First Citizens Sports Foundation

HALL OF FAME



Micheal Hercules

Body Building

Inducted in 1987

He was not only built for his sport, but Michael Hercules was also named for his sport. The Tobago-born body builder would set his sights on being the best in Trinidad and Tobago. Having achieved that, he then took on the world.

It was an injury sustained while playing football that got Hercules into bodybuilding. The enforced layoff from active sport resulted in unwanted weight gain. Hercules started to lift weights as part of his exercise regime, then found that he liked the results. He joined the Muscle Power Gym in San Juan in the mid-1950s, putting himself through the regime of strict diet, rigorous gym work and adequate rest, with the results reflected in his sculpted body. Encouraged by this, he entered the 1959 Junior Mr. Trinidad competition and came away with the title.

Buoyed by his victory, the following year he won the senior title and then went to the regional Mr. West Indies competition, also emerging victorious. Hercules was at the top of his game.

Like any good athlete, he now set the bar higher for himself and, later that year, he attended the world-renowned Mr. Universe competition, held in Montreal, Canada, in 1960. As a first-time competitor, Hercules stunned with his results, finishing 2nd behind former Mr. America, Chuck Snipes.

Hercules was seen as having achieved the perfect balance of size and tone across his whole frame and was now in demand. He appeared on the cover of the August 1961 bodybuilder's 'bible', Muscle Builder international magazine, and continued his dominance of the local and regional titles, taking the Mr. Trinidad and Mr. West Indies crowns from 1961-1964.

By this time (1962) he began a career as a Prisons Officer, but still found time to compete, returning to the Mr. Universe stage in 1963, in New York, where he placed 3rd. The following year the competition was held in London, where Hercules finished 4th. A 7th straight Mr. Trinidad title in 1965 prompted him to attend the global competition once more, where his results over the years were inspiring other local bodybuilders, proven when Trinidad and Tobago sent no less than six competitors (including Hercules) to New York in 1965.

It was to be 4th place again for Hercules, who expressed disappointment in not achieving his aim of a top 3 podium place. He retired from competition and concentrated on his work career, where his trademark dedication saw him rise to eventually become the Prisons Commissioner. For his trailblazing and proud career in bodybuilding, Michael Hercules was inducted into the Trinidad and Tobago Sports Hall of Fame in 1987.

Mr. Trinidad 1st (1960-1965)
Mr. Universe 2nd 1960
3rd 1963
4th 1964, 1965