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bodybuilding, a regimen of exercises designed to enhance the human body s muscular development and promote general health and fitness. As a competitive activity

<http://www.britannica.com/topic/bodybuilding>

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Which would you say is better? Bodybuilding obviously builds up your muscles more specifically, but manual labour definitely broadens them. A guy whos lifted weights

<http://forum.bodybuilding.com/showthread.php?t=166121941&pagenumber=1>

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There have been plenty of threads of people asking about nutrition (that's the key) for manual labor jobs and lifting. Basically, eat more and you'll be just fine.

http://tnation.t-nation.com/free_online_forum/sports_body_training_performance_bodybuilding/manual_labor_and_bodybuilding

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<http://www.ironmanmagazine.com/qa-manual-labor-shift-work-and-bodybuilding/>

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