of the Golden Era, who not only exhibited
phenomenal physiques, but also charisma, personality, and passion. They were the heroes and legends of the sport, and they continue to influence and inspire millions of fans and fitness enthusiasts. Some of the most notable legends of the 1970s were: Arnold Schwarzenegger: Known as "The Austrian Oak", Arnold Schwarzenegger was the
undisputed king of bodybuilding in the 1970s. He was also the star of "Pumping Iron" and other movies, and later became a same taken became a same to star of bodybuilding in the 1970s. He was also the star of "Pumping Iron" and other movies, and later became a same taken became a same taken became taken
successful actor, politician, and businessman. Frank Zane: Known as "The Chemist", Frank Zane was one of the most intelligent and refined bodybuilders of the 1970s. He was renowned for his lean and symmetrical physique, especially his abs, serratus, and small waist, as well as his
dedication and professionalism. He was also a teacher, author, and trainer, and is considered one of the most powerful and impressive bodybuilders of the 1970s. He won the Mr. Universe title twice, in 1973 and 1974, and was the runner-up to Arnold
Schwarzenegger in the 1974 Mr. Olympia. He was famous for his huge and muscular physique, especially his shoulders and arms, as well as his gentle and humble personality. He was famous for his huge and muscular physique, especially his shoulders and arms, as well as his gentle and humble personality. He was famous for his huge and muscular physique, especially his shoulders and arms, as well as his gentle and humble personality.
versatile and accomplished bodybuilders of the 1970s. He won the Mr. Olympia title twice, in 1976 and 1981, and was also a champion in powerlifting, boxing, and strongman competitions. He was admired for his compact and proportionate physique, especially his chest and back, as well as his strength and endurance. He was also a close friend and
training partner of Arnold Schwarzenegger, and appeared in several movies with him. Serge Nubret: Known as "The Black Panther", Serge Nubret was one of the most elegant and graceful bodybuilders of the 1970s. He was renowned
for his dense and defined physique, especially his chest and abs, as well as his posing and presentation. He was also an actor, promoter, and leader of bodybuilding in Europe and Africa. Robby Robinson: Known as "The Black Prince", Robby Robinson was one of the most charismatic and respected bodybuilders of the 1970s. He won several titles, such
as Mr. America, Mr. World, and Mr. Universe, and back, as well as his attitude and style. He was also a vocal advocate for racial equality and justice in the sport and society. Ed Corney: Known as "The Master
Poser", Ed Corney was one of the most artistic and expressive bodybuilders of the 1970s. He won several titles, such as Mr. America, Mr. Universe, and Mr. World, and was also a top contender in the Mr. Olympia. He was admired for his aesthetic and balanced physique, especially his chest, arms, and calves, as well as his posing and performance. He
was also a featured athlete in "Pumping Iron" and other bodybuilding media. These were some of the 1970s was not only a decade of success and excellence in bodybuilding, but also a decade of legacy and influence. The 1970s are the most well
known of the Golden Era of bodybuilding, and its impact is still the most widely popular and admired era of bodybuilding among fans, enthusiasts, and athletes. The 1970s is still the source of inspiration and motivation for many people who pursue fitness and bodybuilding goals. The reasons for the continuing
popularity of the 1970s are many and varied. Some of the reasons are: The 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition, and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition and strength and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition and symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition are symmetry in bodybuilders of the 1970s represented the ideal balance between size and definition are symmetry in bodybuilders.
had physiques that were attainable and realistic, but also aspirational and inspirational. The 1970s showcased the diversity and individuality of bodybuilders of the 1970s had different backgrounds, personalities, and styles, and they expressed them through their physiques and performances. The bodybuilders of the 1970s had
different strengths, weaknesses, and preferences, and they adapted them to their training and nutrition. The bodybuilders of the 1970s had different goals, challenges, and achievements, and they shared them with their fans and followers. The 1970s had a passion and
dedication for the sport that was unmatched and contagious. The bodybuilders of the 1970s had a camaraderie and rivalry that was fun and adventurous. These are some of the reasons why the 1970s is still the most beloved and revered era of
bodybuilding, and why the Golden Era is timeless and universal. Bodybuilding History - the 1980s was a decade of culmination and expansion in the sport of bodybuilding. In this section, we will explore how the 1980s marked the zenith of
bodybuilding and the Golden Era's legacy, and how it influenced and adapted to the world. One of the most important factors that contributed to the success and popularity of bodybuilding in the 1980s was the fitness revolution that swept across the world. Fitness became an integral part of people's lives, as they sought to improve their health,
appearance, and well-being. Fitness also became a cultural phenomenon, as it was reflected and promoted by various media, such as music, movies, and brands. Bodybuilding was at the forefront of the fitness revolution, as it spilled over to the
mainstream and reached a wider and more diverse audience. Bodybuilding was no longer a male-dominated sport, but a sport that welcomed and celebrated women and their achievements. Bodybuilding was also no longer a male-dominated sport, but a sport that welcomed and celebrated women and their achievements. Bodybuilding was also no longer a male-dominated sport, but a sport that welcomed and celebrated women and their achievements.
sport that focused solely on muscle size and mass, but a sport that embraced different aspects of fitness, such as endurance, flexibility, and agility. The 1980s also saw the emergence and dominance of some of the most talented and legendary bodybuilders in the history of the sport. These were the titans of the 80s, who not only displayed incredible
physiques, but also charisma, personality, and passion. They were the leaders and innovators of the sport to a wider audience. Some of the most consistent and accomplished
bodybuilders of the 1980s. He won several titles, such as Mr. America, Mr. Universe, and Mr. World, and was also the oldest bodybuilder to win the Mr. Olympia title, at the age of 43, in 1982. He was famous for his balanced and aesthetic physique, especially thighs and calves, as well as his posing and presentation. He was also a pioneer and
advocate for diversity and inclusion in the sport, as he was one of the first openly gay and black bodybuilders. Samir Bannout: Known as "The Lion of Lebanon", Samir Bannout was one of the most charismatic and impressive bodybuilders. Samir Bannout was one of the most charismatic and impressive bodybuilders. Samir Bannout was one of the most charismatic and impressive bodybuilders of the 1980s. He won the Mr. Olympia title in 1983, and was also a top contender in several other competitions.
such as the World Pro Championships and the Night of Champions. He was renowned for his muscular and symmetrical physique, especially his back, which was considered one of the best in the world. He was also a popular and respected figure in the bodybuilders. Mike Mentzer:
Known as "Mr Heavy Duty", Mike Mentzer was one of the most intelligent and innovative bodybuilders of the 1980s. He won several titles, such as Mr. America, Mr. Universe, and the Mr. Olympia heavyweight division, and was also the first bodybuilder to score a perfect 300 in the old judging system. He was famous for his massive and defined
physique, especially his triceps, forearms, and calves, as well as his strength and intensity. He was also the creator and promoter of the Heavy Duty training system, which advocated for low-volume and high-intensity workouts, and challenged the conventional wisdom of the sport. Tom Platz: Known as "The Golden Eagle", Tom Platz was one of the
most powerful and spectacular bodybuilders of the 1980s. He won several titles, such as Mr. Universe, and was also a passionate and energetic
performer, and a crowd favorite in every show. Lee Haney: Known as "Totalee", Lee Haney was one of the most dominant and successful bodybuilders of the 1980s. He won the Mr. Olympia title eight times, from 1984 to 1991, and beat the record of Arnold Schwarzenegger. He was renowned for his massive and aesthetic physique, especially his back
shoulders, and chest, as well as his proportion and symmetry. He was also a humble and gracious champion, and a role model and leader for the sport. Rich Gaspari was one of the most competitive and determined bodybuilders of the 1980s. He won several titles on the "Grand Prix" circuit, and was also
the runner-up to Lee Haney in the Mr. Olympia for three consecutive years, from 1986 to 1988. He was admired for his lean and ripped physique, especially his core and chest, as well as his conditioning and definition. He was also a fierce and fearless competitor, and a challenger to the best bodybuilders in the world. These were some of the legends
of the sport in the 1980s, who reached the peak of bodybuilders of the era, who was known as the rebel of the sport. Bob Paris was one of the most aesthetic and graceful bodybuilders of the era, who won several titles, such as Mr. America & Mr.
Universe, and was a top contender at the Mr. Olympia. He was famous for his symmetrical and proportionate physique, especially his chest, arms, and waist, as well as his posing and presentation. He was also one of the first openly gay bodybuilders, who came out in 1989, and faced discrimination and backlash from some fans and critics. Bob Paris openly gay bodybuilders, who came out in 1989, and faced discrimination and backlash from some fans and critics.
was also a vocal critic of the direction and trends of the sport, which favored mass and size over aesthetics and quality. He pushed back against the negative changes that were coming into the sport, such as the excessive use of drugs, the loss of symmetry and proportion, and the lack of artistry and creativity. He advocated for a return to the ideals
and standards of the old school era, and for a more natural and healthy approach to bodybuilding. He was also a writer, actor, and activist, who used his platform and voice to raise awareness and support for various causes, such as gay rights, animal rights, and environmental issues. Bob Paris was the rebel of the sport in the 1980s, who challenged
the status quo and fought for his vision and values. Another important aspect of bodybuilding in the 1980s was the exposure and representation of the sport on TV and movies. The 1980s was a decade of muscle boom, as bodybuilding and bodybuilders became more visible and popular in the entertainment industry. Bodybuilding and bodybuilders
appeared in various TV programs, such as documentaries, talk shows, and competitions, and reached millions of viewers around the world. Bodybuilding and bodybuilders also appeared in various movies, such as action, comedy, and drama, and starred in some of the biggest hits of the decade. Some of the most notable examples of bodybuilding on
TV in the 1980s were: ESPN's BodyShaping: BodyShaping: BodyShaping was a TV show that aired on ESPN from 1985 to 1996, and featured various segments on bodybuilders and fitness, models, such as Cory Everson, Kiana Tom, Rick Valente, and Lee Haney. The show displayed the workouts
and tips of the hosts and guests, as well as their personalities and lifestyles. The show was a ratings success, and became one of the most watched and informative shows on bodybuilding and fitness. Lee Haney's Championship Workout: Lee Haney's Championship Workout was a TV show that aired on ESPN from 1987 to 1991, and featured the
training and advice of Lee Haney, the eight-time Mr. Olympia champion. The show was hosted by Lee Haney himself, and featured various exercises, routines, and techniques that he used to build his phenomenal physique. The show was hosted by Lee Haney himself, and featured various exercises, routines, and techniques that he used to build his phenomenal physique. The show was hosted by Lee Haney himself, and featured various exercises, routines, and techniques that he used to build his phenomenal physique.
and Evander Holyfield. The show was a ratings success, and became one of the most popular and inspirational shows on bodybuilding and fitness. American Muscle was a TV show that aired on ESPN from 1988 to 1996, and featured various segments on bodybuilding, fitness, and nutrition. The show was hosted by several
bodybuilders and fitness models, such as John Basedow, Lou Ferrigno, Shawn Ray, and Lenda Murray. The show was a ratings success, and became one of the most watched and informative shows on bodybuilding and fitness. Some of the
most notable examples of bodybuilding on movies in the 1980s were: The Arnold Schwarzenegger Movies: Arnold Schwarzenegger was the biggest movie star of the 1980s, and starred in several blockbuster hits, such as Conan the Barbarian, The Terminator, Predator, and Twins. Schwarzenegger showcased his muscular and impressive physique, as
well as his charisma and presence, in various roles and genres. Schwarzenegger also used his fame and influence to promote and support the sport of bodybuilding, and to inspire and motivate millions of fans and followers. The Sylvester Stallone Movies: Sylvester Stallone was another movie star of the 1980s, and starred in several blockbuster hits,
such as Rocky, Rambo, and Cobra. Stallone showcased his lean and ripped physique, as well as his strength and endurance, in various roles and genres. Stallone also used his fame and followers. These were some of the examples of
bodybuilding on TV and movies in the 1980s, that made bodybuilding and bodybuilding in the entertainment industry. Another important aspect of bodybuilding, which was a sport that welcomed and celebrated women and their achievements
Women's bodybuilding was a sport that challenged the stereotypes and norms of femininity and beauty, and showcased the strength, power, and beauty of the female physique. Women's bodybuilding goals. Some of the most notable women
bodybuilders of the 1980s were: Rachel McLish: The first Ms. Olympia champion and one of the most influential and successful women bodybuilders of the 1980s. She had a lean and symmetrical physique, and was also a star of "Pumping Iron II" and other movies and books. Ritva Elomaa: The second Ms. Olympia champion and one of the most
competitive and impressive women bodybuilders of the 1980s. She had a muscular and defined physique, and was also a featured athlete in "Pumping Iron II" and other bodybuilders of the 1980s. She had a balanced and aesthetic
physique, and was also a featured athlete in "Pumping Iron II" and other bodybuilding media. Cory Everson: The six-time Ms. Olympia champion and one of the most dominant and successful women bodybuilding media. Cory Everson: The six-time Ms. Olympia champion and one of the most dominant and successful women bodybuilding media. Cory Everson: The six-time Ms. Olympia champion and one of the most dominant and successful women bodybuilding media.
multiple title winner and one of the most elegant and graceful women bodybuilders of the 1980s. She had a lean and defined physique, and was also the wife of Jean-Claude Van Damme, and appeared in several movies with him. These were some of the women bodybuilders of the 1980s, who rose to the top of the sport and the Golden Era. "Pumping and was also the wife of Jean-Claude Van Damme, and appeared in several movies with him."
Iron II: The Women" was a documentary film that followed four women bodybuilders for the 1983 Caesars World Cup. The film showed their challenges and achievements, as well as the controversy and debate over the standards of women to
pursue their fitness and bodybuilding goals. The film also exposed the sexism and discrimination that women bodybuilders faced in the sport and society, such as being judged by their appearance and femininity, being harassed and ridiculed by some fans and critics, and being denied equal opportunities and rewards as men. The film also showed how
they fought for their rights and recognition, by expressing their individuality and identity, by challenging the norms and stereotypes, and by supporting and empowering each other. The film also foreshadowed the decline and demise of women's bodybuilding in the following decades, as the sport was replaced by model-inspired divisions, such as
fitness, figure, and bikini. These divisions required athletes to wear high heels, flashy outfits, and perform more like fashion models than bodybuilders. They also eliminated the traditional posing routines, which showcased the strength, power, and beauty of the female physique, and replaced them with more generic and superficial walks and turns
These changes diminished the essence and spirit of women's bodybuilding, and alienated many fans and followers. Bodybuilding, from the 1960s to the 1980s. We have seen how bodybuilding reached new heights of popularity and prestige,
thanks to the impact of TV, movies, and competitions. We have also met the icons of bodybuilding, who dominated the sport and inspired millions of fans and followers. They include Larry Scott, Arnold Schwarzenegger, Frank Zane, Lee Haney, Cory Everson, and many others, who set the records and standards for the sport. This period covers the
Golden Era of bodybuilding which followed on from the Ancient, Bronze & Silver Eras. The Golden Era is considered the most celebrated and reversed and achievements, and influenced by the world. The Golden Era of bodybuilding was also a diverse and inclusive era,
as it welcomed and celebrated women and their achievements, and challenged the stereotypes and norms of femininity and beauty. We hope you enjoyed this article and learned something new about bodybuilding history. If you want to stay updated and join our online community, please follow us on Instagram and join our Facebook Group. There you
can find more tips, discussions, and exclusive content on all things natural bodybuilding. You can also learn more about our natural bodybuilding competitions, where we promote and celebrate the sport in a fair and drug-free way. Thank you for reading and stay tuned for the next article. We noticed you're visiting from Australia. We've updated our
prices to Australian dollar for your shopping convenience. Use United States (US) dollar instead. Dismiss
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