

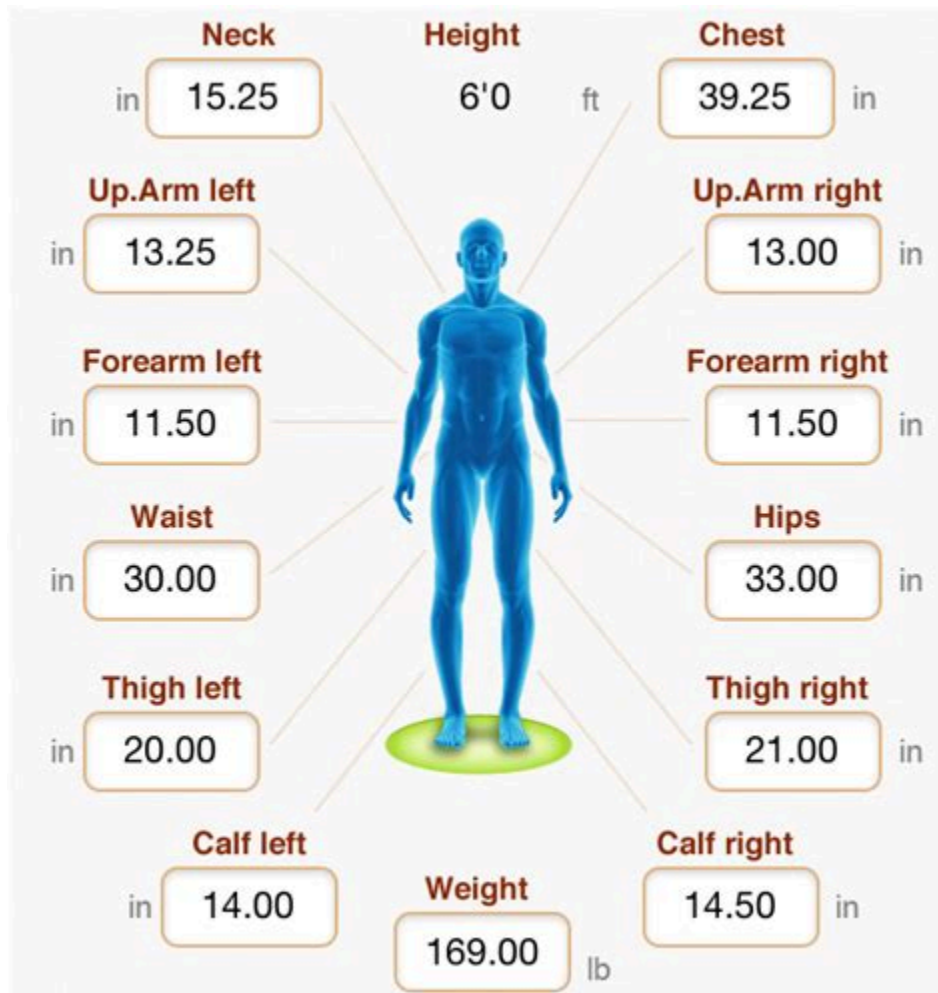


Hold a conversation about the best physique in bodybuilding history, and Frank Zane's name will appear at the top of the list. He won the Mr. Olympia three consecutive years, from 1977 to 1979, and was one of only three bodybuilders to defeat Arnold Schwarzenegger. With a 29" waist and a stunning V-taper, Frank's aesthetics were unmatched.



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## Grecian Ideal Calculator: Ideal Body Measurements - Fitness Volt



"Frank is 5'9" tall and when in top condition quotes the following measurements: arms, 18"; neck, 17½"; chest, 50"; waist, 32"; thighs, 26"; and calves, 16½". These measurements are even more impressive when you consider the fact that Frank is "small boned," having a wrist measurement of only 6½" and ankle measurement of 8". "

**Frank Zanes measurements, how accurate is this pic?**



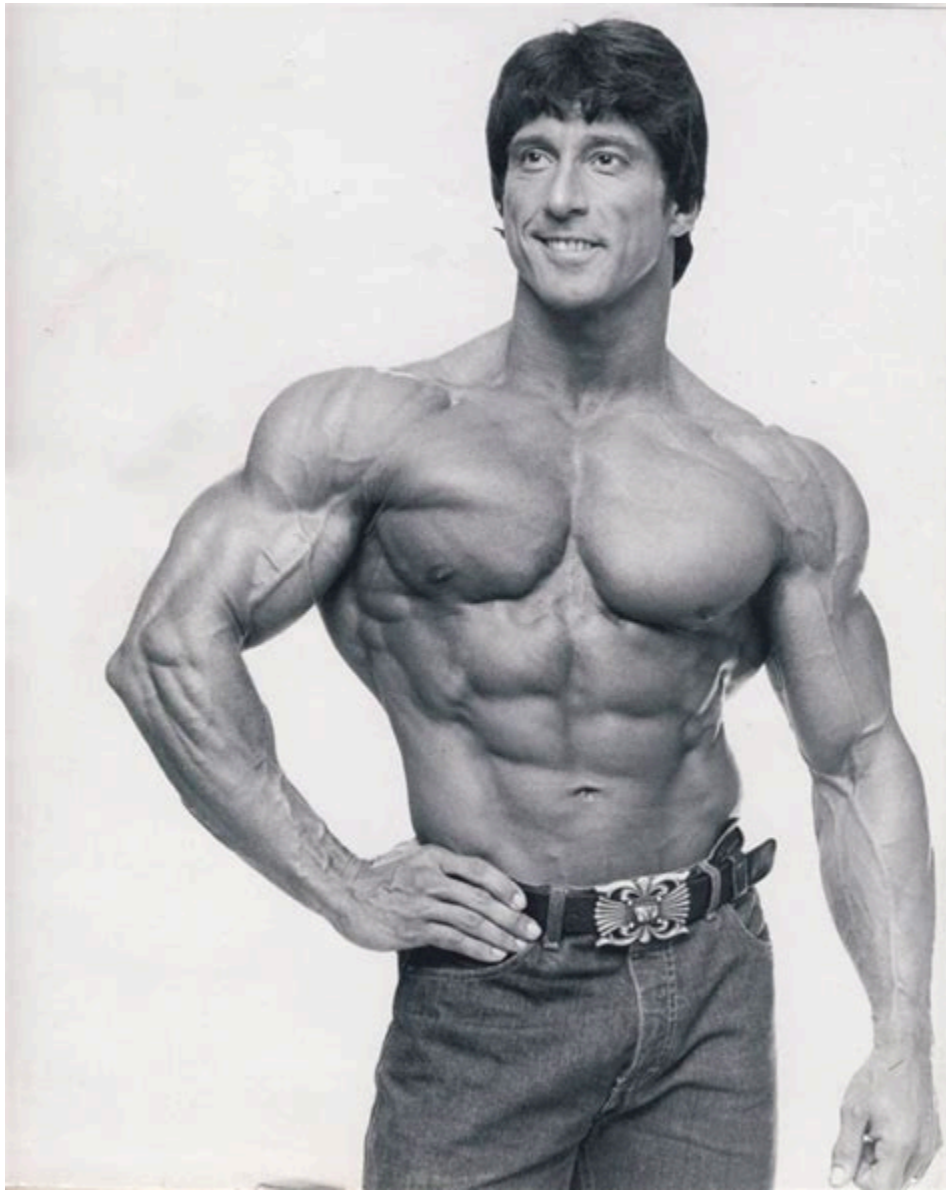
Height: 5'5" 5'6" 5'7" 5'8" 5'9" 5'10" 5'11" 6'0" 6'1" 6'2" 6'3" 6'4" 6'5" Weight: 160 lbs. 165 lbs. 170 lbs. 175 lbs. 180 lbs. 190 lbs. 195 lbs. 200 lbs. 210 lbs. 220 lbs. 230 lbs. 240 lbs. 250 lbs.

**Frank Zane: the story of a legendary bodybuilder - Julien Quaglierini**



Zane retired in 1983, and was inducted into the IFBB Hall of Fame in 1999, but as a recent post on his Instagram page shows, he is still keeping up with his training at the age of 79. The clip .

**frank zane measurements, are they possible to achieve?**



for me that's the perfect body, i have his same high and also i have some muscle mass since i work out regularly but not as muscular and cut as he was, i.

## Frank Zane Profile & Stats - Generation Iron



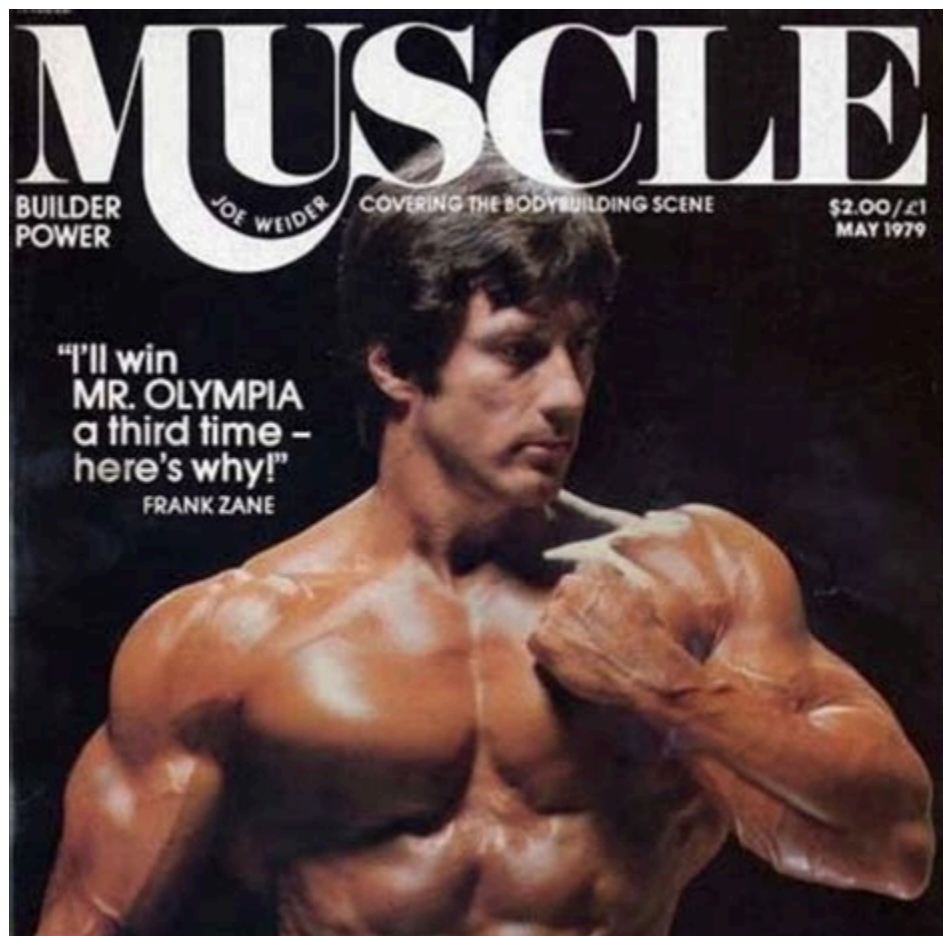
Thread: Frank Zane's measurements. . Thread Tools Search Thread 05-15-2007, 07:46 PM #91 zaxx19  
Banned Join Date: Feb 2007 Location: Arlington Heights, Illinois, United States Age: 41 Posts: 1,702  
Rep Power: 0 Originally Posted by Quelly

## Frank Zane Dimensions & Drawings | Dimensions



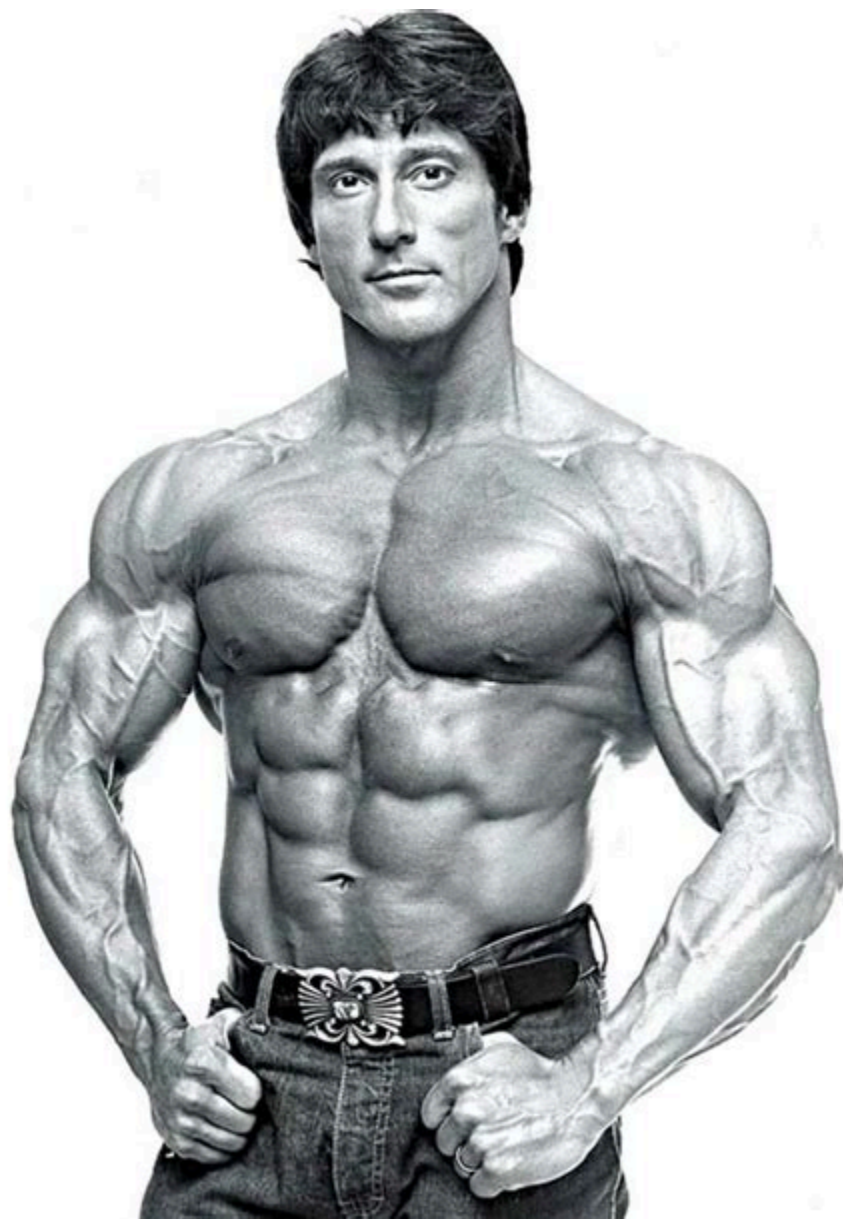
Feb 3, 2016 #1 frank zane is known as bodybuilding's king of symmetry, no other bodybuilder in history has been remembered by his near perfect proportions. As much as I have looked I can't find anywhere that gives you the full measurements frank Zane possessed for his major title wins.

## Frank Zane - Complete Profile: Height, Weight, Biography



Frank Zane's measurements. . im having trouble finding his measurements. ive been looking for them because my goal is to be his size. does anyone know where i can find them? this pic is what im aiming for. Attached Images zane (37.9 KB, 18349 views) 03-13-2006, 04:45 AM #2 RoidRooster Registered User Join Date: May 2004

## Interview With Mr. Olympia Frank Zane | Muscle & Strength



This is how he became an icon of the fitness industry: "Numbers are an abstraction, especially to muscles. Your body doesn't know the absolute weight of what you lift; it only recognizes how heavy it feels. The secret is to make lighter weights feel heavy. " Athlete Statistics

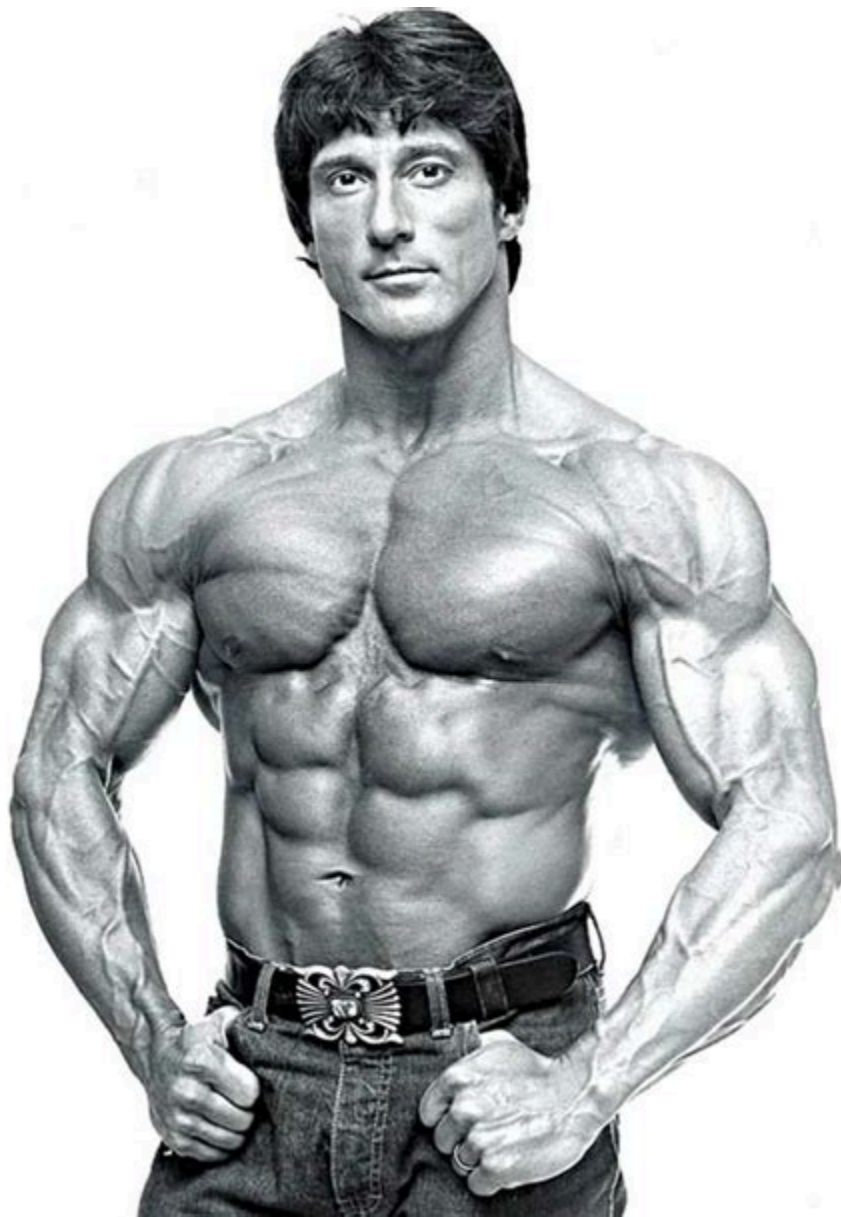


## Frank Zane - Greatest Physiques



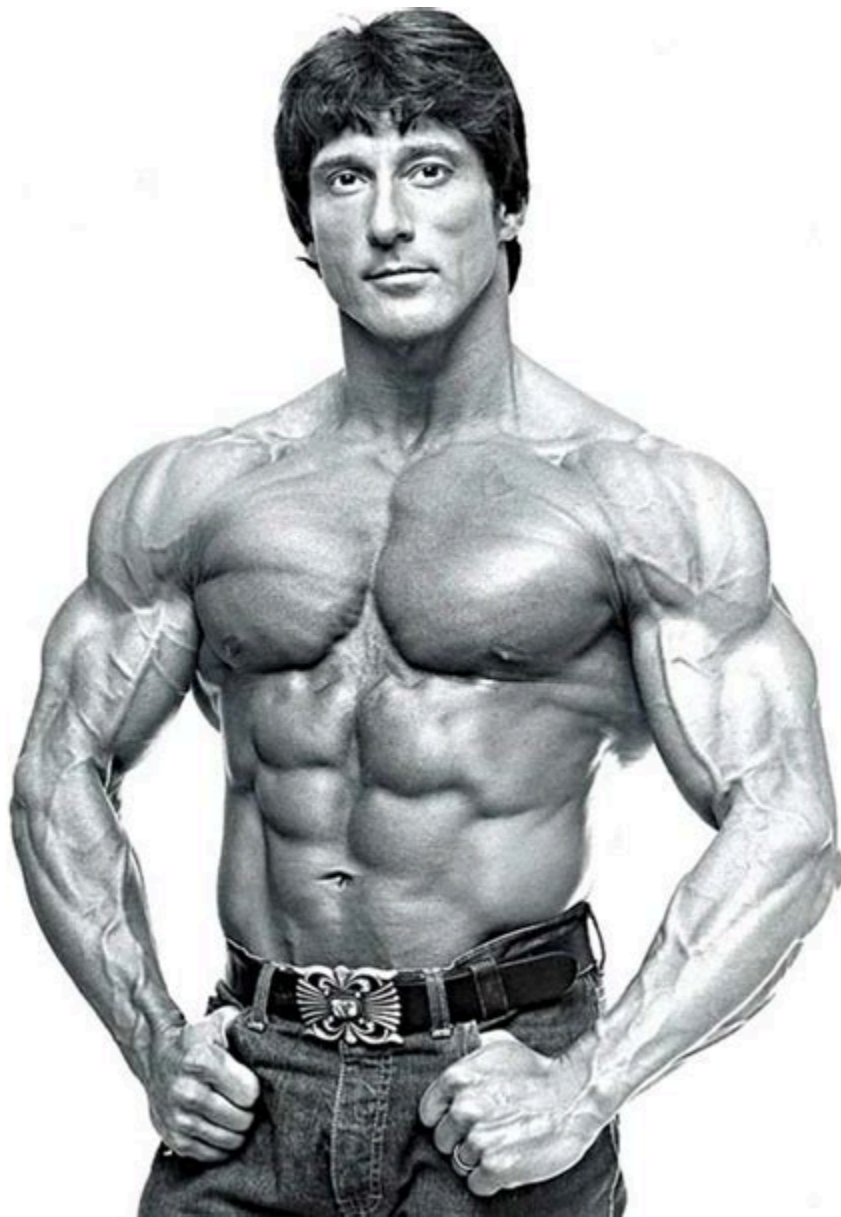
#1 I was reading an article that said that Mike Mentzer's arms were measured at just under 18.5 in his prime, and I've heard that before. But looking at him, and then reading on how Frank Zane claimed to have 18" arms, I don't see how it's possible for Zane.

## Frank Zane's measurements. . - Page 4 - Bodybuilding Forums



03-24-2013, 04:12 PM #121 jamesyboi Registered User Join Date: Apr 2011 Location: QLD, Australia  
Posts: 2,294 Rep Power: 1769 I am surprised that Bertil didn't place higher in the early 80's Olympias.  
He looked like a smaller version of Coleman. -80 kgs in 15 months. Follow my journey on facebook/  
half175 Fandango Crew

## Frank Zane's measurements. . - Page 2 - Bodybuilding Forums



Frank Zane's stats. Off Topic. Import January 5, 2002, 9:38am 1. Does anybody know what Zane's measurements were when he competed @ 185#? Import January 5, 2002, 10:32am 2. I think his arms were no bigger than 17 or 18 inches,... which if you think of the overall condition he sported, is actually f\*cking awesome (just seems tiny by todays .

## Frank Zane's measurements. . - Page 5 - Bodybuilding Forums



Step 1: Choose your preferred unit of measurement: Imperial (lbs, hours, and minutes) or metric (kilograms, hours, and minutes). Step 2: Enter your wrist size. Step 3: Hit Calculate! Now for the exciting part. The calculator will provide your ideal measurements for each body part and you can then see how you currently match up.

## Frank Zane's stats - Off Topic - COMMUNITY - T NATION



Thread: Frank Zane's measurements. . Thread Tools Search Thread 03-14-2006, 01:02 PM #31 user5454 Registered User Join Date: Feb 2005 Posts: 1,585 Rep Power: 234 Originally Posted by timmy47 should i just e mail him and ask him for his measurements? if he responds do it. I'd be interested. 03-14-2006, 01:48 PM #32 Wilde Registered User

## 79-Year-Old Bodybuilder Frank Zane Shares Favorite Bicep Exercise



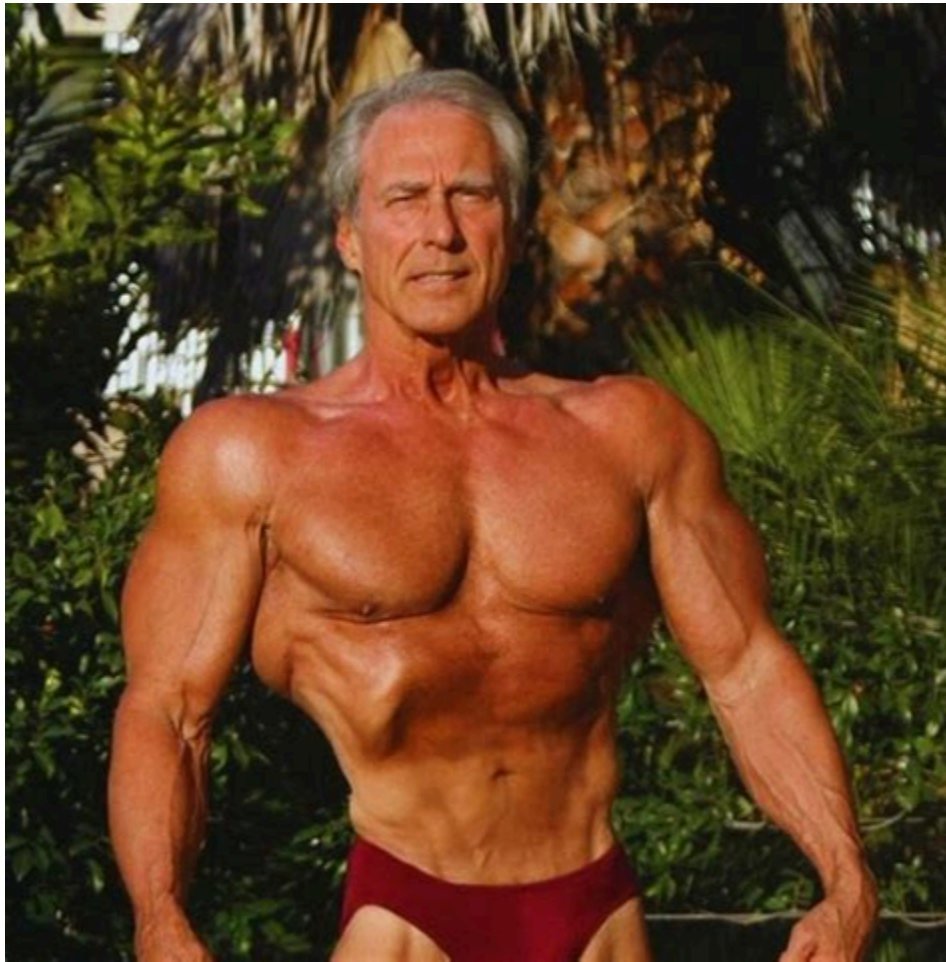
According to [this source] ( [onlinelibrary.wiley.com/doi/10.1111/bju.13010](https://onlinelibrary.wiley.com/doi/10.1111/bju.13010) ), the worldwide average increase for an erect penis is 1.5 inches (4 cm), so Frank Zane's erect member is approximately 6.33° inches (16 cm) long. 240 74300291 • 7 yr. ago Impressive work.

## Did Serge Nubret and Frank Zane have 18" arms?



This forum is closed as of March 2023. Index: Search: Recent Posts: Login: Recent posts: Advanced Search: . I have often read that Frank Zane was somewhat of an ectomorph but I recently read an article that said he was "small boned, having a wrist measurement of only 6.5 in. and an ankle measurement of 8 in. Could this be accurate that his .

## Frank Zane's measurements. . - Bodybuilding Forums



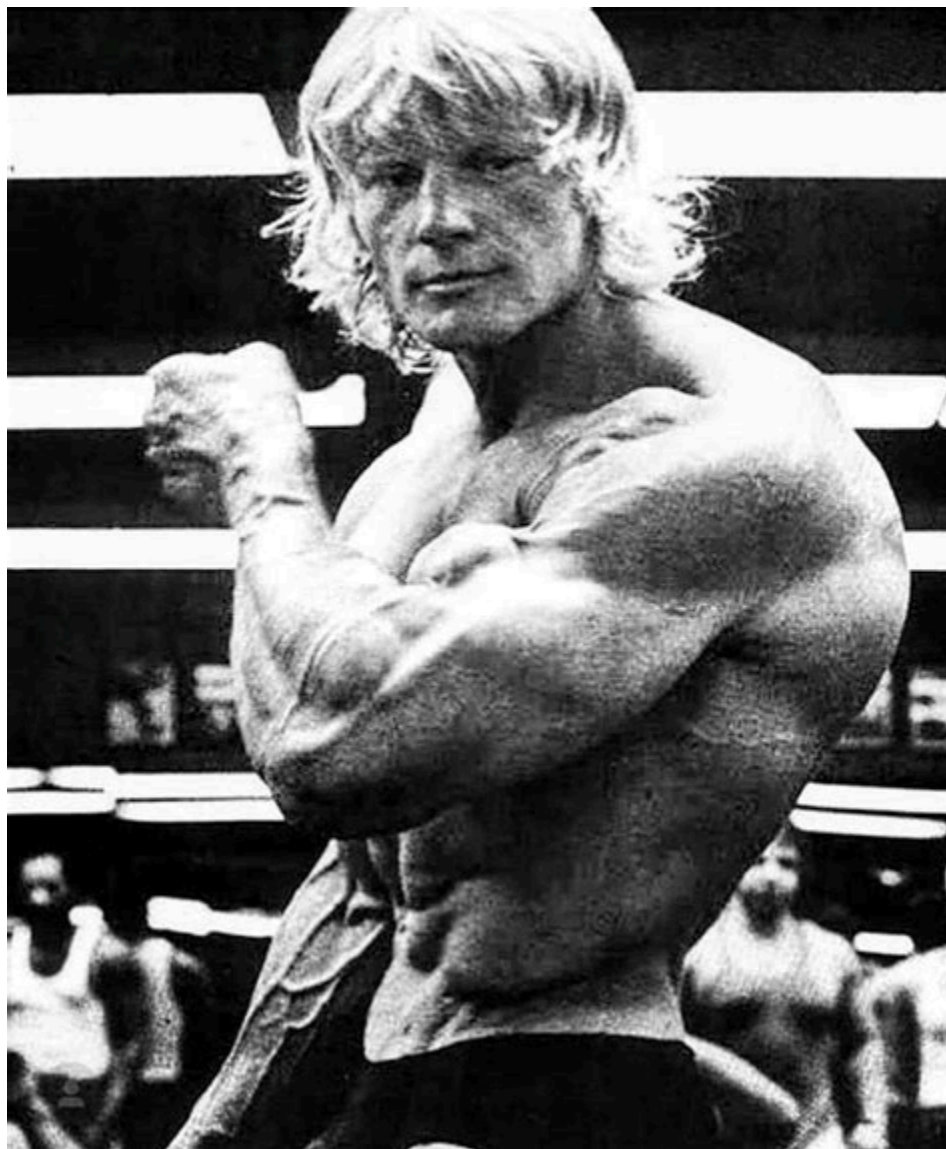
Frank Zane DWG (FT) DWG (M) SVG JPG Phil Heath DWG (FT) DWG (M) SVG JPG Flex Wheeler DWG (FT) DWG (M) SVG

## Ideal Measurements for a Bodybuilding Physique - Lee Hayward



Is the physique of the former Mr. Olympia winner actually attainable naturally? Let's dig into this, using data. Yeah, science! Timestamps:00:00 Which Exact Q.

## Frank Zane/bone structure - Dave Draper



He made amazing progress in just a few years, transforming his body from 130 lbs (59 kg) at 14 years old to 160 lbs (72.5 kg) at 17 years old. At 14-15, he worked out at a local YMCA and in his basement with a basic adjustable dumbbell set.



## Is Frank Zane's Physique Achievable Naturally? - YouTube



Frank Zane's measurements. Frank Zane is 1.75 metres tall, with a waist measurement of 73 centimetres. Outside competition, his weight fluctuated between 88.5 and 90 kilos. During the competitions, it tended to revolve around 84 kilos on the scale. Her arm circumference was around 45 centimetres, and her thigh circumference 66 centimetres.

# In a Bodybuilding World Measuring Each Ounce of Body and Nutrition .



However, via his latest Instagram posts, the bodybuilding legend revealed that he never measured his success, but rather photographed it. The post read, "I never took measurements, only photos, I was always based entirely on appearance. " To further explain this, Zane wrote in the caption, "Knowledge of results is essential for ongoing motivation.

## what were frank zane's measurements? | Evolutionary Steroids .



Frank Zane, also known as "The Chemist", won the Mr. Olympia title three different times, and is considered to be the original aesthetic bodybuilder, known for his low body fat combined with a great amount of muscle mass, untouchable muscular symmetry, and the fact that he could hit a vacuum pose like no other.

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