

SPORTING LEGENDS: SERGE NUBRET

SPORT: PHYSICAL CULTURE / BODYBUILDING

COMPETITIVE ERA: 1958 - 1982

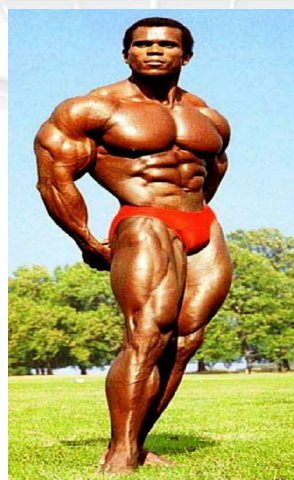
Serge Nubret was born on the 6th of October 1938 in Anse Bertrand, Guadeloupe. After a happy childhood, running around and playing in the fresh air of such an environment, he moved to France to pursue his scholarship, he was 12 years old.

Soon enough, he became aware of his exceptional potential for athletics. Thus, in 1958, back in Guadeloupe after accounting studies, he decided to dedicate himself to bodybuilding which was to become, in his own words, his "reason of being".

Gifted with real artistic aptitudes, Serge was then ready to fulfilling his potential of becoming the "sculptor of his own body". All were amazed and perplexed when he started to talk about his intention to becoming a world champion after only 2 years of training. Living up to his words, in 1960 he became the IFBB World's Most Muscular Man in Montreal.

From this day forward, this exceptional athlete kept improving, winning the most prestigious titles including NABBA Mr Universe in 1976 (London), Mr World WBBG and Mr Olympus in 1977 (New York) and another World champion title in 1981 (Geneva).

In 1982, 22 years after his first world-class achievement, further demonstrating his lifetime dedication, he became the WABBA world champion in Rome, winning his fifth major title.



The incredible physique of Serge Nubret; size, symmetry, separation - what a package!

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Nubret looked amazing from every angle - even when seemingly in a relaxed pose.

In 2003, Serge offered a stunning last show to his public during the World championships in France (Gravelines) at 65 years of age! Additionally to being recognised by experts, peers and fans as a reference in the bodybuilding field, Serge Nubret has also dedicated himself to development and promotion of Bodybuilding.

He became the head of the France and Europe IFBB bodybuilding federation from 1970 to 1975. He is also the founder of WABBA since 1976 with one objective in mind: ensuring that affiliated athletes receive the best support via representing organisations.

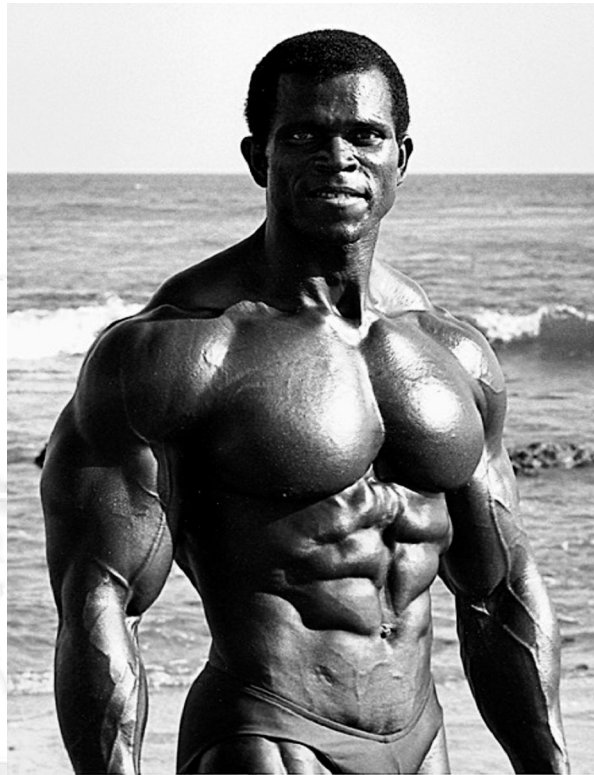
The cinema could not miss out on such a character. Thus, Serge NUBRET featured in 25 movies including the following major hits:

- ◆ The Titans (1961);
- ◆ César et Rosalie (1972);
- ◆ Le Professionnel (1981).

Serge remains one of the most significant figure and for lots of bodybuilders, he represents the out-of-the-box aesthetic reference. His legacy is well alive, witnessing the Golden Age of bodybuilding when balance and harmony were keys to all achievements. In the 1980s, Serge appeared regularly in 60 episodes of the television series *Breakfast Included*, in which he played the role of bodybuilder/gym owner in Paris, a role that mirrors his own biography.

At last, he appeared in the documentary film *Pumping Iron*, a documentary that follows the events occurring before the Mr. Olympia 1975 - the preparation for the competition as well as its final phase. For contractual reasons, his part is comparatively brief; certain scenes concerning him could not be put in the movie. But these episodes are discussed further in his book, *I am...Me and God*.

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Many have tried, but no physical culturist or bodybuilder has ever looked as good as Serge Nubret in this classic pose. His body was an absolute work of art.

Awards:

- ◆ 1958: Mr. Guadeloupe
- ◆ 1960: IFBB World Most Muscular Man
- ◆ 1970: NABBA Mister Universe 2nd
- ◆ 1970: IFBB Mr. Europe (Tall)
- ◆ 1972: IFBB Mr. Olympia (3rd place)
- ◆ 1974: IFBB Mr. Olympia (2nd)
- ◆ 1975: IFBB Mr. Olympia (2ND)
- ◆ 1976: Pro NABBA Mr. Universe
- ◆ 1976: WBBG Mr. World (2nd)
- ◆ 1977: WBBG Mr. World
- ◆ 1977: WBBG Mr. Olympus
- ◆ 1981: Pro WABBA World Championships
- ◆ 1982: Pro WABBA World Championships

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Scott Burton's Final Thought

Well, which superlatives are left to describe Serge Nubret that haven't already been used before? The man is an absolute legend in the modern history of physical culture.

Through his involvement with WABBA, I have been fortunate enough to meet with the great man, and even when you share a meeting room with Serge Nubret - you can't help but feel totally inspired by his aura.

Not so long ago, Serge came to WABBA Qualifications in the UK to meet with Alan Runacres and myself - and it was a meeting I'll always remember, not least because he was sat next to another bodybuilding legend, the great Helmut Riedmeier himself!

Meeting with two such bodybuilding legends was a fantastic experience, and I was impressed with both their modesty and humility. Over the years Alan and I have encountered numerous bodybuilding champions who have a HIGHLY inflated opinion of themselves, with arrogance that knew no boundaries. They are ten-a-penny.

However, with Serge and Helmut, there were no such flaws. They have nothing left to prove to anyone - they've been at the top of the tree before, and stayed there for decades! They deserve their place in bodybuilding history, and will be remembered for a very long time to come. It is always an honour to meet with these guys.



How many guys in their fifties ever looked THIS good? Serge Nubret is one-of-kind.