



(CAUTION CONTAINS MILD NUDITY) TOPLESS model turned bodybuilder Jodie Marsh became watercooler issue this week after she flexed her new muscles in a bodybuilding competition.

Both men and women seemed polarised over whether her new look was sexy or hideous.

But Marsh is only a beginner when it comes to pumping iron, weighing in at a little over 100lbs, and her desire was simply 'to look well toned'.

In the hardcore world of extreme female bodybuilding a handful of women push the sport, and their physiques, to jaw-dropping new levels.

This is a world where the aim of the game is to be the biggest and the freakiest – where 200lbs of rock hard female muscle and vein-popping, hyper-ripped physiques are the norm.

While not all the women use drugs the use of anabolic steroids is also an accepted (if little talked-about) part of the sport.

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When female bodybuilders go too far – unbelievable pics of the female Arnold Schwarzeneggers

Written by Lara Deauville

Bodybuilding's official bodies have become so concerned that the women's terrifying physiques were scaring both new competitors and potential sponsors away from the sport that they have changed the judging criteria to reward 'more feminine physiques'.

But that hasn't stopped many girls from pumping their muscles to extreme levels.

Take a look at our gallery to see just how far female bodybuilders can go...

Renee Toney



Wendy McMaster



Yaxeni Oriquen and Amelia Hernandez

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Nina Loebardt

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Tina Lockwood

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Aleesha Young

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