

Mission Statement of ABCbodybuilding.com

It is the unwavering resolution of the staff and management of ABCbodybuilding to provide the supreme bodybuilding research medium in existence; to establish a foundation of intellectual eminence that thrives off of impeccable investigations for the purpose of creating advanced theoretical clauses and philosophical insights, with the explicit determination of serving our fellow athletes.

As a subsequent expression of such revelation of grandeur, ABC will forthwith rise up to utterly vanquish unsubstantiated, quixotic mythologies that presently plague our beloved sport.

Vision Statement of ABCbodybuilding.com

By encouraging disciplined conduits of hypertrophy and hyperplasia training, the staff and management of ABCbodybuilding are persuaded that the truth, which surely can take care of itself, will transpire, and that science, the development of knowledge, and intellectual independence will thereby be served.

Given the immense breadth of the sport and the potential facets of reaching our intended goal of achieving the highest degree of scientific prescriptions, affiliates of ABC can expect to see abstract concepts emerge from fields as diverse as developmental biology, kinesiology, biochemistry, philosophical theology, and physiology, to name but a few.

ABCbodybuilding will adhere to a type of Draconian dogma, weighing all its evidence through careful scrutiny and tests of validity, to ensure that you, our fellow colleagues, are only obtaining only the most current manifested evidences.