

Dr. Andreas Müller: Kulturistik. Bodybuilding und Kraftsport in der DDR. Eine sporthistorische Analyse

Dr. Andreas Müller: Kulturistik. Bodybuilding and Kraftsport in the GDR. A Sports Historical Analysis

Sportverlag Strauß, Köln 2011

#### Brief outline

1	Introduction and problem	11
2	Existing research, sources and methods	15
2.1	“Schwerathletik”, and “Schwerathlet”	17
2.2	Federal Archives	18
2.3	The Office of the Federal Commissioner (BstU)	18
2.4	Specialist magazines	20
2.5	Accompanying booklets of competitions in Kulturistik	21
2.6	Press releases	21
2.7	Monographs	21
2.8	Contemporary witnesses	22
2.9	Other sources	24
3	Origins and aims of Körperkulturistik or bodybuilding, resp.	25
4	Methods of bodybuilding	33
4.1	Training in bodybuilding	33
4.2	Diet in bodybuilding	47
4.3	Doping in bodybuilding	51
5	External influences on the development of the GDR Kulturistik	61
5.1	On the development of bodybuilding in the FRG and the USA and the hence resulting incentives on the development of Körperkulturistik in the GDR	62
5.2	On the development of Kulturistik in the eastern bloc states and the hence resulting influences on the Körperkulturistik in the GDR	87
6	The development of Kulturistik in the GDR	105
6.1	Structures, aims, and the general material and technical	

	conditions of the GDR sport	105
6.2	The development of the GDR Kulturistik from its beginnings to the onset of perestroika	123
6.3	The GDR Kulturistik between 1985 and 1989	237
6.4	The development of the Kulturistik in the final phase of the GDR, in 1989 and 1990	273
7	Conclusion – attempt of a concluding analysis	303
7.1	On the position of Körperkulturistik in the GDR sport	303
7.2	Protagonists	305
7.3	Foreign influences	306
7.4	Doping	308
7.5	Körperkulturistik and sports policy	309
7.6	GDR Körperkulturistik and FRG bodybuilding – a comparison	313
7.7	Körperkulturistik in the area of conflict between repression, opportunism and emancipation	315
8	List of abbreviations	319
9	Bibliography	325
	Literary and Internet sources	325
	Documents from the Office of the Federal Commissioner for the documents of the State Security of the former GDR	348
	Documents from the Foundation Archives of Parties and Mass Organizations of the GDR in the Federal Archives (SAPMO)	349
	Documents from private archives	350
	Conversation records	351
	Film documents	353
10	Register of persons	355

## Summary

“Kulturistik”, “Körperkulturistik”, or “Kraftsport” were the names used between 1960 and 1990 in the GDR for a kind of sport that from today’s point of view included bodybuilding, powerlifting and fitness training. The present work depicts the development of this phenomenon in the aforementioned period, thus including all important phases from the emergence of first informal training groups in the area of East Berlin, Potsdam, Cottbus and Leipzig, in the years before and immediately after the construction of the Berlin Wall until the development of a commercial fitness sector in the GDR in 1990.

The work begins with an analysis of the training, the diet and the use of pharmaceutical products in bodybuilding, and with a chapter on the development of bodybuilding and Kulturistik, respectively, in the FRG and the USA, as well as in the USSR, the ČSSR and in the People’s Republic of Poland. Based on this analysis, specific conditions of the Kulturistik in the GDR are discussed.

On the example of the development of the East German Körperkulturistik it becomes clear how in the so-called GDR Volkssport, too, the “intentions of life” as described by Vaclav Havel established themselves against the “intentions of the system” in the shape of the state-imposed GDR sports policy. Not least on the basis of numerous interviews with contemporary witnesses this work documents that also and especially in the GDR Volkssport – in comparison with the much more systematically regulated competitive sport – there were spaces where the attempts of the East German sports administration to control all sports and to exploit them for the assertion of political interests failed.