

《小个头有大力量！世界上最小健美先生身高85厘米 体重20斤》

导读:在印度，有一个人身高85厘米，体重仅20斤，很难想象这样一个人能与“强壮”沾上边，但他却是世界上个头最小的健美先生。



At just 2ft 9in, Indian musclemen Aditya 'Romeo' Dev is the world's smallest bodybuilder.

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Pint-sized Romeo is well-known in his hometown of Phagwara, India - for his ability to lift 1.5kg dumbbells - despite his overall 9kg body weight.

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Every day, crowds flock to the local gym to the see the mini-musclemen in training.

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Unlike many dwarfs, Romeo is well proportioned, with a head circumference of 15in and a chest measurement of 20in.

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Romeo said: "I've been training as a bodybuilder for the last two years and by now I think I must be the strongest dwarf in the world.

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"I have always been fit but since I started working out, I have become famous for my strength.

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"My size has never stopped me. I train with dumbbells and do aerobics and dance. People are always pleased to see me. I have been invited on TV shows and dance on stage."

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His trainer Ranjeet Pal spends hours helping his 19-year-old protege build his small muscles to perfection.

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"Because of his small size, I don't assign him hard exercises. But Romeo trains more or less the same as anyone else and he's much more determined.

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"When he first started, I insisted he did a month of basic exercises like aerobics, push-ups and basic gymnastics to prepare his body.

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"After that, I made lightweight dumbbells and taught him basic weight-lifting exercises to shape his biceps and triceps. His size and his weight were taken care of so that he never hurt himself."

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Determined Romeo is hoping to have an entertainment career after performing in many local TV shows.

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He said: "I earn good money through my dance and bodybuilding shows but being rich doesn't interest me.

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"My dream is to travel a lot - I want to perform in London with my idol, Jazzy-B."

“?????????—???????????Jazzy-B?????”

