

# Bodybuilding Basics By Robert Kennedy

**By Robert Kennedy**

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Catalog Record: Hardcore bodybuilding : the blood, sweat, and tears of pumping iron  
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Robert Kennedy was a Canadian publisher of fitness and bodybuilding magazines. He founded Robert Kennedy Publishing, one of the largest North American publishers of

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Robert Kennedy, a legend in the bodybuilding industry and an advocate for human wellness, passed away on April 12, 2012. So in order to pay homage to the great W