

## A survey.....Please evryone answer.....for my next article

### [Bodybuilding.com's Message Boards: Teen Bodybuilding: A survey.....Please evryone answer.....for my next article](#)

By [AJ](#) on Wednesday, April 04, 2001 - 04:31 am: [Edit](#)

OK guys now i want to know your age and why you choose to bodybuild. Also what do you think bodybuilding is all about.

Please all answer as it is for my next article.

Thanx guys

AJ

<http://www.teenbodybuilding.com/aj.html>

By [Anonymous \( - 12.76.74.235\)](#) on Wednesday, April 04, 2001 - 04:39 am: [Edit](#)

I felt sorry for all the guys packing into gyms, trying to look like what Calvin Klein and Tommy Hilfiger said they should.

-In Tyler We Trust

By [coolguy247 \( - 63.17.97.1\)](#) on Wednesday, April 04, 2001 - 06:32 am: [Edit](#)

hey im 13 and i want to bodybuild to stop be called the fat kid. I am 5'3 and lost around 11 pounds and people still think of me as "big". I have been weight training for about 2 months. I think bodybuilding is to see how you can sculpt your body.

By [bigbiceps \( - 209.183.102.172\)](#) on Wednesday, April 04, 2001 - 06:54 am: [Edit](#)

hey im 14 and chose bodybuilding because its a healthy way to go! i want to be big not ripped like ronnie. i also think bodybuilding is all about nature. go the natural way not with all the supplements like andro and crap. creatine is natural so thats fine. protein is something our bodies need so thats good too.

By [USMC \( - 205.188.193.161\)](#) on Wednesday, April 04, 2001 - 07:12 am: [Edit](#)

age, 15. Reason i began bodybuilding is simple. THE FEW THE PROUD-THE MARINES... I need to be strong enough to complete my duties and be the best of the best. When the country calls on it's troops i'll be ready and strong. OORAHHH

THE MORE YOU SWEAT IN TRAINING THE LESS YOU BLEED IN COMBAT. OORAH-THATS MY MOTIVATION, SURVIVAL

By [BiG RED \( - 131.128.137.145\)](#) on Wednesday, April 04, 2001 - 08:00 am: [Edit](#)

I love to lift, i love to eat.

I love conquering the weight and watching my body change. I love looking at the guys faces at the gym after i've just done a intense set, and people saying "damn, i never realized you were so strong." Being big and intimidating also turned me on to it. The knowledge and discipline that goes w. it is also something i need. If it wasn't for bodybuilding i might be drunk or in jail right now. Lastly...the girls..nuff said, i can go on for days.

Br

By [HandsomeJeff \( - 24.168.215.211\)](#) on Wednesday, April 04, 2001 - 08:13 am: [Edit](#)

17 years old.

I bodybuild for confidence, attention, and pussy.

By [Hobbit\\_Boy \( - 24.237.115.48\)](#) on Wednesday, April 04, 2001 - 08:26 am: [Edit](#)

I also got tired of being in self-denial about being the "fat kid"...I've lost close to 70 lbs -- from 32% BF down to 10%. I love being on competition with no one else but myself. The inner struggle and the feeling (pride) I get when i reach a new weight on a specific lift, of begin to see new viens.

Self-improvment is key, knowing your pushing yourself to the edge...that kicks ass.

By [Anonymous \( - 24.157.7.6\)](#) on Wednesday, April 04, 2001 - 08:44 am: [Edit](#)

19

I started because i was a drugie and got really sick (drugs screwed up my immune system) i went to my doctor he told me that i had mono and a mild case of pnemonia.

After a i got better i was "dangerously" underwieght. I was basicly drinkning fluid for a month. 5"7 at about 100lbs. I could either gain fat or muscle.I choose muscle.

Since i've started i've gained 50lbs of lean mass and still growing. the only supps i use are a multi, flax seed, and protien powder.

So all you guys out there just eat smart and train smart. The more you learn the bigger you can be. I've read almost every scrap of info about training and diet I can get my hands on and still learning.

Oh...and i'm totaly clean now and in the process of quitting smoking as well.

By [muscle](#) on Wednesday, April 04, 2001 - 10:09 pm: [Edit](#)

I am 16 going on 17 I choose bodybuilding because it is a way to achieve goals and know that you are doing it the right way. Then when you ahcive your goals you set new ones.

It is one of the most rewarding sports there are. It is a way of life and may consume most of your free time if you are serious. I chose to accept that because I know I can be one of the few to be great.

It is very addicting when you see muscle that you didn't know you had, and then you work harder to see more or those muscles. And in this world where being fat is in the "norm" I choose to be different, I choose to be "huge" the healthy way.

By [AJ \( - 195.92.194.18\)](#) on Thursday, April 05, 2001 - 04:13 am: [Edit](#)

OK Guys thanx so far.

Some good and interesting answers.

By [Rockie S \( - 210.214.91.133\)](#) on Friday, April 06, 2001 - 09:23 pm: [Edit](#)

AJ what r ur stats?

Ive given the answer to ur survey in another section,  
Rockie

By [AJ](#) on Saturday, April 07, 2001 - 07:39 pm: [Edit](#)

OK Rocky i am only 14 and quite skinny so bare that in mind about my shit stats.

Biceps: 12 inch  
Calves: 14 inch  
Chest: about 48 inches.

I dont know the rest. I know they are pretty \$h1t but i am really gonna start to train real hard for my upcoming holiday in October. I hope to get my weight up by about 20 lbs and i want to get really ripped but still big.

By [Steve \( - 24.4.252.26\)](#) on Friday, April 20, 2001 - 09:14 am: [Edit](#)

16 yrs, 5'8 weigh 145

i havent been doing it seriously for very long, but i choose to bodybuild because i love it.. i enjoy working out, build self confidence, and make myself look better, and its a goal that i know is possible for me to achieve...

also, where can i get something to measure body fat %? im very interested in knowing where i'm at.

By [Anonymous \(152.163.195.194\)](#) on Saturday, October 06, 2001 - 09:16 am: [Edit](#)

i do it because i believe that i should push my body to the very limits of human endurance, to do the best with what God gave me.

### Add a Message

Username:

Password:

E-mail:

This is a public posting area. If you do not have an account, enter your full name into the "Username" box and leave the "Password" box empty. Your e-mail address is optional.

Post as "Anonymous"

Preview/Post Message