



West Coast Bodybuilding Scene: The Golden Era

Dick Tyler

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A trip through the most unforgettable years of bodybuilding as a handful of restless musclemen catapulted the sport of muscle and might across the globe. Called the Golden Era of bodybuilding, you'll see Bill Pearl as he hands off to Larry Scott, the rise of Dave Draper, Sergio Oliva, with Don Howorth and Frank Zane in the background and Arnold Schwarzenegger and Franco Columbu emerging in the foreground. Dick Tyler writes of the Muscle Beach gossip, Vince Gironda's gym and many more feature columns from the late '60s and early '70s. You'll love this one! Nonfiction, as recorded by a journalist on the scene. Packed with 160 photos; this book is nicely indexed by individual names. Foreword and captions by Dave Draper.

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