



Bodybuilding for Dumbbells: same

By ric drasin

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Ric Drasin from the Golden Era of Bodybuilding Venice beach 1970s shares the old school workouts for great results in bodybuilding. Routines are based on workouts that Ric and Arnold Schwarzenegger used back then.

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Editorial Review

About the Author

Ric Drasin, former Pro Wrestler (The Equalizer) owner of Ric Drasin's Pro Wrestling School, Bodybuilder and designer of the famous Gold's Gym and World Gym Logos, former training partner of Arnold Schwarzenegger and Demi Hulk (middle hulk) on The Incredible Hulk TV Series. Ric has an Internet show with over 10 million viewers Ricscorner.com which has interviews with bodybuilders of the Golden Era (the 70's) at Gold's Gym along with celebrities and guests talking about fitness, bodybuilding, health and gym situations today. Ric also writes articles for Muscle&Fitness.com, Bodybuilding.com, Universal Nutrition on training, diet and how to maintain shape well into the senior years. Along with that Ric hosts other shows, Actorentertainment.com, Ric Drasin Live on Empowerme.tv, and Tuff and Tender (on relationships) also on Empowerme.tv. Ric designed the Gold's Gym logo on a napkin in a deli in 1973 and the World Gym Gorilla for Joe Gold in 1976. He also had a t shirt line following those. It doesn't end there, as he also has books out that he has written, Bodybuilding for Dumbbells and The Time of My Life, the Golden Era of Bodybuilding on his website, www.ricdrasin.com Ric has also designed more shirts that are on his site as well as on bodybuilding.com

Users Review

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