

World's biggest biceps!

Reckon your arms are large enough to impress the ladies? Then prepare to get a very big reality check

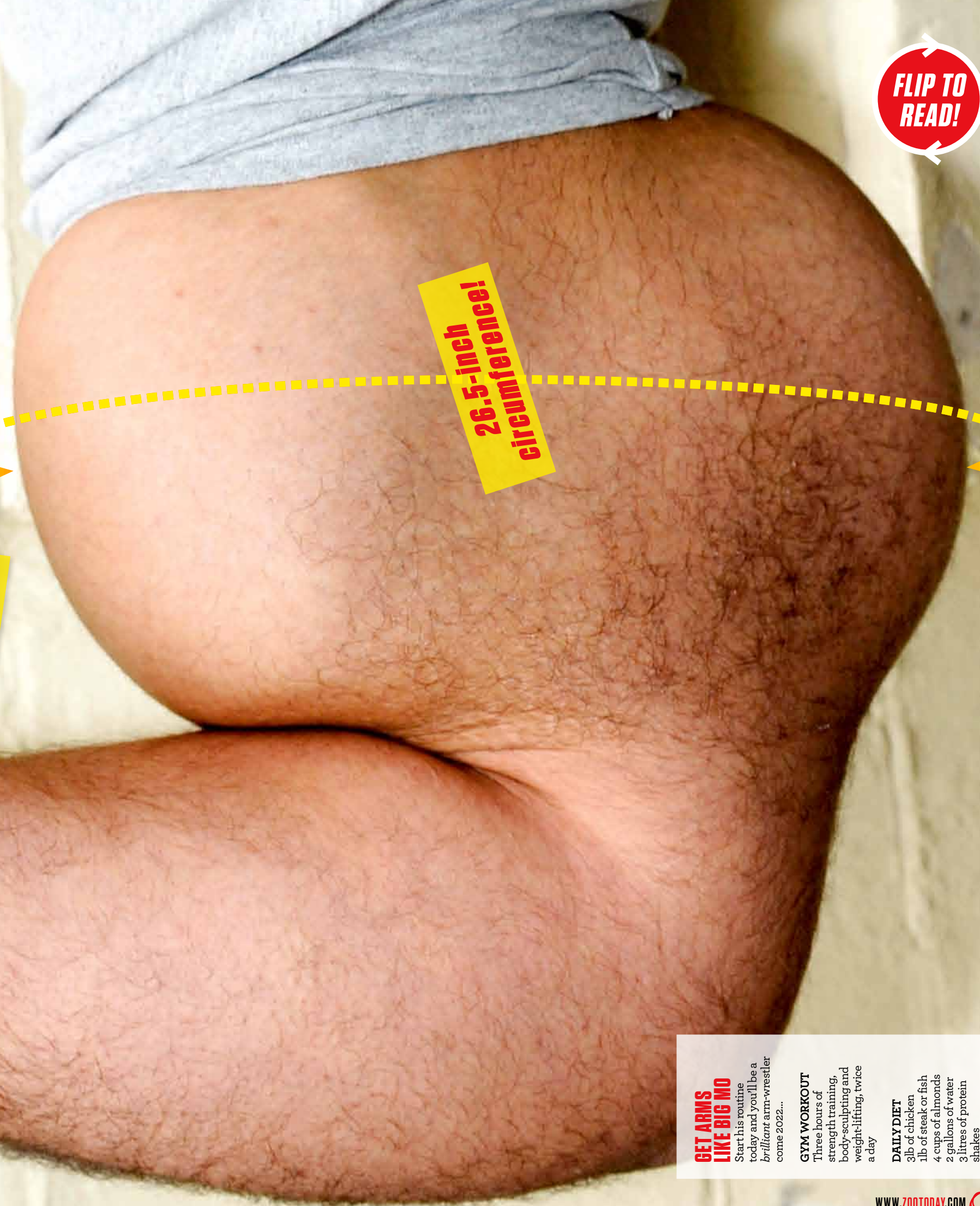
ACTUAL SIZE!



Meet Moustafa Ismail - or "Big Mo", as he's better known. After 10 years of training, the 24-year-old Egyptian broke the Guinness World Record for the biggest biceps on Earth last week. Measuring in at an enormous 26.5 inches in circumference, his upper

arm is two iPhones high! "People always say I remind them of Popeye The Sailor Man," says Big Mo. "Actually, I think my arms are now bigger than the cartoon character's!" Which seems quite probable, given that he can now lift a ridiculous 500lb. Now see how you measure up to Mo...

PHOTOS: Darren Russell



FLIP TO READ!

GET ARMS LIKE BIG MO

Start his routine today and you'll be a brilliant arm-wrestler come 2022...

GYM WORKOUT

Three hours of strength training, body-sculpting and weight-lifting, twice a day

DAILY DIET

- 3lb of chicken
- 1lb of steak or fish
- 4 cups of almonds
- 2 gallons of water
- 3 litres of protein shakes