

of 34, his measurements were as follows: height 74.8 inches, weight 120 kilos (264½ pounds), biceps (right) 19.3 inches, forearm (right) 16.2 straight and 18.1 with the arm flexed, chest (normal) 49.2, waist 38.5, thigh 27, and calf 18.4. His wrist at this bodyweight was probably about 8¾ inches, as it was 9 inches later on when he weighed 280 pounds and had a 16.6-inch forearm and a 20-inch upper arm. But at 280 pounds he was visibly fat, for his waist girth was 40.2 inches. Apollon's highest muscular bodyweight was certainly not over 265 pounds, and was more likely somewhere between 255 and 260 pounds. This circumstance should be borne in mind in evaluating his strength, which was phenomenal even for his weight.

The outstanding feature of Apollon's heroic physique was his arm development. His entire arm, from shoulder to finger-tips, was gigantic, and he had the largest muscular forearms on record. With the possible exception of the German strong-man, Hermann Göerner, there has been no one to compare with him in