

# Bodybuilding is more than lifting

By COLIN GIBSON  
Herald Special

Physical fitness can be (and most always is) related to the body and it's not-to-be-blamed shortcomings. To many, the recent trend toward a healthy being has meant a period of rebuilding the body after a time of ruin.

As in any field, the way to do something right is to go to the professionals. The Herald went to Bob Kennedy, a man who knows about shaping up the body. Kennedy is the owner, publisher and editor-in-chief of Muscle Mag International. The Brampton based magazine is the only Canadian based piece of bodybuilding literature which attracts an international readership. It also has offices in London, England.

Kennedy, no youngster himself, is a veteran of many years in this discipline who has taken his knowledge and transformed it into a voice for the sport(?). He does some of the photography and pens a few of the stories.

His dedication to the sport is real, not transparently self-styled and he is something of a bodybuilding innovator having introduced the pre-exhaust and modified pre-exhaust system for building muscle.

It's unfortunate, but true, that nowadays athletes and sports in general find themselves sliding slowly down the totem pole of public opinion. We currently have Games (a misnomer if there ever was one) galore in which something, or other, is attempted to be proven. The end result, as the current fofoeraw over the 1980 Moscow Olympics amply demonstrates, is that more often than not national fervor prevails over the efforts of the athletes.

Bodybuilding, and related disciplines, operate on a different plane. Individual excellence is stressed, but the fraternity of the actual experience allows competitors to forego national boundaries and become absorbed in the competition itself. The original aim, it should be noted, is of athletic competition.

The athletic endeavours of the Greeks gave rise to the modern Olympics yet it is still ironic that the body, hailed by the Greeks as the ultimate temple, is still not officially recognized by the International Olympic Committee.

## WEIDER BROTHERS

In 1946 two Canadian brothers, Joe and Ben Weider, decided to take bodybuilding out of the shadows of the beach-bum syndrome. Physical fitness experts stood ready to set down rules and create a respected organization.

The International Federation of Bodybuilding was established in 1946 and its aims remain the same today. "To regulate and promote the harmonious development of the body." The IFBB regulations were drawn up to comply with the rules laid down by the International Olympic Committee.

The hope was - and still is - to a degree, to get bodybuilding recognized as a legitimate Olympic sport. Although this has not yet happened, the IFBB does belong to the General Assembly of International Federations, one of the principle members of the IOC. And although the IFBB is, in a sense, an outlaw organization (according to the IOC) it does administer fitness training throughout the world and has upwards of 84 national federations as members.

Under the IFBB auspices world, European and national championships are held each year in a number of categories.

The main argument against allowing bodybuilding into Olympic competition concerns the proliferation of the use of drugs in the sport. To a degree, this is a moot point. It doesn't seem all that long ago that drug-use threatened to further tarnish the already bruised and battered Olympic image.

The IOC has taken steps to discourage, if not totally

quell, the use of drugs. The same steps could be used to police bodybuilders should they be allowed to compete in the Olympics.

Not long ago a competition was staged in Las Vegas for bodybuilders who disdained the use of drugs. The competition was billed as Mr. Natural America and went off without a hitch and in some areas gained a new measure of respect for the sport.

Like a number of sports which have adapted to the



Having a good build won't always get you a mate but, it sure helps.

ever-changing sociological scene, bodybuilding is continuing to gain credence from both males and females.

## SYMMETRY

It has been noted that the ultimate in bodybuilding, must include definition, symmetry, proportion, development, structure, posing and general appearance. But there is more to the sport than these obvious tangibles.

According to Lisa Lyons, a Southern Californian who is the leading proponent of bodybuilding for women, "I have been able to sculpt my physique - to create an art form which I have always appreciated in the male bodybuilder. For me, it (bodybuilding) has meant freedom of expression through weight training and good nutrition."

Another bodybuilder of some note, Bill Dobbins, wrote in a recent publication, "Bodybuilding is both a sport and an art form. It is a sport - an athletic activity - in that the building and shaping of muscle requires long hours in the gym forcing muscle to contract against resistance - usually some form of weight. It is an art form because the final product of this effort, the bodybuilder's physique, is judged in competition on an aesthetic rather than an athletic basis. The body itself becomes a work of art, like a piece of sculpture." It could also be added that the body itself is the ultimate art work.

If, according to Dobbins, bodybuilding is an aesthetic form of jubilation and recognition (even celebration) of what man is allowed and can improve on, then where are the kudos, the raves, even the acceptance?

To the disciplines' Robby Robinsons', Mike Mentzers', Frank Zanes' and Roger Coes', the sport means being allowed to reach a personal plateau beyond others' reach.

Few sports, recognized or not, can boast of having better credentials.

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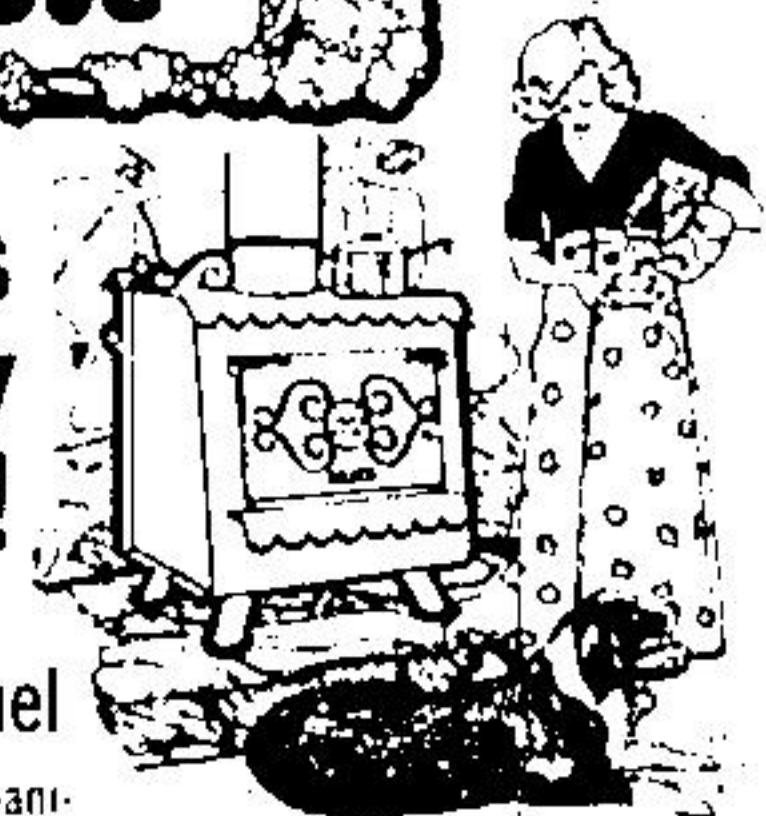
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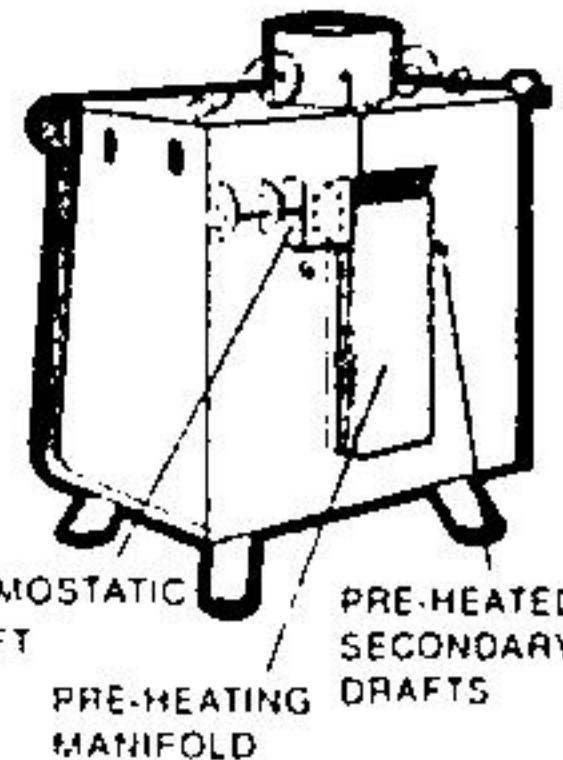
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