Victorian strongman Eugen Sandow was once an image of masculine perfection. He was the celebrity poster boy who made fitness popular. But how impressive is his physique today? As a youth Eugen Sandow would visit museums and study the Grecian ideal depicted in the statues. These bodies became his formula for the perfect physique and he would adopt the poses as he flexed his muscles in picture postcards and on music hall stages, sending Victorian ladies - and men - into a frenzy. But Sandow was a very modern man. As a body obsessive, he gave us the idealised image of ripped abs that have become the Holy Grail for many body conscious men. Before him, no-one believed that a human could achieve the sculpted perfection of classical art.