

# The Weider System Of Bodybuilding

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## The Weider System Of Bodybuilding

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coincidentally, growth was slow The Set System Training Principle suggests performing multiple sets of each exercise, therefore giving each muscle a more thorough work-out for optimal growth For beginners, the Weider System recommends 2—4 sets each of 1—4 exercises per bodypart (for instance, the bench press and dumbbell flye for chest)

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believed that bodybuilding could support its own magazine as well as its own organization That young man was Joe Weider, and the time was right for him to put all the pieces together The moment was at hand for bodybuilding to emerge from behind weightlifting and take its place as a separate sport So, in 1939, the young Canadian

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