

CHAPTER 4

His Measurements

THE author took the following measurements of Hermann Görner on 16th December, 1934, when Hermann was 43 years of age. Weighing at this time 290 lb. or 20 stone 10 lb. (131½ kilos), he was about 30 lb. over his best lifting weight.

	<i>Inches</i>	<i>Centimeters</i>
Height - - - - -	72·5	184
Neck - - - - -	19·5	49·5
Reach (fingers tip to tip)—back against wall - - - - -	78·3	199
Shoulder circumference, relaxed	59·1	150
Breadth of shoulders—normal	24	61
Chest—normal - - - - -	50·4	128
Chest—expanded - - - - -	54·4	138
Waist - - - - -	45·25	115
Hips - - - - -	46·5	118
Upperarm Straight—Right - -	17	43
Upperarm Straight—Left - -	16·2	41
Biceps—Right, flexed - - -	18·9	48
Biceps—Left, flexed - - -	18·1	46
Forearm Straight—Right - -	15·8	40
Forearm Straight—Left - -	15	38
Wrist—Right - - - - -	9·1	23
Wrist—Left - - - - -	8·7	22
Thigh—Right and Left - - -	27·6	70
Knee—Right and Left - - -	17·75	45
Calf—Right and Left - - -	18·1	46
Ankle—Right and Left - - -	11	28

These measurements were very carefully taken by myself and in all cases the tape was held horizontally and at right-angles to the bones and not slanted in any way to obtain an exaggerated measurement.

Anthropologists may be interested in the following additional measurements of Hermann, which have been taken from time to time by myself.

	<i>Inches</i>	<i>Centimeters</i>
Circumference of Head - - -	22·9	58
Deltoid Circumference, with arm flexed at shoulder level —Right - - - - -	23·25	59
Deltoid Circumference, with arm flexed at shoulder level —Left - - - - -	22·1	56
Depth of chest—normal - - -	12·6	32
Length of Hand - - - - -	8·25	21
Breadth of Hand - - - - -	4·4	11
Length of Foot—Right - - -	11·8	30
Length of Foot—Left - - -	12	30·5

He has a fresh complexion with medium blonde hair and blue eyes.

Due to his great width of shoulder, when one meets Hermann Görner in the flesh his height is not at first apparent and, indeed, from a distance one would imagine him to be of no more than average height or about 5 ft. 8 in. It is only when one is at close quarters with him that his tremendous bulk is fully appreciated.

Hermann's body weight at various periods in his life has been as follows :—

GOERNER THE MIGHTY

- 1905—185 $\frac{1}{4}$ lb. or 13 stone 3 $\frac{1}{4}$ lb.
 1910—198 $\frac{1}{2}$ lb. or 14 stone 2 $\frac{1}{2}$ lb.
 1913-1914—216 lb. or 15 stone 6 lb.
 1919-1920—220 $\frac{1}{2}$ lb. or 15 stone 10 $\frac{1}{2}$ lb.
 1925-1927—245 lb. or 17 stone 7 lb.
 1929-1931—264 $\frac{1}{2}$ lb. or 18 stone 12 $\frac{1}{2}$ lb.
 1934—290 lb. or 20 stone 10 lb.
 1936-1939—293 $\frac{1}{4}$ lb. or 20 stone 13 $\frac{1}{4}$ lb.

His best maximum muscular weight at which he did many of his best performances, was 264 $\frac{1}{2}$ lb. or 120 kilos.



The finish of the Ballet Company's act—twelve persons totalling 2207 lb. after an eight-minute performance—supported throughout by Hermann Goerner.