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Dexter Jackson: Life and Training: The Dexter Jackson Story - Insights into Elite Bodybuilding, Championship Workouts, and Pro Nutrition Strategies (The Bodybuilding Library Book 14)

Fitness Research Publishing

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Dexter's career extended well beyond what is typical in the demanding world of professional bodybuilding. He competed at the highest levels into his 50s, a testament to his rigorous training ethic and smart approach to body maintenance. "It's all about listening to your body and adapting. That's how you last in this sport," Jackson explained (Flex Magazine, 2015). His ability to stay injury-free and consistently present a top-tier physique at competitions underscored his mastery of the sport.

Note:
