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The London 2012 Games were centred around the Olympic Park in east London, which is the site of a number of new sports venues. Up to 180,000 spectators a day entered the Park to enjoy the Games, making it the principal focus of Olympic activity.

London 2012 Summer Olympics - results & video highlights

The modern Olympic Games or Olympics (French: Jeux olympiques) are leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The Olympic Games are considered the world's foremost sports competition with more than 200 nations participating.

Olympic Games - Wikipedia

Mark Jerrold Henry (born June 12, 1971) is an American powerlifter, Olympic weightlifter, strongman, and retired professional wrestler, who is currently signed to WWE as a producer. [citation needed] He is a two-time Olympian (1992 and 1996) and a gold, silver, and bronze medalist at the Pan American Games in 1995. As a powerlifter, he was WDFPF World Champion (1995) and a two-time U.S ...

Mark Henry - Wikipedia

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There are a lot of articles on ROK about lifting weights and building muscle. All of them are very good. What I could not find was an ultimate guide, with all the most important information for building muscle the fastest way possible, naturally, in a single place.

The Ultimate Guide To Building Muscle: Genetics And Training

Sports journalists and bloggers covering NFL, MLB, NBA, NHL, MMA, college football and basketball, NASCAR, fantasy sports and more. News, photos, mock drafts, game ...

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