



The Sport of Youth Bodybuilding: A Complete Instructional Manual

Bryan E Eidem

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The goal of mini bodybuilding is to introduce children to the world of natural bodybuilding and physical fitness in a safe and healthy way. The purpose of this book is to give parents, coaches and young athletes a foundation in bodybuilding by presenting the eight mandatory poses, nutritional information and muscle group education. Mini bodybuilding is a division of the INBA/PNBA youth athletics. INBA is the leader in bodybuilding organizations providing a drug free fitness atmosphere and international competition stage for our future athletes to compete and represent their countries, their competence, their confidence and their well earned physiques.

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