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He followed up in 1974 with the essay "Pumping Iron: The Art and Sport of Bodybuilding", Gaines, Charles L. (1984) Pumping Iron II: The Unprecedented Woman.

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Inspired by a book of the same name by Charles Gaines The film began as a look at bodybuilding from the perspective of a newcomer to the sport; Pumping Iron

Ken waller - wikipedia, the free encyclopedia

Kenny "Ken" Waller (born March 20, 1942) is an American former bodybuilder featured in the 1977 movie Pumping Iron, which starred Arnold Schwarzenegger. Waller also

Pumping iron documentary trailer (1977)

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Pumping Iron II: The Unprecedented Woman by Gaines, Charles. Published by Horizon Book Promotions (1984) ISBN 10: 0671441051 ISBN 13:

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Works by Charles Gaines: Pumping Iron: The Art and Sport of Bodybuilding, A Family Place: A Man Returns to the Center of His Life, Staying Hard, Stay Hungry, The Next

Charles gains - wikipedia, the free encyclopedia

Author and outdoorsman Charles Gaines. Born: Charles L. Gaines In 1974 Gaines created Pumping Iron: The Art and Sport of Bodybuilding,

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