

## Massive biceps of female bodybuilder Donna Bramble now even bigger

Written by Jim Oaten

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**BODYBUILDER Donna Bramble became an instant female bodybuilding legend when she hit the stage in New York in 1996.**

Her freakishly huge peaked biceps, which she loved to flex for fans, gained her bodybuilding trophies and legions of admirers all over the world.

Originally appearing in local NYC shows as a fitness competitor her ability to build and hold muscle meant she soon moved into hardcore bodybuilding.

She developed one of the first “eight-pack” abdominal muscles known in the sport of female bodybuilding.

To the dismay of fans she left the competitive arena in 1997 and now works in Human Resources.

The video below is a morphed version of Donna Bramble flexing her biceps. The video gives the impression she is flexing 21” biceps.

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[donna](#) by [zaawa](#)