

## **ABSTRACT**

The main topic of this work will be the origin and progress of the biggest bodybuilding competition on the world *Mr. Olympia* and associated themes. In this work should be found the main history events of world bodybuilding, important competitors and functionaries. The main goal of the work was the explore and record the early years of the bodybuilding competition *Mr. Olympia*. Other goals included recording the main characters that are related to evolution of *Mr. Olympia* and linking the theme with the elementary world history of world bodybuilding. The main method is a historical method. The main topic was elaborated. The structure of the work corresponds to the individual stages of development of the given competition. The work can be used to search for historical facts related to the given issue and should help to better understand the topic.

## **KEYWORDS**

*Mr. Olympia*, bodybuilding contest, bodybuilders, progress, bodybuilding