



# Big Muscle Forever: Long Lost Secrets from the Golden Age of Bodybuilding

*Frank Meyers*

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## **Big Muscle Forever: Long Lost Secrets from the Golden Age of Bodybuilding** Frank Meyers

If you've ever wanted to return to what many consider the greatest period of bodybuilding than let me introduce you to my latest ebook that will take you on an express trip there. Today's bodybuilders are great, no doubt about it. However, yesterday's bodybuilders may have a more natural look you may prefer. Remember the symmetry of Frank Zane, the huge mass of Sergio Oliva and the overall perfection of Arnold Schwarzenegger? Is this the look you want? Are these the guys you want to read about? If so then read on my friend!

Here's what this is all about: My name is Frank Meyers and since about 1965 I've been reading and collecting everything about bodybuilding I could get my hands on. Well, one era and one magazine seemed better than anything out there. There was a perfect merger of bodybuilding history and the writers to tell you about it. The era, which many called the Golden Age of Bodybuilding, took place in the 60's, the 70's and the early 80's. The magazine was Joe Weider's masterpiece Muscle Builder/Power. If you were a bodybuilder back then you probably remember waiting for the mailman to come with the current issue. When it was late you took your last buck and ran down to the corner store to buy a copy so now you had two. If you're a little younger, not to worry, as my new ebook on the Golden Age of Bodybuilding will take you back in time.

Doesn't it drive you nuts that if you want to read about these guys you have to look through brief but informative articles in the current magazines? Or you can always go on ebay and shell out between \$10.00 and \$60.00 for your favorite issue of Muscle Builder/Power if you can find it. Well, thanks to Big Muscles Forever: Long Lost Secrets from the Golden Age of bodybuilding you don't have to do either one. As stated earlier I've been reading everything I could get my hands on about bodybuilding since 1965. Joe Weider's Muscle Builder/Power is the bible of bodybuilding from that era. Plain and simple, I've gone through my complete collection of Muscle Builder/Power magazine and have summarized and reviewed the best of the best issues. The long lost secrets, the gossip, the life and most importantly the routines. You see many of the bodybuilders from the Golden Age are alive, kicking and in great shape! You can read how they are now doing and I would recommend that. However, if you want to read about what they did in their prime than Big Muscles Forever: Long Lost Secrets from the Golden Age of Bodybuilding will take you there, the best of the best!

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