

A Genealogy of Male Body Building: From classical to freaky (Routledge Research in Sport, Culture and Society)



Bodybuilding has become an increasingly dominant part of popular fitness culture within the last century. Developing muscles is now seen as essential for both general health and high performance sport. At the more extreme end, the monstrous built body has become a pop icon that continues to provoke fascination. This original and engaging study explores the development of male bodybuilding culture from the nineteenth century to the present day, tracing its transformations and offering a new perspective on its current extreme direction. Drawing on archival research, interviews, participant observation, and discourse analysis, this book presents a critical mapping of bodybuilding's trajectory. Following this trajectory through the wider sociocultural changes which it has been a part of, it uses a unique combination of historical and empirical data to investigate the aesthetics of bodybuilding as a vivid illustration of the drive to stretch the limits of human nature. This book will be fascinating reading for all those interested in the history and culture of bodybuilding, as well as for students and researchers of the sociology of sport.

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