

Bodybuilders Never Die They Simply Lose Their Pump

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Yates was never content to simply mimic what others did. Having studied muscle anatomy and function, he concluded that the biceps were in their strongest pulling position when fully supinated. Biceps were already considered a weak link during any type of pulling for the back, he reasoned, so why not at least put them in their most mechanically ...

Bertil Fox Death and the Bodybuilder 4 4
12 Bodybuilding Lies That Must Die Lie #1 - You don't need to get strong to get big. Lifters don't need to use strength-centric training programs, or to try and set new one rep maxes each time they hit the gym. They do need to get a lot stronger than they are now. There are no weak top level bodybuilders.

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So though he's still considered to be the greatest bodybuilder of all time, it is a bit interesting that most of the pros these days appear so much more massive than Arnold ever did. You'd think that if they wanted to emulate greatness that they would build a physique similar to the all time great, but this simply isn't the case.

The REAL Reason Today's Bodybuilders Are So Much Bigger ...
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