



In the current digital space, recommendation algorithms are supposed to provide value to personal users by personalizing the content; however, the algorithms are mostly prone to similar structural biases that predispose the user to certain elements and restrict the amount of information that can be accessed. Recent studies demonstrate that algorithmic systems broadly, and collaborative filtering systems employed by social networks and streaming applications, serve to promote popular content over genuine diversity, not to mention that they amplify the historical tendencies in users' behaviour (Carnovalini et al., 2025). This unequal attention is created by biases in data distributions and models and results in what scholars refer to as the popularity bias, with popular content prevailing at the top of recommendation lists to the detriment of niche or underrepresented content. This bias has been reported to be a major research issue in recommender systems and has an impact on the users and content providers. In this respect, a busted algorithm is a system that reduces coverage instead of increasing exposure, reducing serendipity and discrimination in online discovery. This popularity bias is a direct cause of the formation of filter bubbles, where users get exposed to a limited perspective of the available content influenced by feedback loops between previous behavior and algorithmic selection. Several in-depth studies of the recommender system recognize filter bubble as an explicit impact of the adaptive algorithms, reinforcing the previous preferences, restricting users to homogenized streams of content (Kidwai et al., 2023). The formation of these bubbles ensures that the user experiences fewer counter-pointed opinions or multiplicity of items in their informational diet, resulting in a skewed informational diet instead of the breadth of potential content that the algorithms are currently predicting. The learning processes in the algorithm themselves are not malicious,



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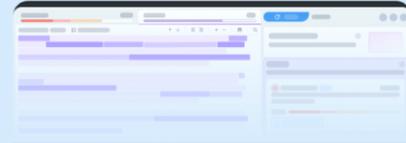
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As a competitive professional bodybuilder, 8-time champion of Mr. Olympia, Ronnie Coleman, needed a very serious approach to nutrition to sustain his training and encourage muscle development. Carbohydrates were also important in his diet, especially due to the high-intensity, high-volume resistance training he went through. Complex carbohydrates that can be digested at a steady rate and give Ronnie sustained energy would be good sources of carbohydrates before exercise. Examples are oatmeal, brown rice, sweet potatoes, whole-grain pasta, and whole-wheat bread. These are foods that maximize the glycogen in muscles and the liver before training. Ronnie used to have meals such as chicken and rice a couple of times a day, and this gave him a balance of both carbohydrates and protein that would prepare his body to have heavy lifting sessions. Carbohydrate requirements during exercise vary depending on the length and intensity of the exercise. There is no rule that bodybuilding classes are not endurance-based, and the workouts of Ronnie were long and very intense, as they could take 1-2 hours. Carbohydrates can be consumed in an easily digestible form (sports drinks, glucose pills, or diluted fruit juice) that helps to keep blood glucose levels normal and postpone fatigue when required (Arts, 2025). These rapid-absorbing carbohydrates are absorbed faster and may be used to extend the performance even in long actions. Carbohydrates are necessary when taking place after exercise to restore glycogen and recover. The best sources of carbohydrates post-workout are white rice, potatoes, fruit (bananas or pineapple), rice cakes, and carb shakes. When combined with high-quality protein (such as whey protein or lean meat), carbs will positively impact muscle repair and glycogen replenishment. In the case of Ronnie, post-workout meals played a very instrumental role in aiding muscle hypertrophy and recovery before the next training session. Carbohydrates are



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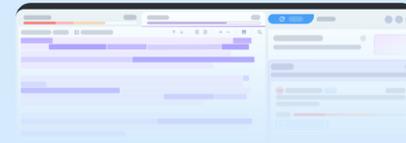
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