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in 2002 the bodybuilding com team led by deluca created an expo that allowed locals and people that wanted to travel to boise to feel a connection to them in real life whether you know it as the bodybuilding com expo or the boise fit expo bfe it had become an annual tradition in the midwest by 2003 the site had become a pillar of the

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sandow built his physique to the exact proportions of his grecian ideal and is considered the father of modern bodybuilding as one of the first athletes to intentionally develop his musculature to predetermined dimensions

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