

SPORTING LEGENDS: MAGNUS VER MAGNUSSON

SPORT: STRONGMAN

COMPETITIVE ERA: 1984 - 2002

Magnús Ver Magnússon (born 23 April, 1963) of Iceland is a powerlifter and strongman. He won the title of World's Strongest Man four times (1991, 1994, 1995, and 1996).



Magnusson began powerlifting in 1984, and in 1985 he won a medal in the junior European and World Championships. He won the Senior European title in the 125 kg (276 lb) class in 1989 and 1990. His best lifts in competition include a 400 kg (882 lb) squat, 275 kg (605 lb) bench press with shirt and 250 kg raw bench press, 375 kg (827 lb) deadlift, and a total of 1015 kg (2238 lb). He once held the world record for a tire deadlift of 445 kg (981 lb).

Magnusson competed in his first strongman contest in 1985, finishing third in the Iceland's Strongest Man competition won by Jón Páll Sigmarsson. He decided to focus solely on strongman competition after he won the 1991 World's Strongest Man contest. His strongman victories include the 1989 Pure Strength contest (Scotland), the 1991 and 1993 International Power Challenge, the 1992 Scandinavian Strongest Man (Finland), the 1992 Nordic Strongest Man (Denmark), the 1994 Europe's Strongest Man, the 1995 World Musclepower Championship, and the 1995 and 1997 Viking Challenge. In addition to his four World's Strongest Man titles, he was also runner-up in 1992 and 1993.

Magnússon owns a powerlifting and strongman gym in Reykjavik called Jakaból (giant's nest). The name Jakaból is a reference to an old gym in Reykjavik where Jón Páll Sigmarsson and many other Icelandic legends used to train

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Scott Burton's Final Thought

Magnus Ver Magnusson deserves his legacy amongst the greatest strongmen of all time.

He has also won the Iceland's strongest man competition many times and the West coast Viking of Iceland nine times.

A very humble and honest personality, he is considered to be one of the first modern-day strongman competitors, and is regarded by many to be one of the best all-round strongmen of all time, in terms of both isometric and isotonic strength.



Magnus Ver Magnusson excelled at the Truck-Pull Event.