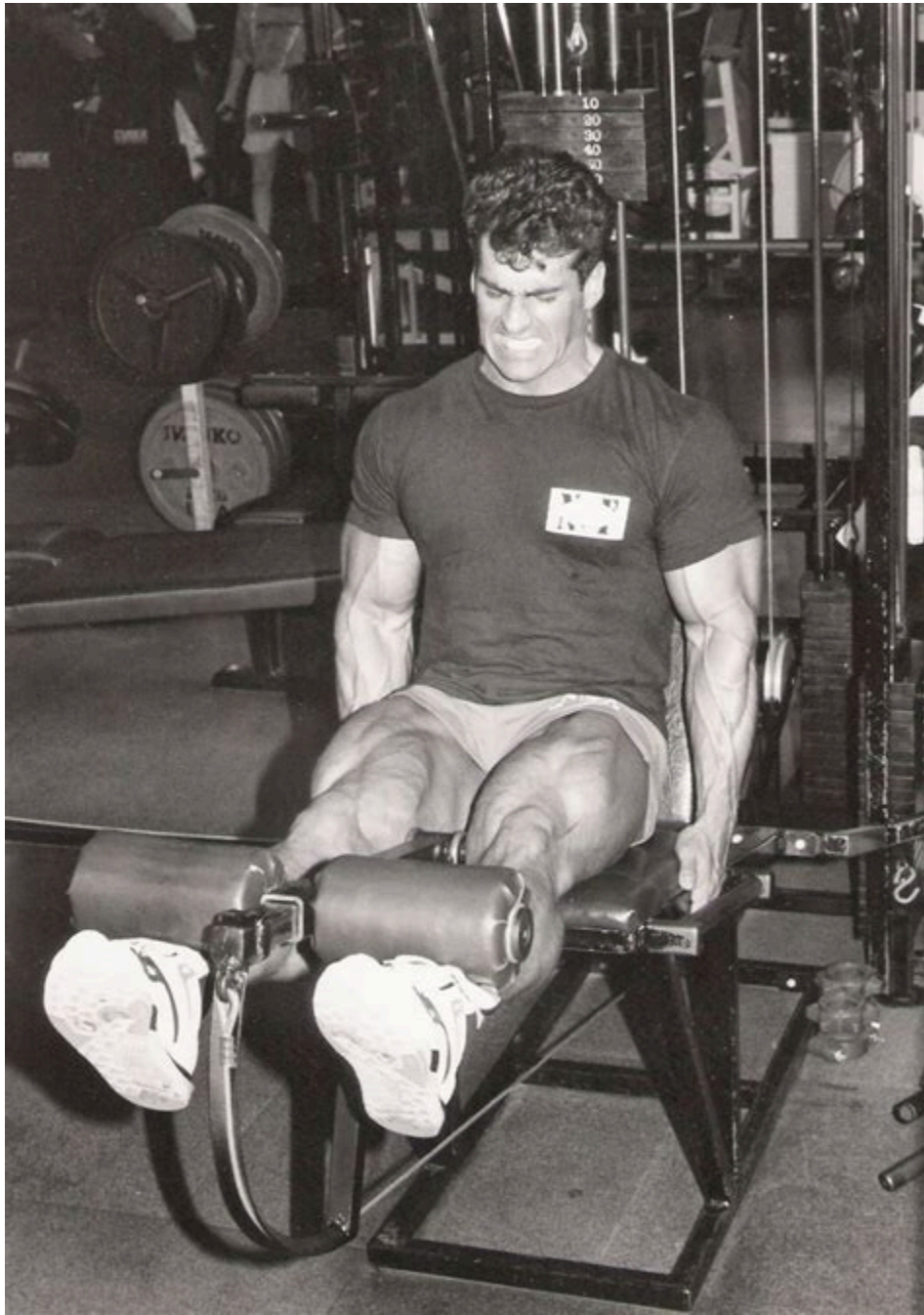


In 2006, Flex Magazine ranked Bob Paris the most aesthetic athlete in the history of bodybuilding. Renowned for both his aesthetics and artistic approach toward the sport, he was also a dedicated advocate for the rights of athletes and an outspoken voice in the push for drug testing at the professional level. He retired from bodybuilding in 1991.



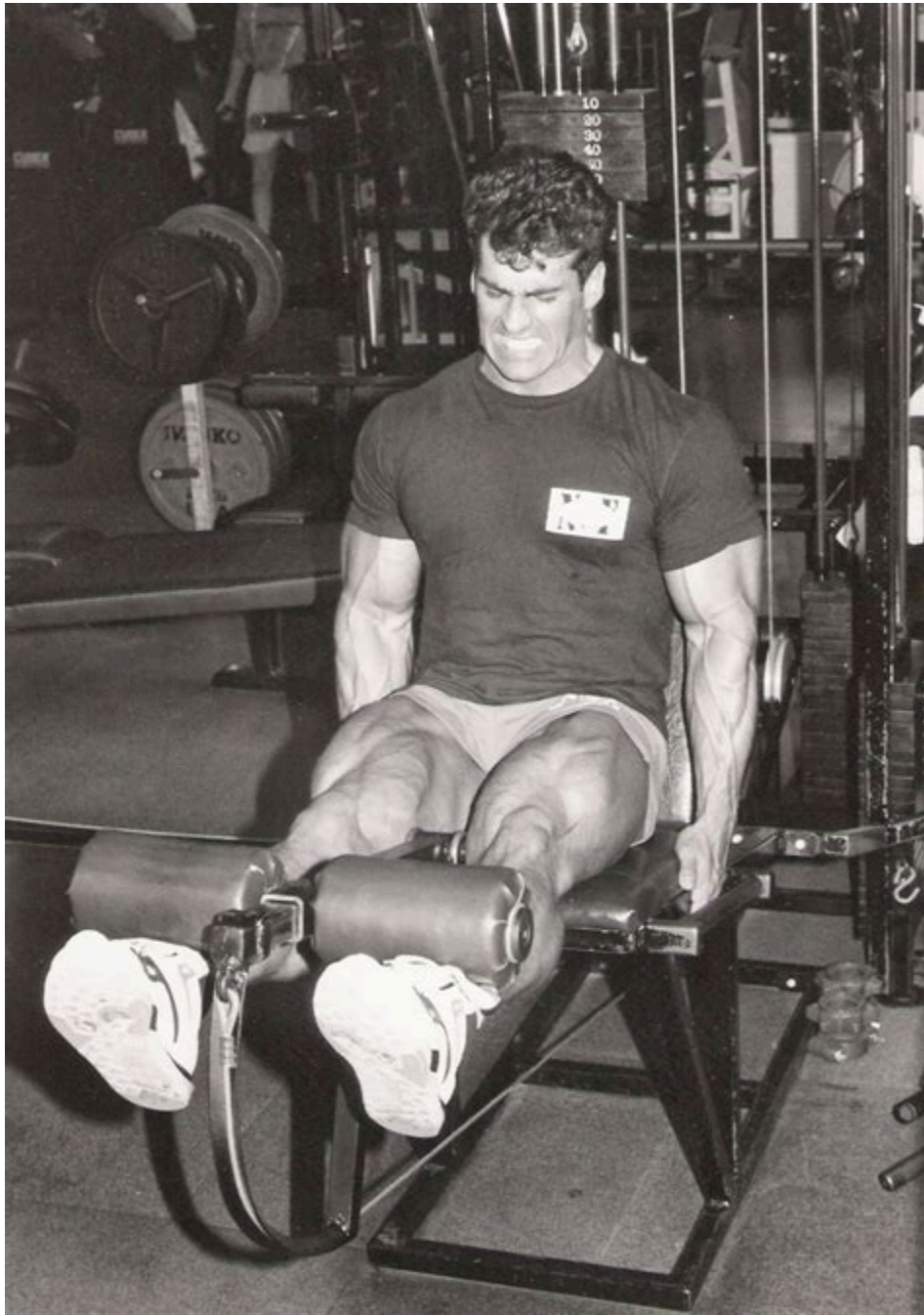
??? BUY ANABOLICS ONLINE ???

## Bob Paris Diet and Workout Plan - Protein Teacher



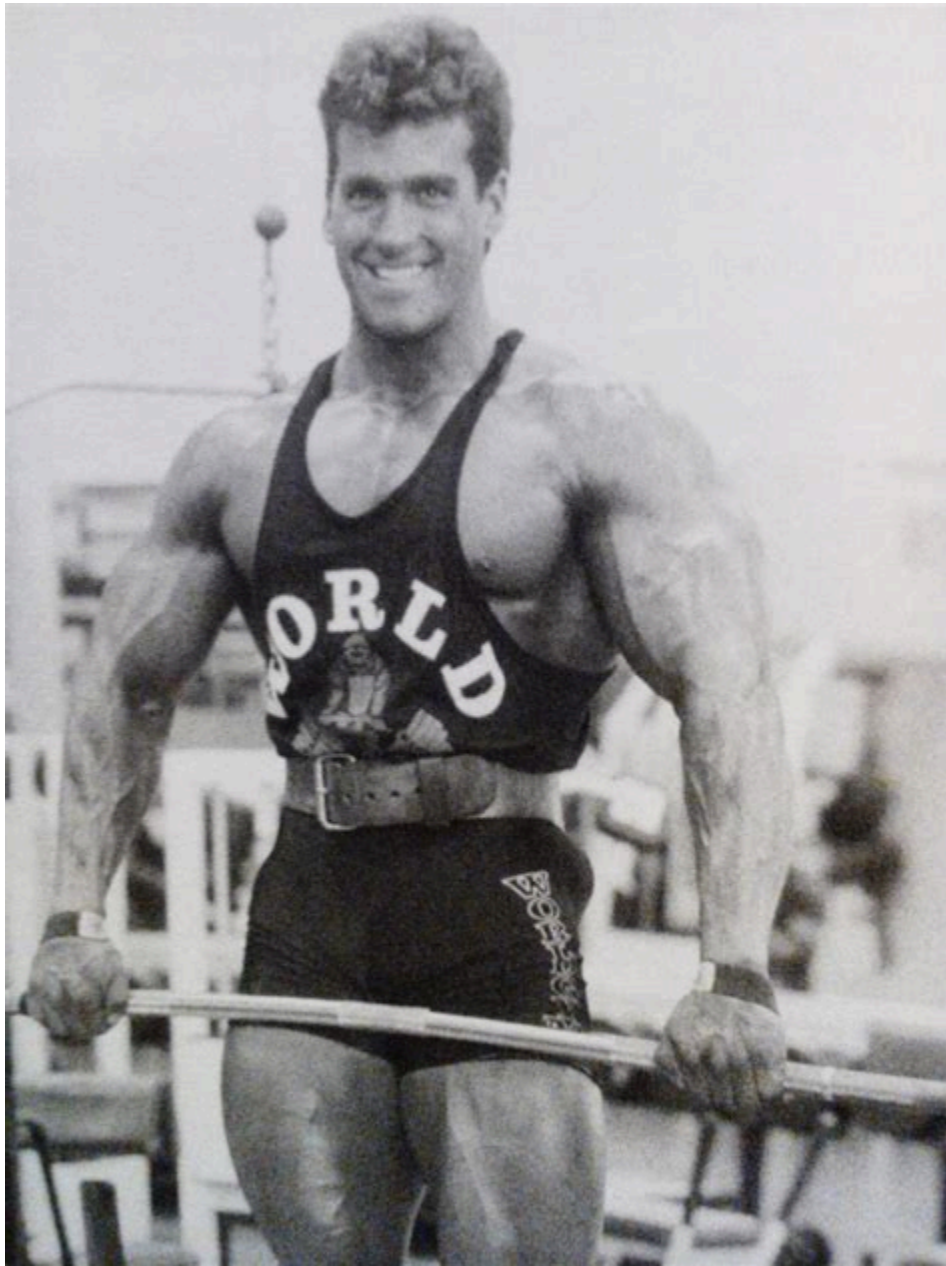
Bob Paris clearly indicated when he retired from competing as a bodybuilder that he was simply not prepared to push his body away from what he calls classic proportions into carrying more than 250lbs of muscle on his body taking him into the "freaky zone".

## Bob Paris: Old school bodybuilding diet and workout routine | Bob Paris .



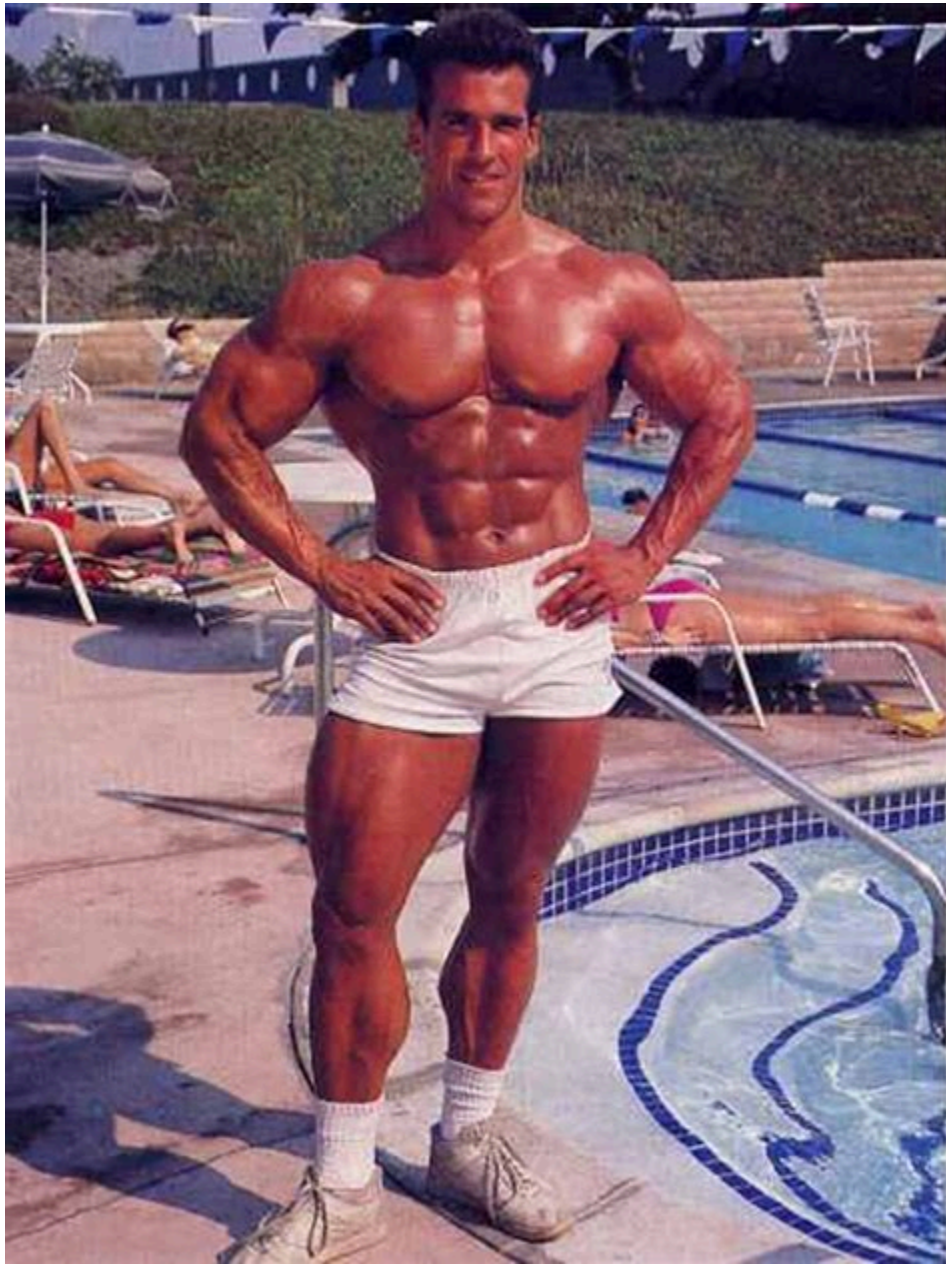
5 ounces of lima beans. 4 ounces white rice. 3 ounces spinach. Meal -2 of Bob Paris Diet Plan One whole egg. 7 egg whites. 4 ounces of oatmeal. 4 ounces of non-fat milk. Meal -3 of Bob's Diet Plan 5 ounces of turkey breast. 5 ounces corn. 5 ounces peas. 5 ounces Brussels sprouts. Meal -4 of Bob Paris Diet Plan 5 ounces scallops.

## Bob Paris, Author at The Barbell



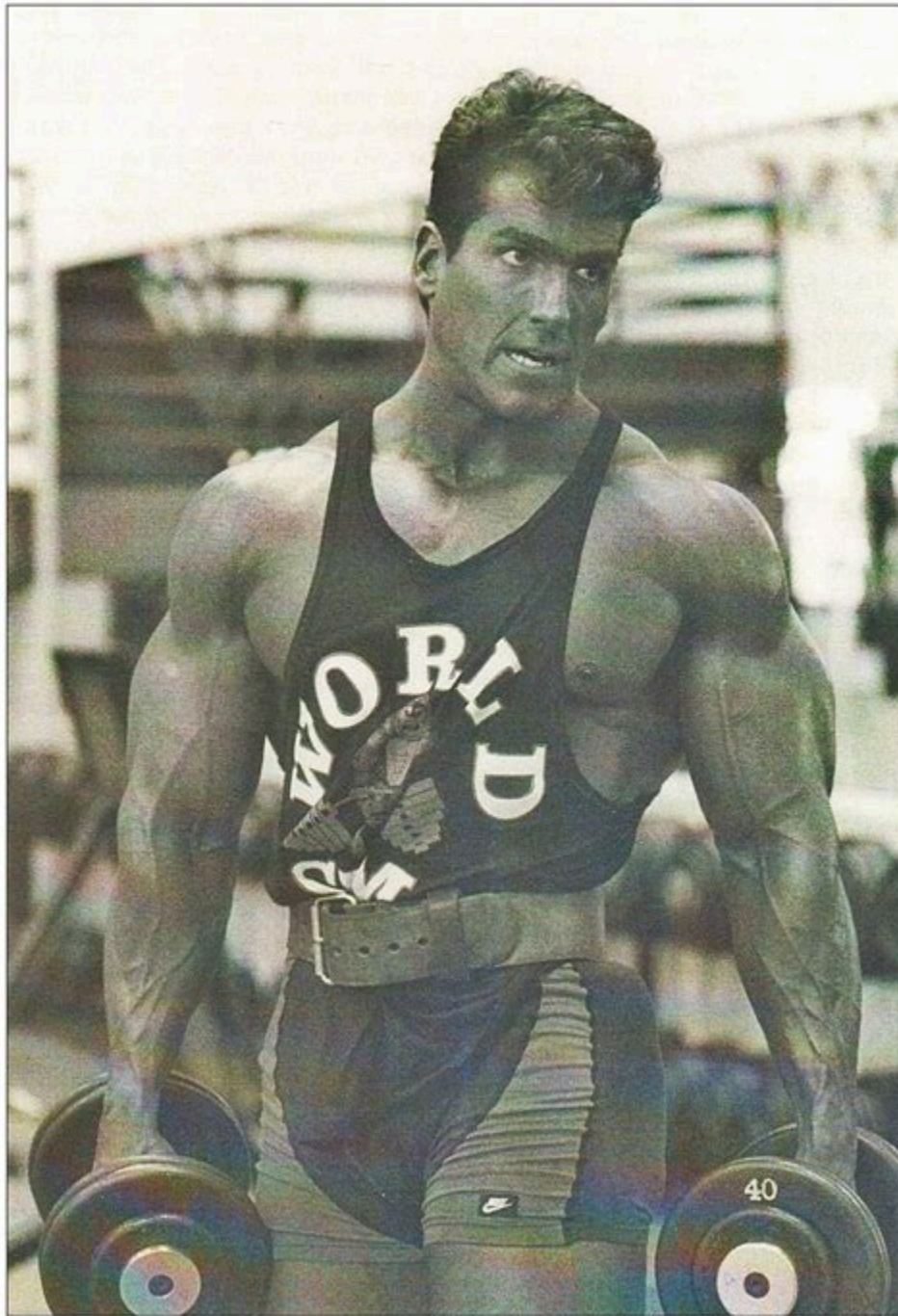
Bob Paris was born on December 14, 1959, and is an American Canadian writer, actor, public speaker, civil rights activist, and former trained bodybuilder. Bob Paris was the 1983 NPC American National and IFBB World Bodybuilding Champion, Mr. Universe. Bob Paris was both an artistic and athletic young man. He won national Scholastic honors for his drawings and paintings, was active in his .

## Bob Paris: Bodybuilder & Icon | The Bodybuilding Archive



He believed in a holistic approach to fitness, incorporating weight training, cardiovascular exercise, flexibility training, and a healthy diet into his routine. Paris emphasized the importance of proper form, technique, and progressive overload in his training, focusing on quality over quantity.

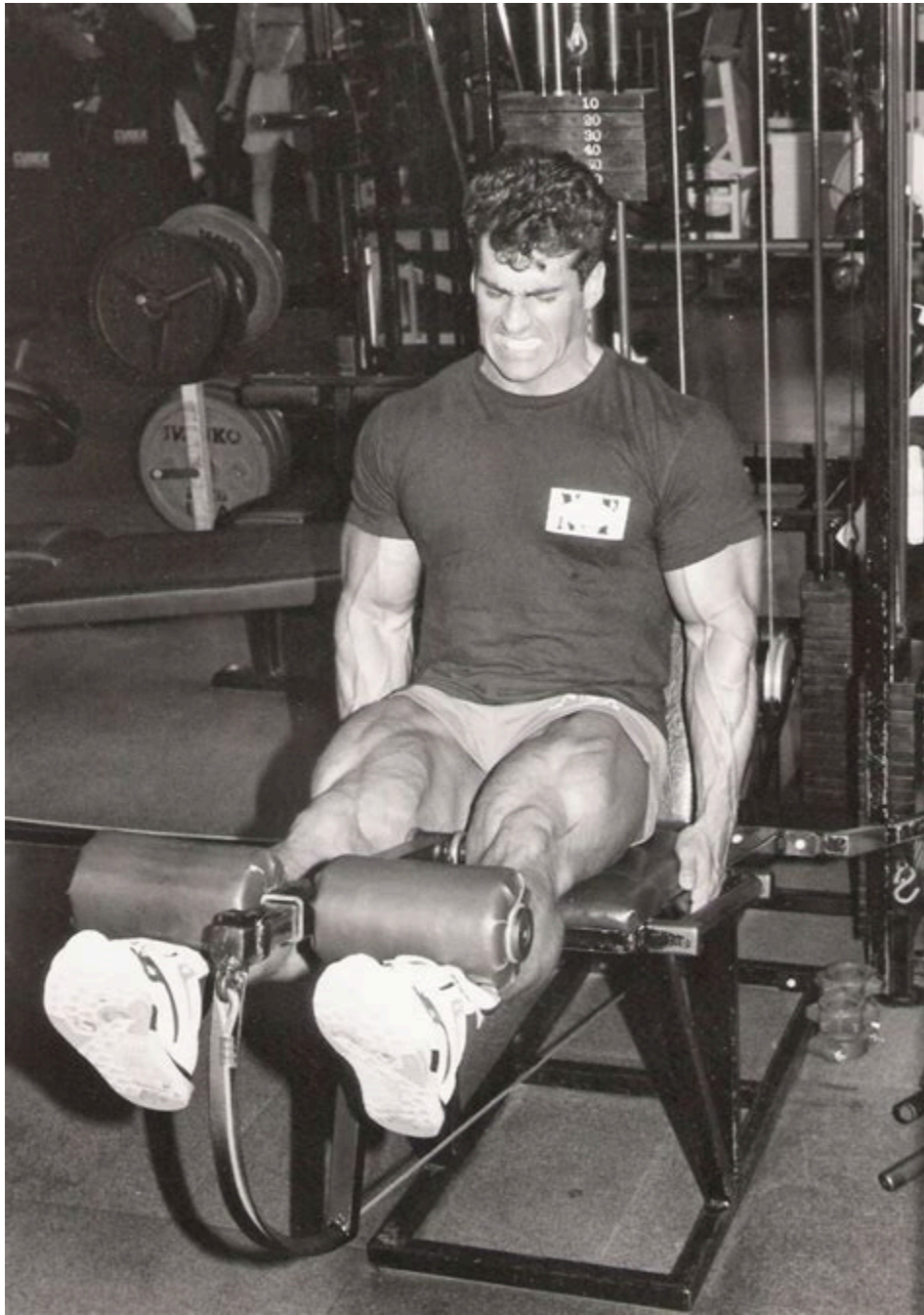
## Bob Paris Bodybuilder Workout Routine - muscletet



This image in Full Size Look At [MM, GPHIL, RU/42095260742F.jpg](#)

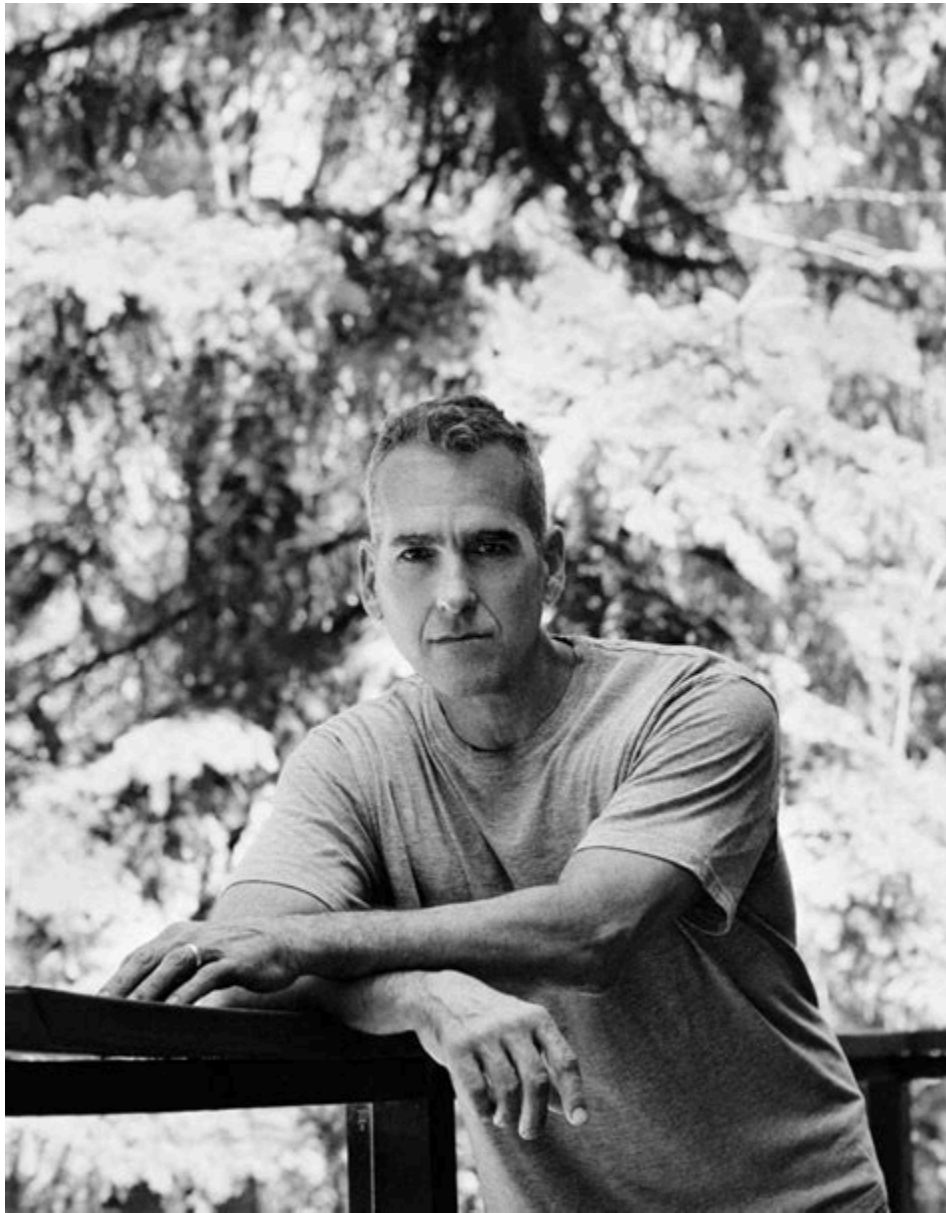
Bob Paris the old school bodybuilder was dubbed Svevo Reeves 2.0. Try his old school diet plan and workout schedule to build glitter era muscle

## Bob Paris' Workout and Diet - Iron and Grit Fitness



Bob Paris Bodybuilding Philosophy. Honest to Bob Paris bodybuilding company, his workout strived to "Create to esthetic and beautiful construction as well since maximizing your own potential. " Bob Paris Workout, Diet, Age, Height, Body Measurements, Instagram Photos 2019 exercise training, gym, fitness, abs, chest, biceps, legs, meal .

## **Bob Paris: Old school bodybuilding diet and workout routine - BroScience**



Bob Paris Workout. Bob trained on 3 days on and one day off split routine: Day One: Chest, Triceps and Deltoids. Day Two: Back, Biceps, Traps and Forearms. Day Three: Legs, Calves and Abs. Day Four: Off. He would do four to five sets of three to four exercises for each muscle group. He would do eight to twelve reps per set using perfect .

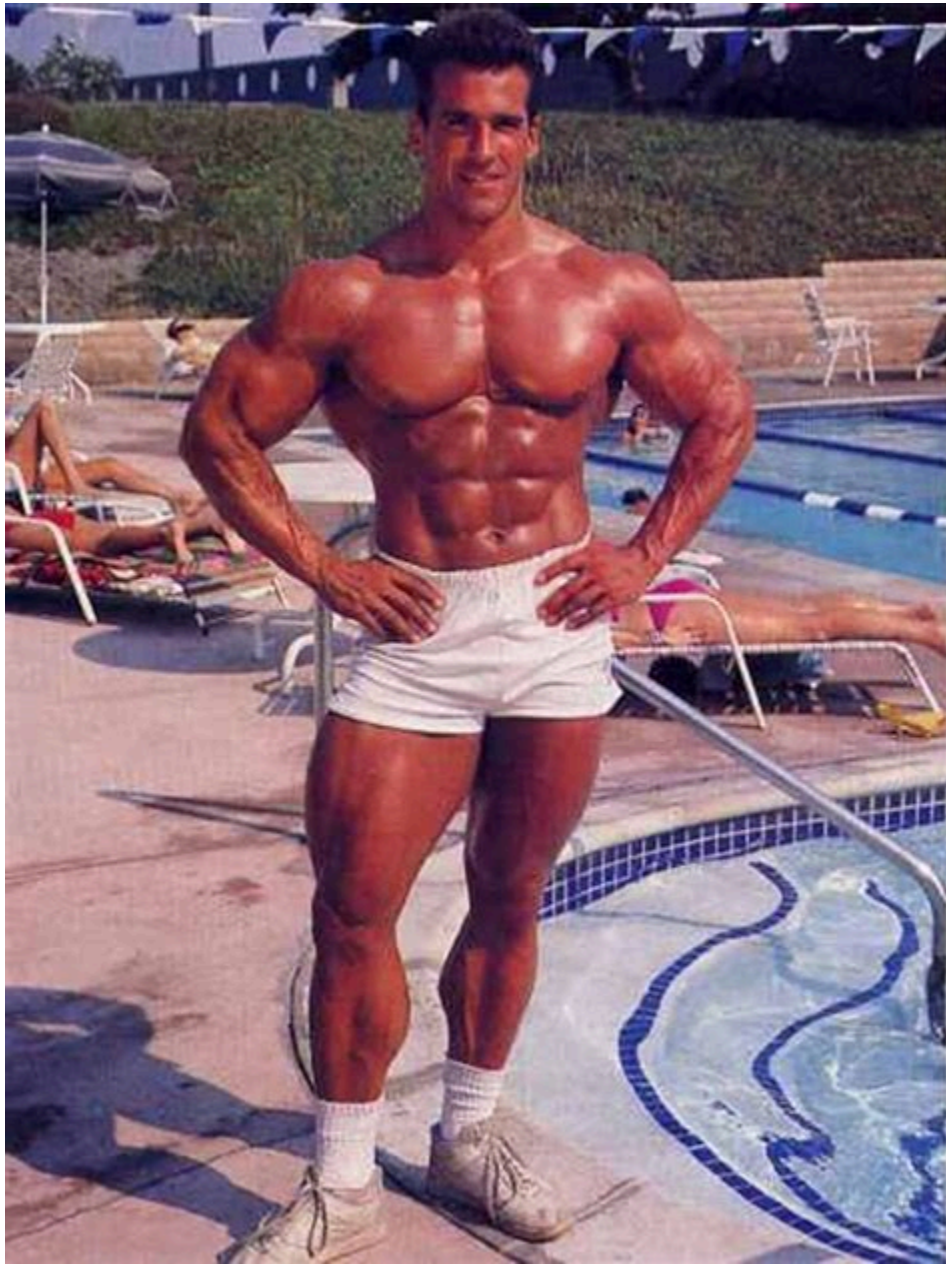


## Learn All About Bob Paris Workout Routine and Diet Plan | Height



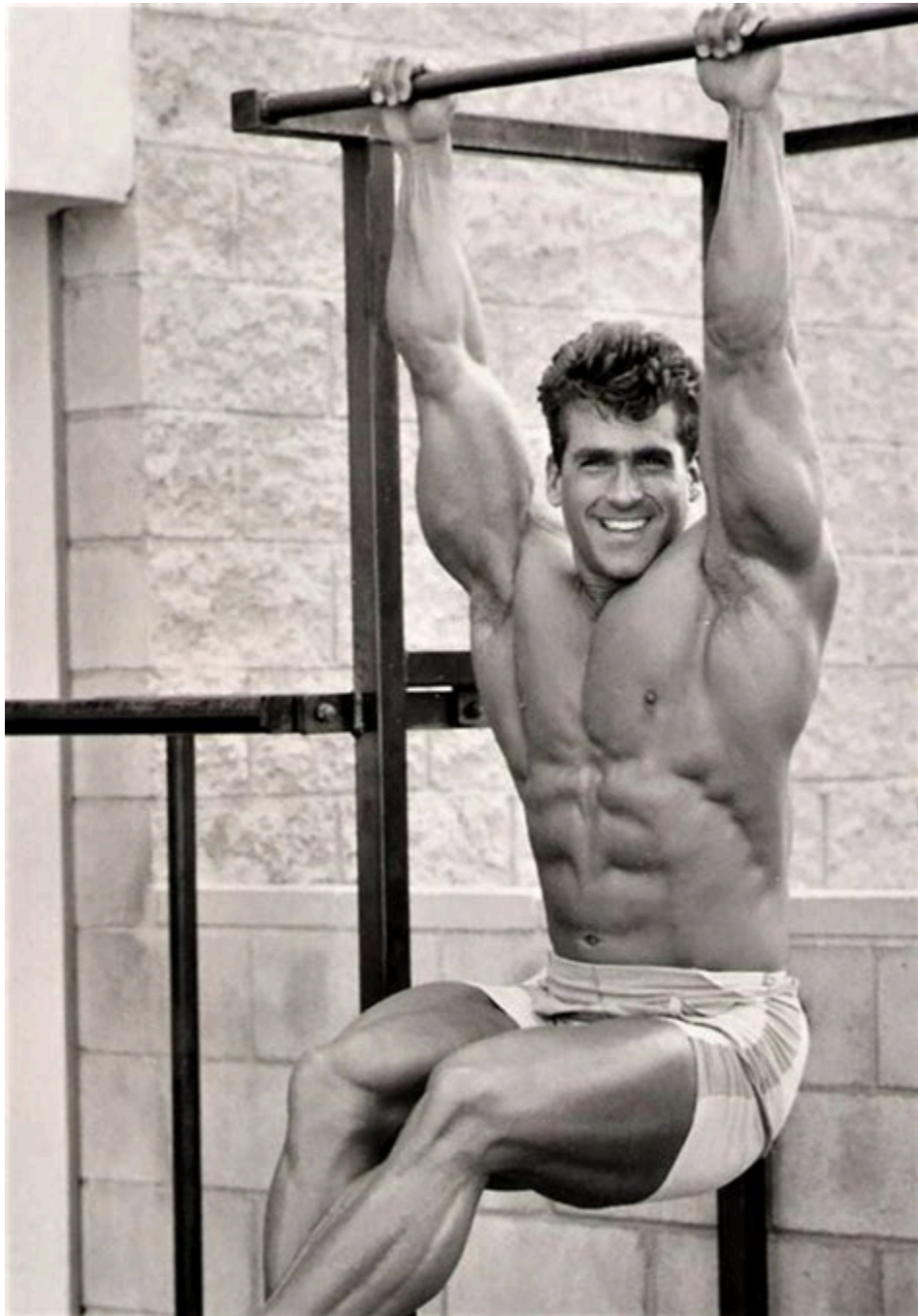
Bob Paris (born Robert Clark Paris on December 14, 1959) is an American-Canadian writer, actor, public speaker, civil rights activist and former professional bodybuilder. Paris was the 1983 NPC American National and IFBB World Bodybuilding Champion, Mr. Universe. . Workout and Diet.

## Bob Paris Bodybuilder, Bob Paris Workout - bodybuildingfanatic



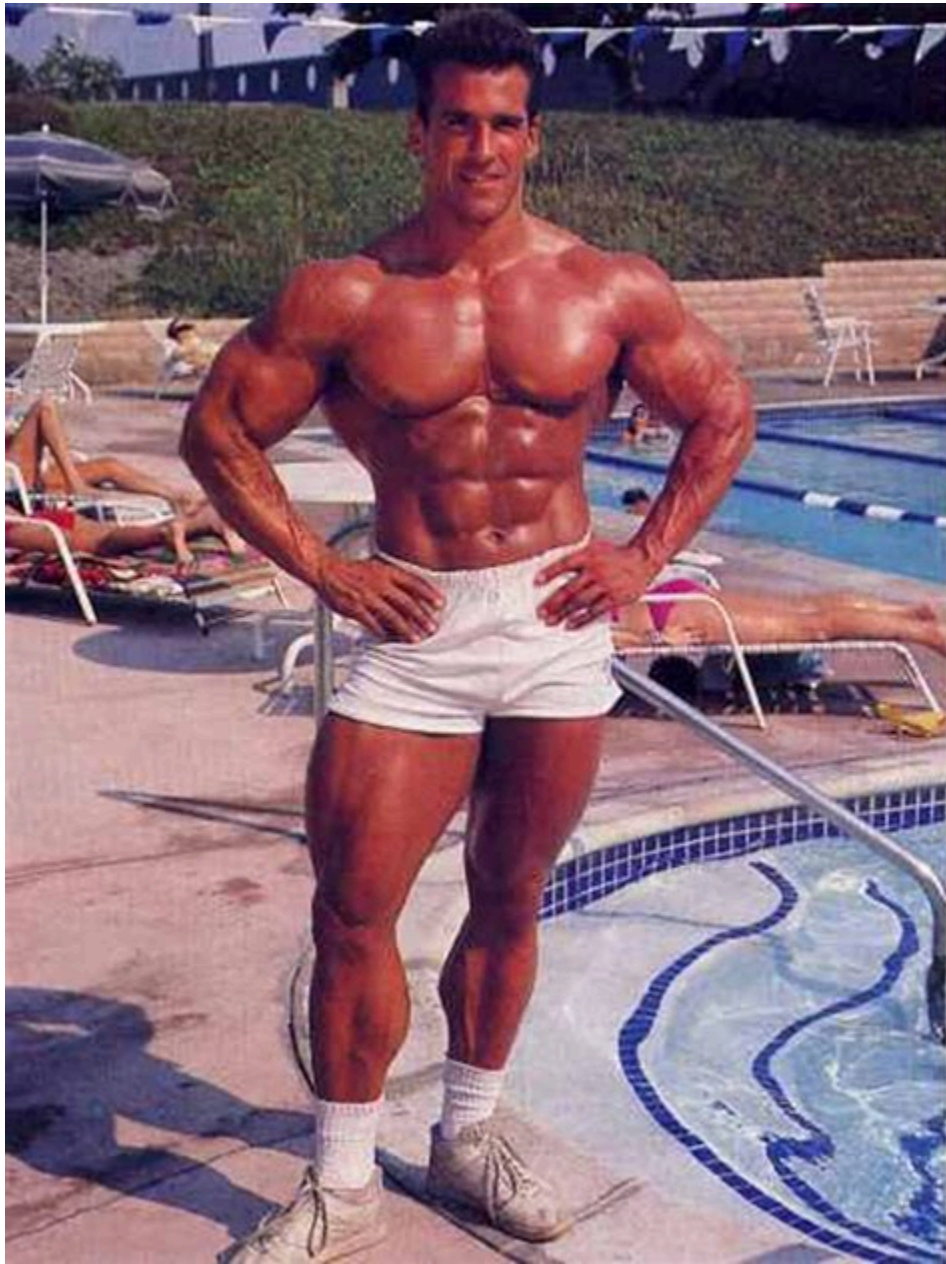
Bob Paris' Workout and Diet. By Jordan Leave a Comment | Last updated on February 6, 2022. Bob Paris is a bodybuilding legend and a fan favorite. His claim to fame was sculpting a lean, strong, beautiful and aesthetic physique. He was also ahead of his years in terms of maturity. By the time he was 25 years old he ...

## Bob Paris Workout: Top 10 Training Tips - The Barbell



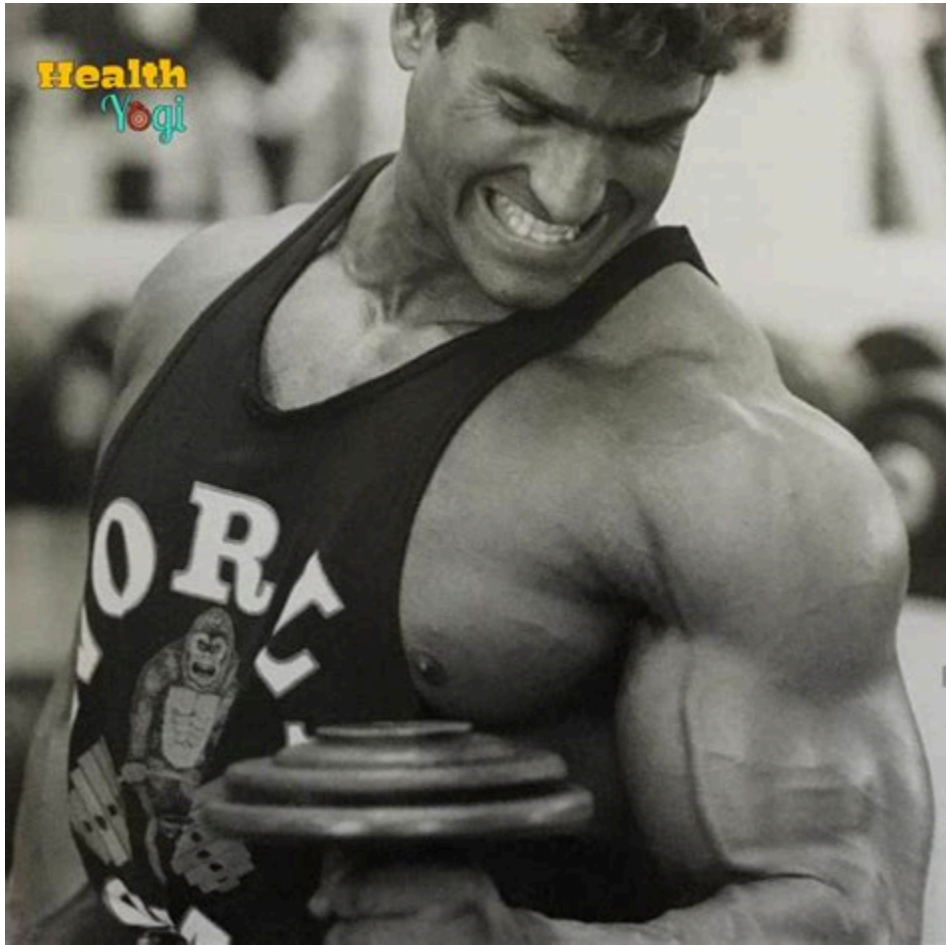
What's the secret sauce for creating a great body? "It was a combination of hard work, intelligent training, and good genes. " We'll supply the intelligent training plan, you supply the hard work and hopefully you picked the right parents. Let's get to it. Bob Paris' Workout Routine Bob Paris had a great physique. Similar to that of Frank Zane.

## Bob Paris "The Flawless Marvel" - Complete Profile - Fitness Volt



Alan Ritchson: Workout and Diet Tips. The Life of Gustavo Badell, Bodybuilding Great (1972-2023)  
The Barbarian Brothers: Their Full, Strange Story. . Bob Paris Workout: Top 10 Tips. Bob Paris-August  
24, 2022. Recent Articles. Forced Reps: Complete Training Guide; Strongest Man Ever: Top 10, Ranked  
by A. I.

## Bob Paris: Workout & Diet | The Bodybuilding Archive / Retro Athlete .



Bob Paris: Workout & Diet July 7, 2022 Bob Paris followed a simple Push-Pull-Legs (PPL) split routine. Whilst the full body split was most popular in the Silver Era, the PPL routine had taken over by the time Paris joined the scene. Bob Paris describes his workout routine in his book *Flawless*. The program is pretty simple.

## Bob Paris - The Most Aesthetic Athlete in Bodybuilding . - YouTube



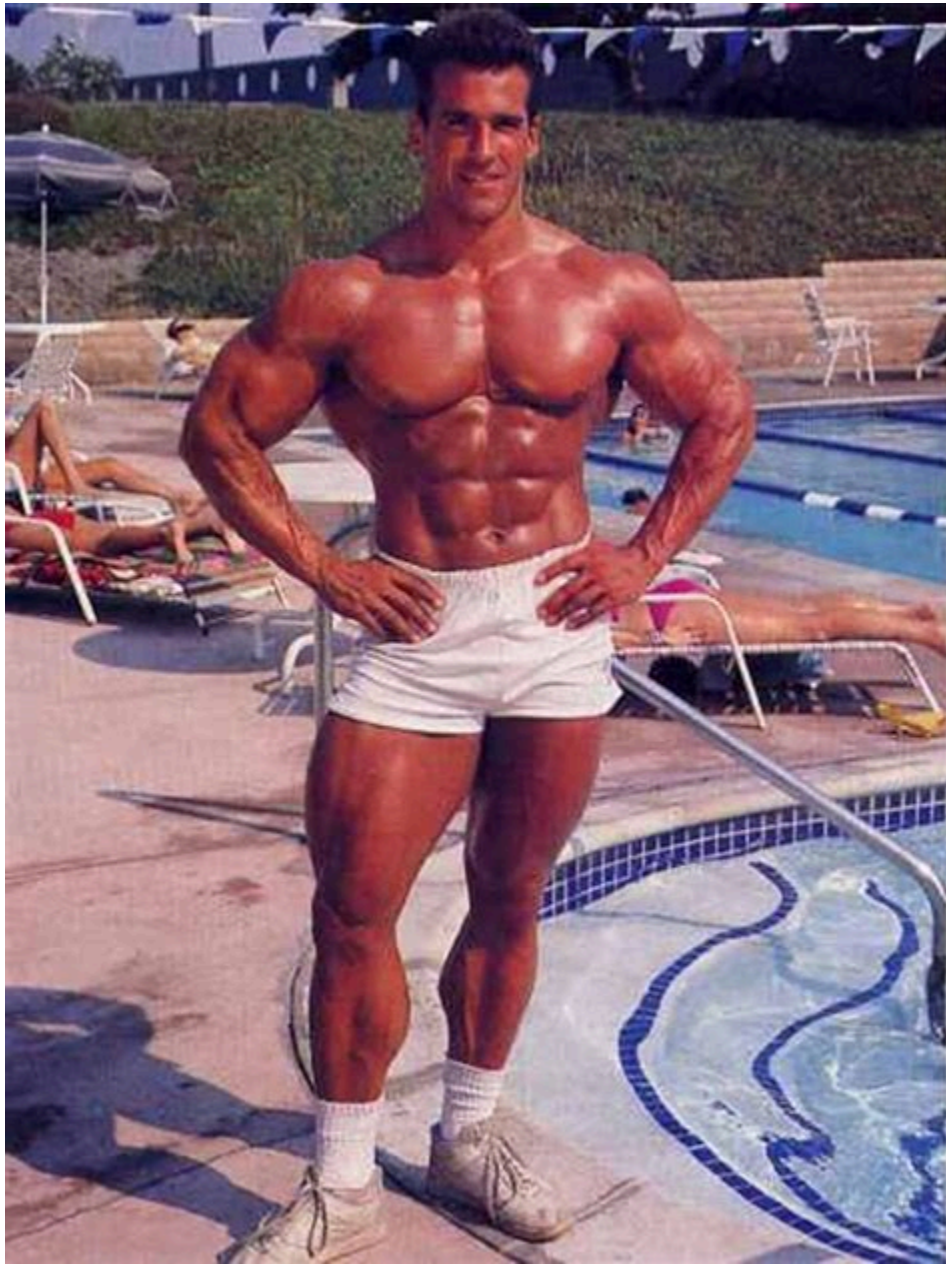
Age: 61. Date of birth: 14th December 1959. Height: 5 feet 10 inches (177.8 cm). Weight: 216-225 pounds (98-102 kg). Profession: Ex-bodybuilder, writer, actor and civil rights activist. Nationality: American by birth, took Canadian citizenship. Broscience Verdict CrazyBulk | Legal Steroid Alternatives 4.8

## Bob Paris - Greatest Physiques



Stats Height: 5'10" (177.5 cm) Weight: 215 - 225 lbs (93.0 - 102.1 kg) Year of birth: 1959 Bob Paris Diet Plan During the golden era of bodybuilding, nutrition was much more simple. Athletes consumed animal protein, some carbs, and higher amounts of fat. Today, modern bodybuilders have a different approach to nutrition.

## Bob Paris - Evolution of Bodybuilding



July 7, 2022. Bob Paris is one of the most respected bodybuilders of all time and a true artist when it comes to sculpting the body. As with most, his love of fitness and weight lifting started at an early age. Growing up in Southern Indiana, Paris grew up with a love of the outdoors. In High School, Bob was on the football, track and field .

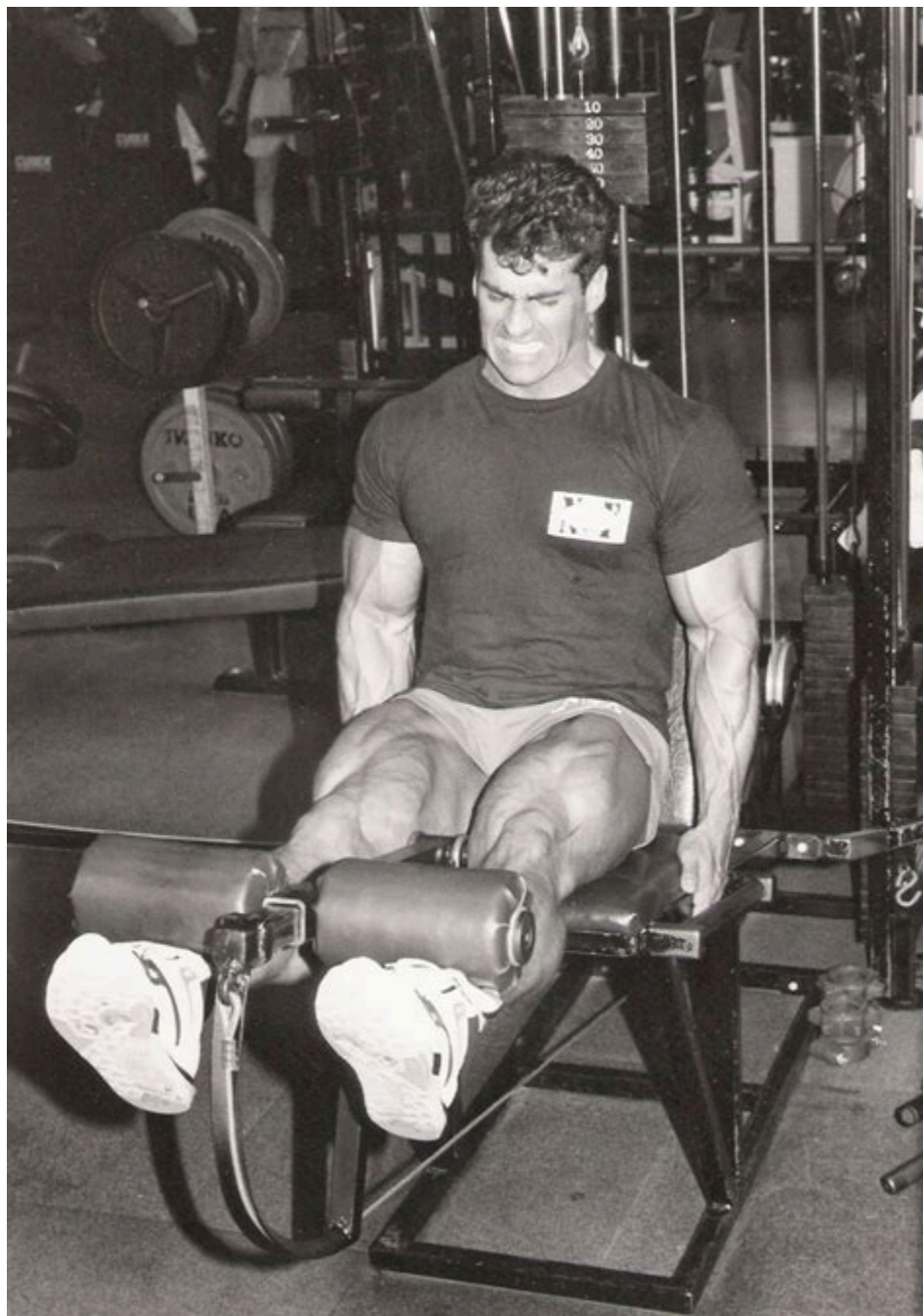


## March 2021 - Iron and Grit Fitness



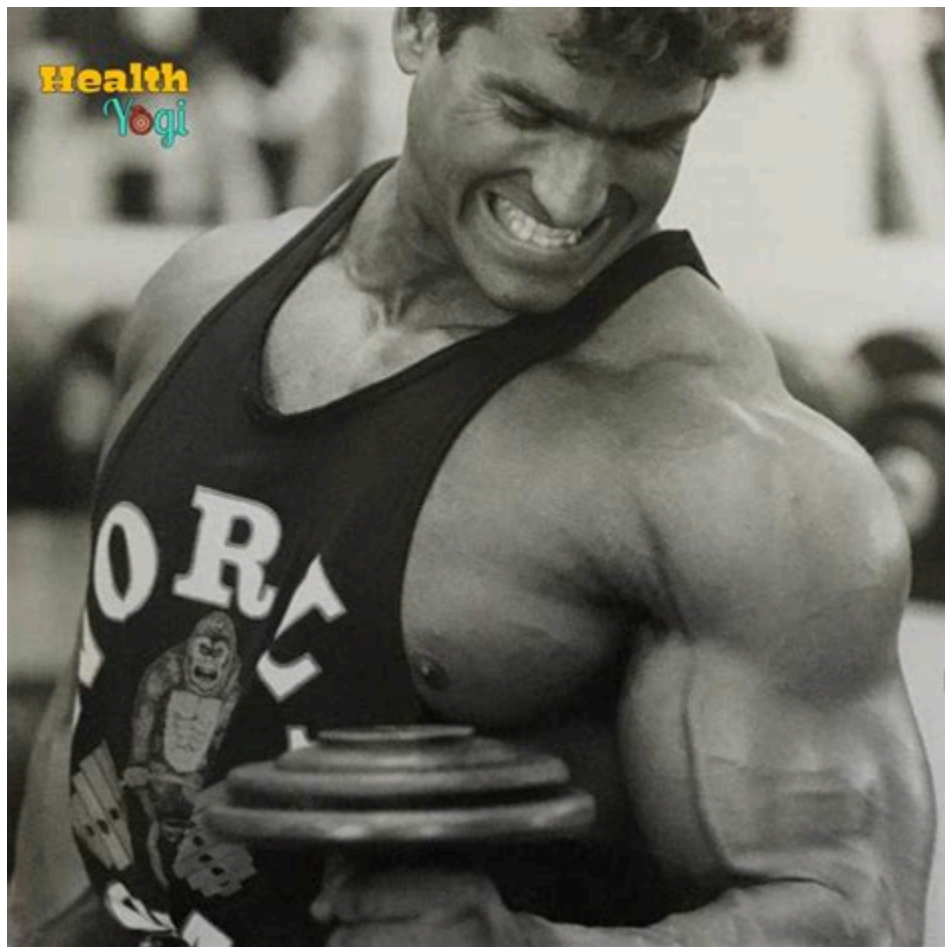
Want to shred fat like a pro athlete? Discover the cheat that athletes use to cut fat quickly and get defined muscles. Check out our top rated fat burners to find out what actually works. Bob Paris American-Canadian writer, actor, public speaker, civil rights activist and former professional bodybuilder

## Bob Paris' Workout and Diet - Iron and Grit Fitness



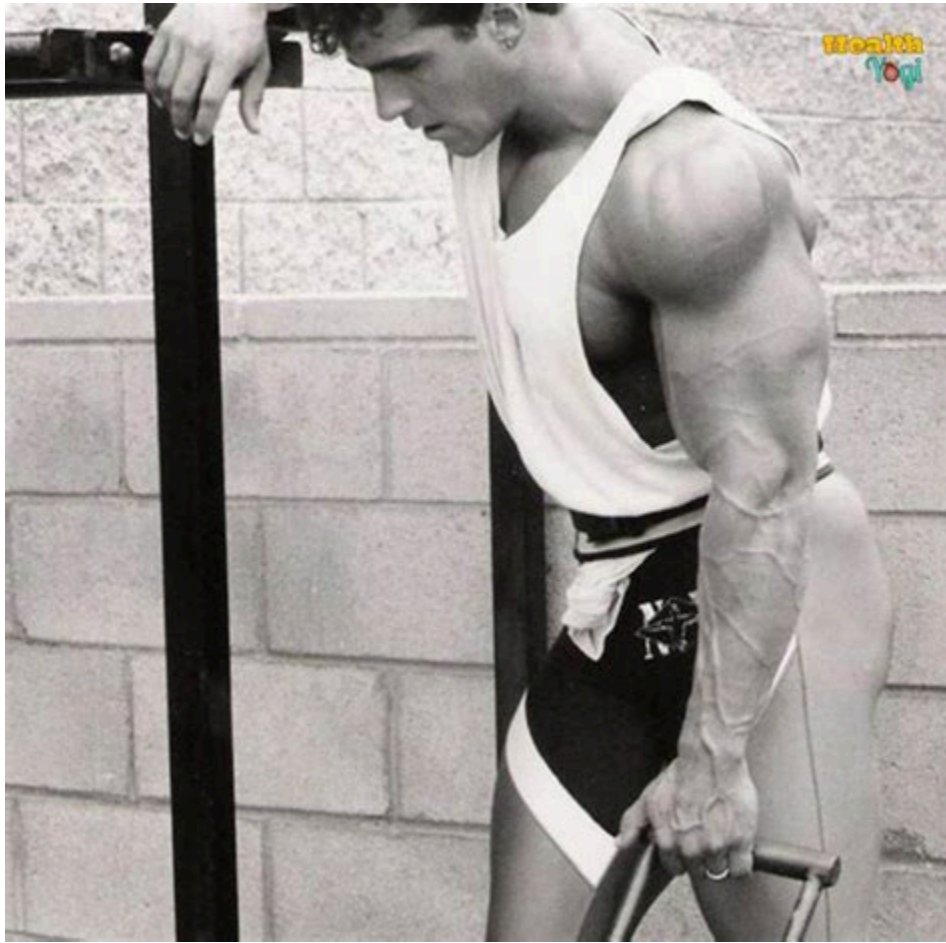
Bob Paris - The Most Aesthetic Athlete in Bodybuilding History | Training, Diet and Workout  
ScreenPop 1. 69K subscribers Subscribe 2. 6K views 1 year ago #bodybuilding #motivation #BobParis.

## Bob Paris: Workout & Diet | The Bodybuilding Archive



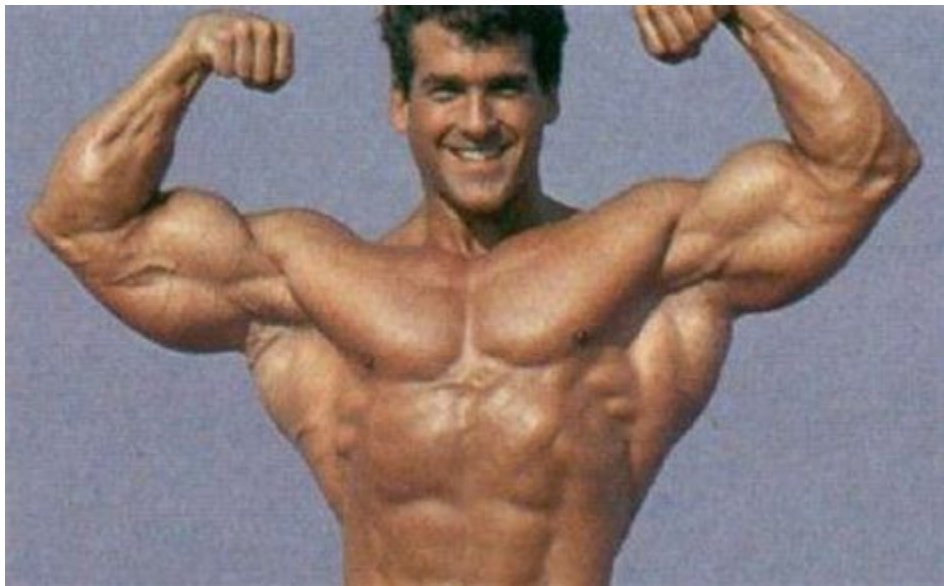
Dieting Plans Supplements Weight Loss Fitness/Exercise Gurus General Health Dangerous Additives  
Sleep Other Exercises Cardio CrossFit Yoga Steroids Weight Training Classic Bodybuilder Workout  
Exercises Back Chest Legs Shoulders Triceps Weight Training Programs

## Bob Paris's Workout Routine & Diet Plan - SPCFiTZ



**PRIORITIZE UPPER CHEST.** "What really makes pecs stand out is the upper region. If you have too much lower pecs and not enough upper pecs, your chest looks droopy. So I focus mostly on the upper part with incline presses and incline flyes, four sets of each and I do them first.

## **Bob Paris Workout Routine & Diet Plan (Updated February 2023)**



Here's one of Bob Paris's diet plans that include an optimal level of protein, carbs, and fats: Meal 1: Ground Beef OR Steak - 5 Ounces Chick Peas OR Lima Beans - 5 Ounces Rice - 4 Ounces Spinach - 3 Ounces Meal 2: Whole Egg - 1 Egg Whites - 7 Oatmeal - 4 Ounces

## The Legend of Bob Paris: A Profile of a Pioneering Bodybuilder



Bob Paris followed a straightforward Push-Pull-Legs (PPL) split routine. Whilst the full body split was most popular in the Silver Era, the PPL routine had taken over the scene by the time Madrid joined the scene. [Fortunate Era Muscle: Bob Paris Workout and Feeding Plan](#)

## Bob Paris Workout Routine And Diet Plan - Health Yogi

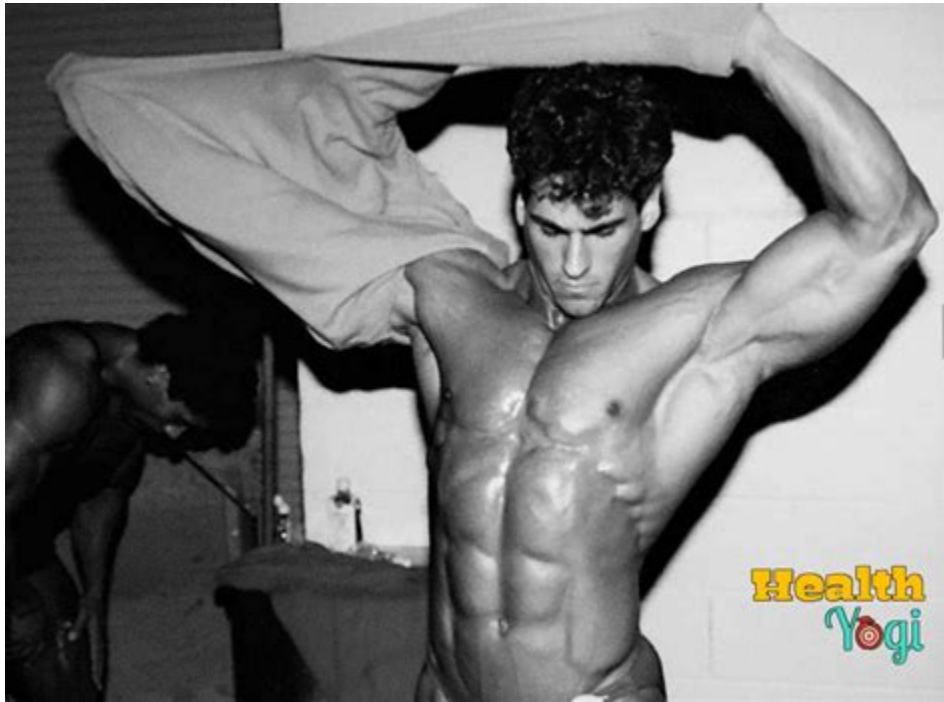


Table of Contents Bob Paris Body Measurements Bob Paris Workout Routine Day 1: Chest, Shoulders, Triceps, Abs, Cardio Day 2: Legs, Calves, Cardio Day 3: Back, Biceps, Forearms Day 4: Rest, Cardio Day 5: Chest, Shoulders, Triceps, Abs, Cardio Day 6: Legs, Calves, Cardio Day 7: Back, Biceps, Forearms Bob Paris Diet Plan Meal -1 of Bob Paris Diet Plan

- <https://publiclab.org/notes/print/44429>
- <https://publiclab.org/notes/print/43992>
- <https://publiclab.org/notes/print/46111>