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Frank Zane (born June 28, 1942 in Kingston, Pennsylvania) is an American former professional bodybuilder and teacher. Contents 1 Biography 1.1 Education 1.2

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The Zane Body Training Manual. Posted by: Zane begins discussing his body and how the sport of bodybuilding has gone from awarding aesthetic,

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Apr 12, 2008 "Train with Zane" - a weight training video hosted by Frank Zane. Frank Zane retired from professional bodybuilding in 1983, but is still working hard

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