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Frank Zane (born June 28, 1942 in Kingston, Pennsylvania) is an American former professional bodybuilder and teacher. Contents 1 Biography 1.1 Education 1.2  
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### **Frank zane | food for your muscle**

Frank Zane was born in the year 1942 on June 28th. He was born in Kingston, Pennsylvania. He is five feet nine inches tall. He weighs 190 lb. he now resides in Palm  
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Frank Zane: Bulking up, training too heavy and getting injured. Just doing stupid stuff. The other one I have is called the Zane Body Training Manual.

### **Frank zane - evolution of bodybuilding**

Frank Zane (born June 28, 1942 in Kingston, Pennsylvania) is an American former professional bodybuilder and teacher. Zane received a B.Sc (Bachelor of Science degree

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