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News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more. Bodybuilding is specifically defined for purposes of this subreddit as the sport that involves preparing yourself for a competition (includes bikini, fitness, figure and physique).

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### **Prison Workout: The Jailhouse Strong - bodybuilding.com**

PRISON BodyBuilding and Nutrition: UPNORTH : Upnorth: the New York State Penitentiary Workout Program for Building Jail House Muscle Mass and Strength. by Joseph Cosme. No Customer Reviews. Select Format: Paperback. \$28.49. Select Condition: Like New--Very Good--Good--Acceptable--New. \$28.49. See 1 Edition from \$28.49.

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I also formulated a very effective diet of 350 grams of protein, 200 grams of carb and 100 grams of fat. The second month I reduced carbs and fat: 350 grams of protein, 100 grams of carb, 80 grams of fat.

### **Bodybuilding in Prison | Iron Man Magazine**

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### **The Basics of Bodybuilding Nutrition - ThoughtCo**

It was easy to revel in muscle, and many men in prison do just that. Not Like Planet Fitness. Prison weightlifting is its own subculture, with a history, customs, heroes, myths, and as any proper subculture should have, its own vocabulary. As a result, there are several colorful terms for going out to the yard and lifting weights.

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