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Bill Pearl is a four-time Mr. Universe and author of the best-selling bodybuilding books, Legends of The

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Biography. Pearl was born in Prineville, Oregon. His first major victory was in the 1953 Amateur Mr Universe contest, in which he beat out a then 23-year-old Sean Connery. He actively competed until his retirement in 1971, when he won the Mr. Universe title one last time, beating Frank Zane, Reg Park and Sergio Oliva. In all, he won the professional Mr Universe 4 times in an 18-year span, which ...

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Bill Pearl's Keys to the Inner Universe: Pearl, Bill ...

Bill Pearl's Keys To The Inner Universe One book Charles Poliquin frequently referred to in his writings and seminars is the 639-page bodybuilding classic, Keys to the Inner Universe by Bill Pearl. First published in 1978, this book set the standard for providing the most extensive list of exercises available for physique transformation.

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