

Zyzz tragically died of a heart attack at 22yrs whilst in Thailand recently. This has now raised many questions regarding body image and steroids. A client of mine Brendan King of the ABC recently recorded a show for the national radio station regarding Zyzz - Boys & The Buff Culture. Which I highly recommend checking out. Boys & The Buff.



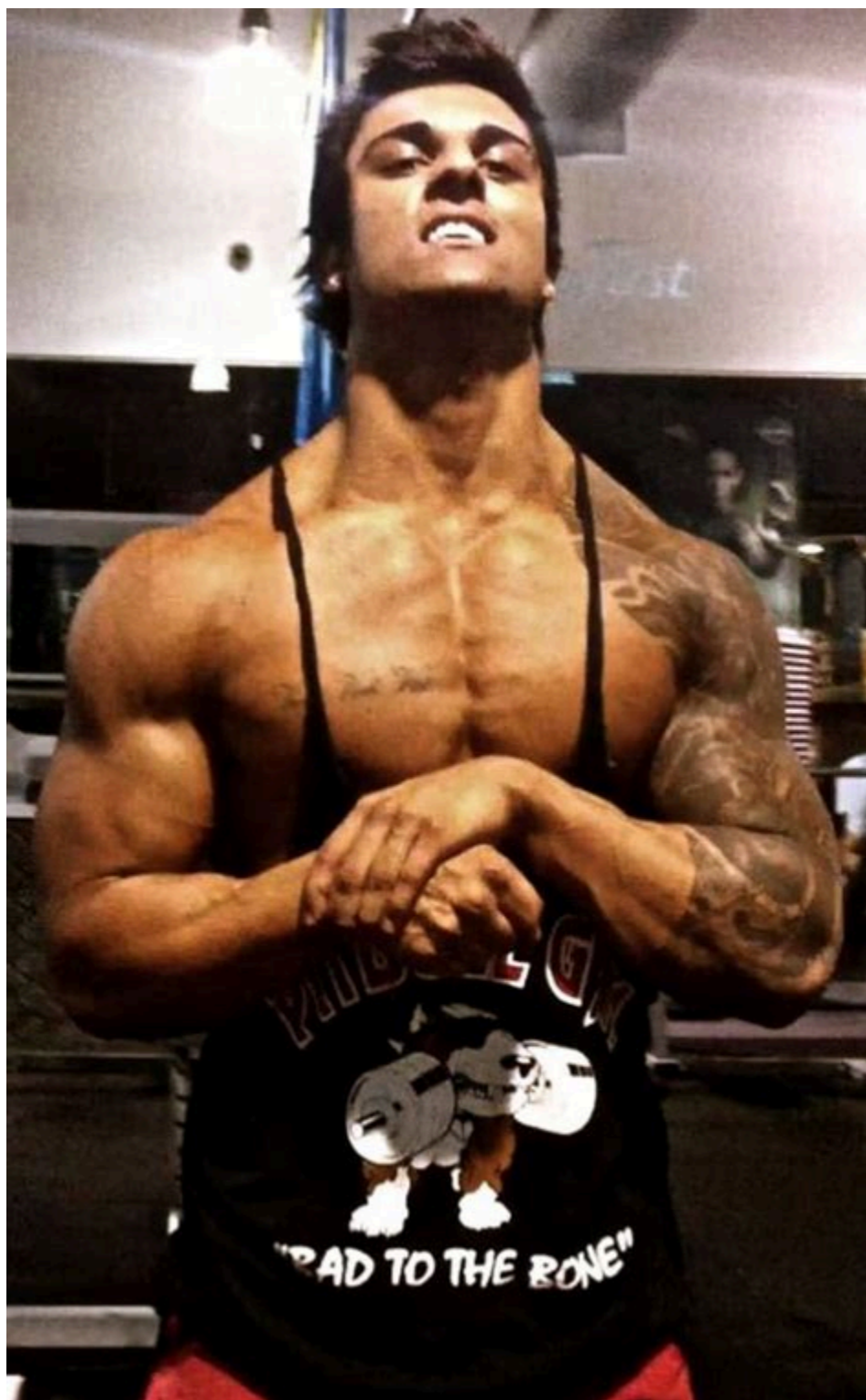
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How did Zyzz die? - This Interests Me



The media saw his death as a warning about the excessive use of anabolic steroids, although the autopsy later revealed a previously undiagnosed congenital heart defect. In any case, Zyzz's message .

Did The Man Who Started The Movement Of 'Looking Aesthetic' On . - MensXP



He objected to the use of his picture to illustrate what was essentially an article on the misuse of

anabolic steroids. [18] When asked by The Daily Telegraph, Shavershian denied ever using steroids, and claimed that his physique was the result of hard work in the gym and a strict diet. [23]

Remembering Zyzz: Distributed Memories on Distributed Networks

The Stories of Zyzz - Distributed Memories on Distributed Networks

Nansen, B., Arnold, M., Gibbs, M., and Kohn, T. (2015) The Stories of Zyzz - Distributed Memories on Distributed Networks, In *Social Media and Social Memories. Remembering in Digitally Networked Times*. Eds. Christine Lohmeier, Andrea Hajek and Christian Pentzold. Palgrave Macmillan.

Abstract

This chapter explores the online posthumous memories of Zyzz – an amateur bodybuilder and social media celebrity who died of a heart attack at the age of 22. It compares how memories of Zyzz are distributed and contested across multiple platforms, including niche body-building fan sites, popular social networking sites, and other online information-sharing or discussion forums. Based on a comparative analysis of content from these platforms, the chapter reveals how memories are subject to a tension between coherence and dispersal under the conditions of distributed networks. Digital memories are persistent, replicable, scalable, and searchable; yet they do not remain stable, with digitally networked data often fragmented, incomplete, restricted or obscure. We argue that in these contexts, memories of the dead are susceptible to competing, partial, and disparate accounts, which endeavour to secure a particular view of the deceased and identify a specific legacy that the deceased leaves behind.

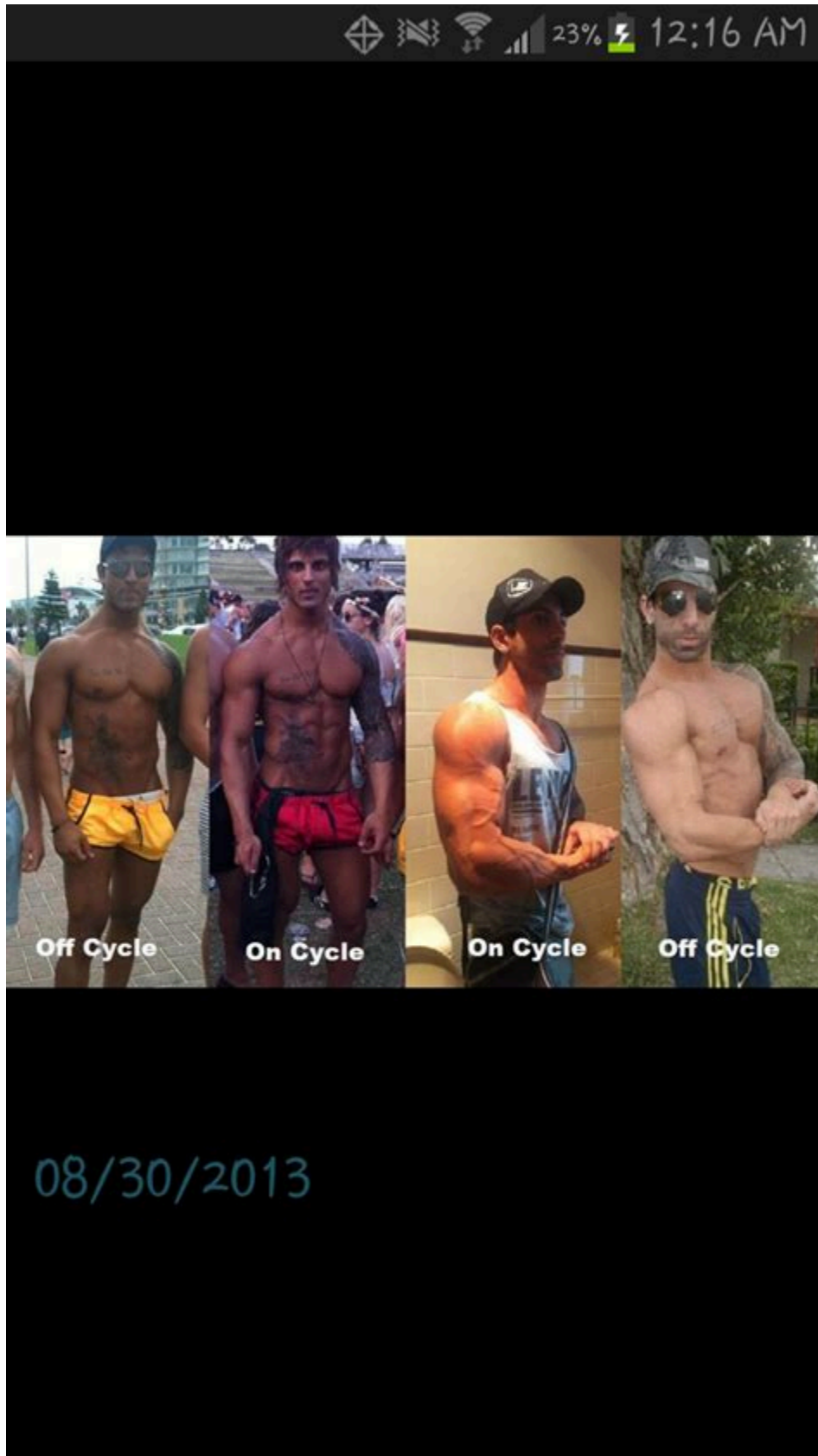
Introduction

Aziz Sergeevich Shavershian, better known as "Zyzz", died in 2011 at the age of 22 from a heart attack in a Bangkok sauna. Zyzz was a well-known identity among amateur bodybuilders – a subculture which seeks to achieve the "aesthetics" of a highly muscular physique. Prior to his death, Zyzz had become a minor internet celebrity, actively self-promoting himself through social media to create a personal brand. He had a Facebook following of more than 60,000 "fans" and regularly posted videos of himself on YouTube. Following his death, however, coverage of Zyzz exploded with both social and traditional media discussing his death, his status as a role model and celebrity, and the growing use of steroids among amateur bodybuilders.

This chapter compares posthumous representations and memories of Zyzz across multiple platforms, including niche body-building fan sites (BodySpace, Shredded), popular social networking sites (Facebook, YouTube) and other online information-sharing or discussion forums (Australian Broadcasting Corporation or ABC, Squidoo). Based on a comparative analysis of content from these platforms, we examine how material ecologies and social collaborations of commemoration in digital networks shape and re-shape the collective memory of Zyzz. This analysis draws on the multiple disciplines of the authors, including media studies, digital anthropology, technology studies and human-computer interaction, to outline the various social and technical trajectories involved in retrospectively remembering and prospectively memorialising the dead online. In so doing, we offer a new perspective on interactions between digital media and memory (Garde-Hansen 2011; Garde-Hansen et al., 2009; Neiger et al., 2011; van Dijck, 2007). We argue that the memories of the deceased are entangled with and across multiple platforms, and thus subject to a tension between coherence and dispersal under the conditions of distributed networks. In these conditions, digital memories are persistent, replicable, scalable, and searchable. Furthermore, instead of remaining

Zyzz was a fictional character that Aziz Shavershian created for himself. He's seen in one video saying, "everyone's got a little bit of Zyzz in them. ". It appears 'Zyzz' is an alter .

Does anyone know what Zyzz's cycle was? : r/zyzz - Reddit



12 If by shredded you mean: A lot of muscles. <5% body fat. Yes, you can do it naturally, but it's rare. It also depends on whether you expand your definition to "illegal substances" like off-label ephedra use or clenbuterol.

Zyzz body without steroids - Physical Fitness Stack Exchange



(Steroid connection explained). - YouTube 0:00 / 5:11 • Intro How did Zyzz die? Heart attack? Doctor explains autopsy report. (Steroid connection explained). Oxford Medical Summaries.

Which Steroids Did Zyzz Use? - 358 Words | Bartleby



Did zyzz take steroids? Alot of people say he took steroids, is that true? 8 Sort by: Add a Comment
idubby • 8 yr. ago nah bro, only creatine and protein powder 16 poolsidebabeig • 8 yr. ago nah man hes
fully natty cuz 16 MrInYourFACE • 8 yr. ago He was completely natural. There are reports that he took
creatine, but honestly i doubt it. 16

Chestbrah Admits Late Brother Zyzz "Didn't Deal With Fame Well"



More than a decade after his untimely death, Aziz 'Zyzz' Shavershian remains a cult hero on the internet for all kinds of men. He was the poster boy for uber-ripped bodies and the importance of seeking confidence — and Zyzz's online fame was ahead of his time. On August 5, 2011, a 22-year-old named Aziz Shavershian walked into a sauna .

Reacting To Zyzz's Steroid Cycles - My Analysis - YouTube



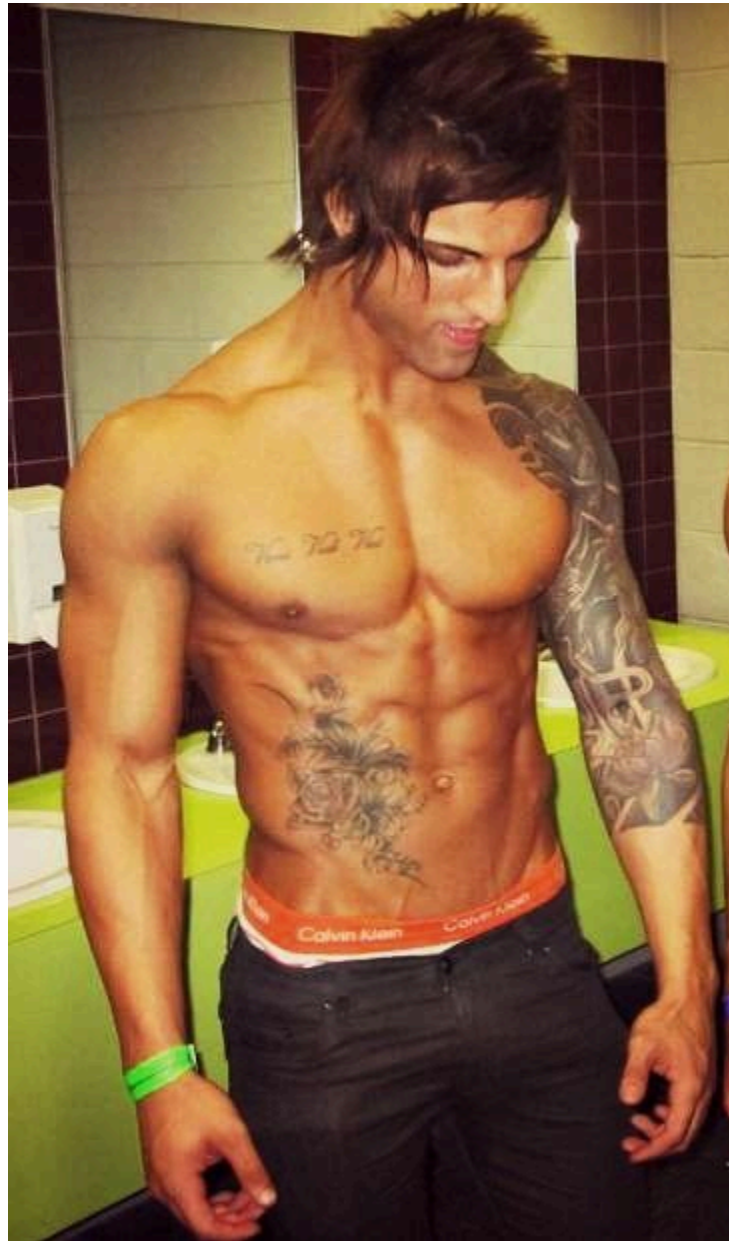
Although Zyzz publicly claimed that he never took steroids, this was untrue. An August 2008 post on a bodybuilding forum showed that he was an experienced user. A fellow bodybuilder called Tim "Sharky" Ward said that he had warned the 20-year-old about his steroid use in the days leading up to his death.

Did Zyzz Use Steroids or Was He Natural? - broscience



He was found in possession of an anabolic steroid and pleaded guilty to the charge last week. Said Shavershian, a personal trainer at Fitness First, was fined \$479. . One fan wrote: "Zyzz .

Did zyzz take steroids? : r/zyzz - Reddit



Brosience Verdict CrazyBulk | Legal Steroid Alternatives 4. 8 These are my top-rated legal bodybuilding supplements for explosive muscle growth and rapid fat loss. Find Best Price Read My Review The speculations were not without basis, as achieving Zyzz's level of aesthetic definition and muscularity naturally is an incredibly challenging feat.

Zyzz did Steroids as a 19-20 year old, why shouldn't I as a 22 . - Reddit



Which Steroids Did Zyzz Use? RIP Zyzz. It is widely known that Zyzz took steroids; explaining his motive to go on holiday to Thailand (shortly before he died) - due to the cheap prices in the country. He also referred to "riding bicycles", meaning to cycle steroids.

Zyzz - Wikipedia



posted videos of himself on YouTube. Following his death, however, coverage of Zyzz exploded with both social and traditional media discussing his death, his status as a role model and celebrity, and the growing use of steroids among amateur bodybuilders. This chapter compares posthumous representations and memories of Zyzz across multiple

why did nobody find Zyzz's steroid use controversial? : r/zyzz - Reddit



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Did zyzz take steroids or not? | Evolutionary Steroids Research Forums



People are missing the point of Aziz's lifestyle, the reason he was popular is not cuz of his physique, its cuz of the way he lived life, it really never mattered whether he used steroids or not, also, steroids are barely drugs in comparison with what zyzz used to take [deleted] • 8 mo. ago He wasn't a liar.

'Shattered': body of bodybuilder 'Zyzz' heading home



Zyzz did Steroids as a 19-20 year old, why shouldn't I as a 22 year old? Give me insights all you smart non-natty obi-wans. Archived post. New comments cannot be posted and votes cannot be cast. Sort by: Open comment sort options [deleted] • 6 yr. ago anabolic92 • 6 yr. ago Do whatever you want mate, we all do.

Zyzz: The Legacy & The Lessons - Medium



22 Amazing-Living-9957 • 1 yr. ago oh he was on drugs too besides steroids? I thought dying at 22 was crazy even on roids. . but makes sense if he was doing drugs on top of it. Bros bpm was prolly 220 while on roids and molly 4 billiebobbie5000 • 7 mo. ago He had congenital heart issues, arrhythmia I know for sure. Only exacerbated by steroid use.

Who Is Zyzz?: What You Need to Know About the Australian Bodybuilder



In an email to journalists in response to the media coverage, Zyzz did not deny but certainly did not admit to steroid use: The article portrays me in a negative light, using my photo for what was an article with anything related to drug use . . . What I have done, however, is use the internet to build up my name and brand, I have my own protein .

How did Zyzz die? Heart attack? Doctor explains autopsy . - YouTube



In the latest episode of 15 Minutes, Chestbrah talks candidly about Zyzz's demons. "He was very, very insecure, and he was in a lot of pain and a lot of hurt... because deep down he was still .

The Stories of Zyzz - Distributed Memories on Distributed Networks

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Fact Checked Written By: Jack Parker Table of Contents Aziz Sergeyevich Shavershian, better known as Zyzz, became an internet sensation with his chiseled physique and charismatic presence. His transformation from a skinny teen to a muscular icon sparked widespread curiosity and speculation.

Remembering Zyzz: The Greatest Muzza Ever - VICE



New member Aug 25, 2022 #1 I am 21 years old and he has the best body in bodybuilding history I don't care what anyone says I read that zyzz never took steroids and he only used chyawanprash and Kurdish biscuits to achieve his physique I want to achieve his physique but not sure how to do it.

Did Zyzz Use Steroids? - Muzcle



Aziz denied ever using steroids to The Daily Telegraph and claimed that his amazing physique was due to hard work in the gym and a strict diet. However, Aziz often used phrases like "riding."

Did Zyzz take steroids during his rise to fame? A look into Aziz .



Like I mentioned above, Zyzz never admitted to steroid usage openly but his brother Said had openly talked about it in a YouTube video saying that he was surprised as to how strong and muscular.

- <https://publiclab.org/notes/print/45151>
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- <https://groups.google.com/g/escopiroli/c/Eia22osNO2U>