

SPORTING LEGENDS: JON PALL SIGMARSSON

SPORT: STRONGMAN

COMPETITIVE ERA: 1978 - 1993

Jón Páll Sigmarsson (April 28, 1960 - January 16, 1993) was a strongman, a powerlifter, a bodybuilder and a weightlifter from Iceland who won the World's Strongest Man Competition four times (1984, 1986, 1988, 1990).



In 1984 Sigmarsson won the Icelandic bodybuilding title in the +90 kg. class. His achievements in powerlifting also include Icelandic records in the bench press and the squat, but his best performances were usually in the deadlift event, in which he set the European record many times and multiple world records in strongman competition deadlift variations, such as the rectangular handled wheel and one handed deadlift.

A famous quote from him is "there is no point in being alive if you cannot do the deadlift". In a tragic irony, he died at the age of 32 while performing this exercise in the gym. He knew he had serious heart problems in his family and was aware of this weakness.

He will always be remembered as one of the greatest strength athletes of his time. Once in a Strongman competition, someone in the audience called him an eskimo, then he shouted back: "I am not an Eskimo, I am a Viking!" Two other famous quotes are, "I am in seventh heaven" which was his translation of an Icelandic saying, and "Ekkert mál fyrir Jón Pál" which roughly translates as "It is no haul for Jon Paul".

SPORTING LEGENDS: JON PALL SIGMARSSON



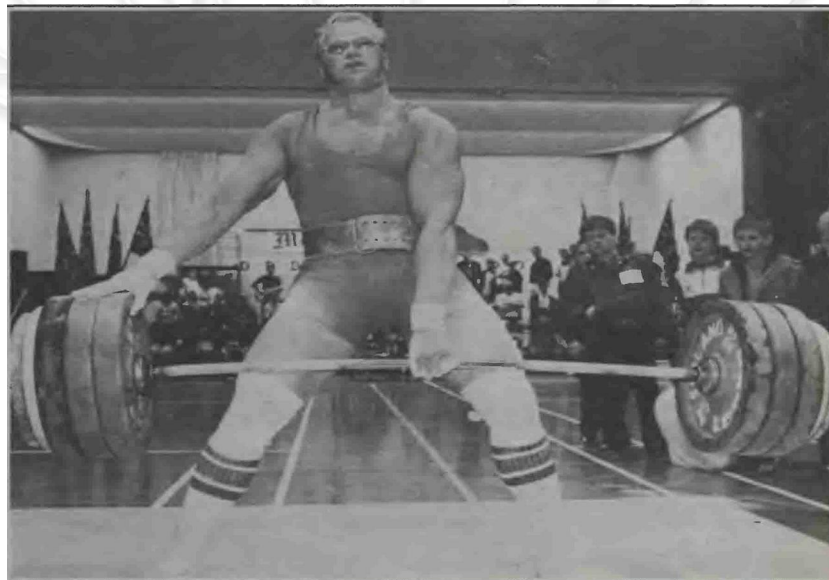
Scott Burton's Final Thought

Despite his untimely death at such a young age, Sigmarsson will be remembered as one of the strongest men who ever lived.

His all-round strength, speed and power were the best of his generation, and the results speak for themselves.

World's Strongest Man Results

- 1983 - 2nd
- 1984 - 1st
- 1985 - 2nd
- 1986 - 1st
- 1988 - 1st
- 1989 - 3rd
- 1990 - 1st



Awesome is the only word to describe this picture!