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Bodybuilding is specifically defined for purposes of this subreddit as the sport that involves preparing yourself for a competition (includes bikini, fitness, figure and physique). There are other subreddits better suited to those just interested in staying fit or building a beach body or lifting weights.

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Schwarzenegger, A. (1997, July 1). Arnold Talks Training. Muscle and Fitness. Schwarzenegger, A. & Dobbins, B. (1999). The New Encyclopedia of Modern Bodybuilding. Simon and Shuster: USA. About the Author David Robson As an active martial artist, bodybuilder and accredited personal trainer, David employs the latest cutting edge research to enhance his own progress.

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