



Muscle Boys: Gay Gym Culture

Erick Alvarez

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What was once a lifestyle for a small number of gay men in big cities has become a way of life for many, and the gay gym is now a culture on its own. *Muscle Boys: Gay Gym Culture* explores the evolution and current structure of this gay subculture that surfaced in San Francisco, West Hollywood, and New York during the 1970s.

Covering ancient Greek gymnasium culture, modern bodybuilding practices, and homoerotic muscle-bound media, *Muscles Boys* examines the origins of the male athletic ideal. A sociological investigation on masculinity, fitness, HIV, steroids, and sex in the locker room, *Muscle Boys* dissects the gay gym experience, and celebrates gay body culture and its role in modern gay life.

Author Erick Alvarez offers a candid study of the gay gym from his perspective as a physical trainer in the San Francisco Bay area, and from his interviews and online surveys of nearly 6,000 gay men. *Muscle Boys: Gay Gym Culture* is an enlightening read for anyone interested in gay body culture, and a valuable resource for academics working in GLBT studies, human sexuality, psychology, or athletics.

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