

Men's Bodies Through the Decades

1920's



1920's Hollywood shaped the male body ideal. It was thought that camera's added about 20 pounds onto the actors' frame. Because of this, the male ideal body was slim and agile-strong and athletic. Many of the male stars did their own stunts and therefore had to be "in shape". The "Hollywood Icon" body type was born in this era.

1930's-1940's

By the 1930's, more muscular body types became popular. The "muscular mesomorph" had a strong upper body with more defined muscles, a chiseled face, broad shoulders, and a small waist.



1950's

In the 50's, the focus was less on strong and more on big! The "Exec Bod" became ideal. Broad shoulders and a tall body with a small waist was considered imposing and commanding. A boxier frame was all the rage!

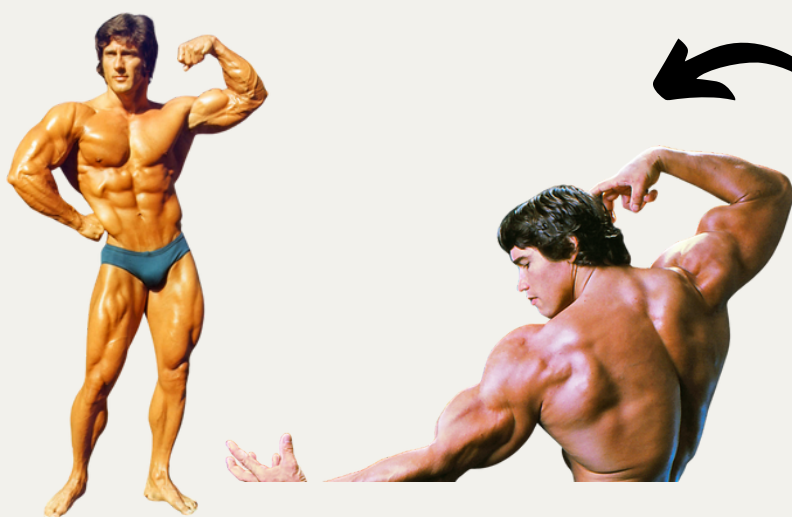
1960's

Fighting "the man", androgyny, and ignoring "machismo" became popular in the 60s. Men often grew out their hair, and obtained a very slim, rocker frame. The body ideal was more about self expression and opinionated ideals rather than muscles.



1970's-1990's

While the slim frame remained the same for rock-stars, a very large, bodybuilder frame became widely popular in the 70s, 80s, and 90s. Excessively pronounced muscles with definition, and bulky veins was idealized. This "action figure look" was often depicted in movies and in magazines.



2000's-TODAY

While the ideal male body has changed drastically throughout the decades, today the ideal male body is much more attainable. Large muscles may be preferred by some while others may prefer a leaner body type or a "dad bod". Since the body positivity movement, the idea of the "ideal body" has diminished, and a wide range of body types are now accepted and celebrated!

