

Abcbodybuilding.com Mission Statement

Goal

To provide the premium scientific bodybuilding site in existence.

Vision

Abcbodybuilding.com has and will continue to redefine the sport of bodybuilding, changing the very foundation by which bodybuilders base their actions and beliefs. This foundation shall be science and logic, and the end result shall be mental, physical, and spiritual well being.

Mission

- We provide unmatched scientific bodybuilding information.
- We change lives, getting people excited about bodybuilding, education, and God.
- We make disciples, producing a nation of educated and successful bodybuilders.
- We provide a family friendly community, based on wholesome Christian principles.