

Body Building in the Online Era

The body building is a popular sport or practice that combines weight lifting with the necessary intake of proteins that stimulate the muscle development. The majority of people know what body building is, but they are not familiar with its history. The history of body building started in 1880, and these are called the sport's early years. This practice did not exist before this date, and there are no records of men or women displaying their muscles. In 1880 when it all started, a man from Prussia- Eugen Sandow promoted this practice.

Eugen is today called the father of body building. He used to display his generous muscles in front of the audience and they were delighted, encouraging him in his further career. Eugen Sandow became very successful and his prestige traveled in other countries as well. The display of muscles was a novelty at that time as people weren't able to see muscles only during wrestling games. Eugen Sandow was also the first person to commercialize equipment for those that wanted to develop their muscles. He introduced the machined dumbbells, spring pulleys and tension bands and powerfully endorsed them. Eugen also promoted the Greek ideal body and proportions. The very first body building contest was held in 1901 in London at the Royal Albert Hall, and was of course organized by the great Eugen Sandow.

Several competitions followed, and it was clear that body building became a popular sport and show at the same time. The Golden Age of the body building was considered in the years after the WW II, when the muscles and the bodies became even bigger. In our times, the most famous body building competition is Mr. Olympia. This competition was first held in 1977 and still is a huge hit. The great prize for the best body builders is a statue that represents the father of body building, Eugen Sandow himself to remind the competitors where it all started. There were films made in the honor of Eugen, two of them made by Thomas Edison, back in those glorious days.

So, in case you are interested in taking up body building you know its history now, if you don't want to start developing muscles, you can still watch the body building shows.

About the Author

Diet Bodybuilding is a website which has information on [gym weight muscles](#) and dieting types such as low fat diets

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