

## **SPORTING LEGENDS: REG PARK**

**SPORT: BODYBUILDING**

**COMPETITIVE ERA: 1983 - 1999**

Reg Park, (7 June 1928 - 22 November 2007) in Yorkshire, England, was a bodybuilder, businessman, and film actor.



Park won the 1949 Mr. Britain, and then subsequently spent six months in the United States. There, he met up with Joe Weider who began to feature the Englishman prominently in his magazines.

Park was runner-up to Steve Reeves in the 1950 NABBA Amateur Mr. Universe and then broke what had been an American monopoly on bodybuilding titles by winning the 1951 NABBA Amateur Mr. Universe. He went on to win the 1958 and 1965 NABBA Pro Mr. Universe titles.

Massively built, standing 6' 2" and with a top weight of 225 lbs., Park was also renowned for his strength, which he often demonstrated in public performances. He was an early influence and mentor for champion bodybuilder Arnold Schwarzenegger.

As an actor, Park made only five films - all Italian sword and sandal - but he remains a favourite among fans of the genre.

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Reg Park had one of the greatest physiques of his generation.

Up to the time of his illness in 2007, despite being in his seventies, Park continued to train clients at the Morningside Virgin Active Gym in Sandton, South Africa.

He has been featured in many fitness and bodybuilding magazines, and has also appeared on the cover of *MUSCLE magazine*. He was inducted into the International Federation of Bodybuilders (IFBB) Hall of Fame's first ballot in 1999.

With his wife Mareon of 55 years at home and Jon Jon by his side, Park died on November 22, 2007 in his home in South Africa, after an eight month battle with metastatic melanoma (a form of skin cancer).

Reg Park's legacy is continued by his son, Jon Jon Park, a personal trainer and former Olympic Swimmer. Reg Park raised and trained Jon Jon in South Africa. Today Jon Jon Park is the owner of World Private Exercise, a popular gymnasium in West Los Angeles, CA.

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The classic physique of Reg Park from the early 50s.

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### Scott Burton's Final Thought

It is an honour to be commenting on the influence of Reg Park's legacy.

The fact that he was the inspiration for Arnold Schwarzenegger's bodybuilding career speaks volumes about the importance of this great man.

There will only ever be one Reg Park, that's for sure.

Over the years I have trained a few people on WABBA courses who have worked with Reg Park, and they always spoke highly of him.

His positive attitude towards training and living a healthy lifestyle made him an extremely infectious character.

For his time era, he was HUGE, possessing a physique that has inspired millions of would-be bodybuilders for many years.

He started his Physical Culture back in 1928, performing bench presses whilst lying on bags of sand (there were no dedicated gym benches back then!).

To have achieved what he did via limited equipment resources says it all. He had the genetics, the charisma and the style.

It is no coincidence that by moulding himself on Reg Park, Arnold would go on to become the legendary figure that he became in the sport of bodybuilding.



**Reg Park is a true Physical Culture legend, from the old-school!**