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bodybuilding is the use of progressive resistance exercise to control and develop one s muscles muscle building by muscle hypertrophy for aesthetic purposes it is distinct from similar activities such as powerlifting because it focuses on physical appearance instead of strength *bodybuilding meal plan what to eat what to avoid healthline* Jul 21 2022 oct 11 2022 bodybuilding focuses on muscularity and leanness rather than athletic performance achieving the desired bodybuilder look requires regular exercise and special attention to your diet

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