



04. ADELYN, FEMALE BODY BUILDING

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Adelyn won a natural body building contest in 2020, in the "bikini" category.

She had decided to launch herself in the sport, like a top athlete, in order to overcome a long illness. Natural bodybuilding requires a total and constant commitment of the body, strict control of her diet and attention to the smallest detail. An extreme discipline that she considers an art and that she combines with her life as a woman and a mother.

AVAILABLE FOR SCREENING: original French (commentary, sub-titles, signing)



Categorie(s): Society & Human Interest, New Programmes

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