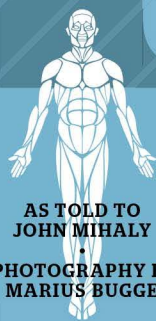
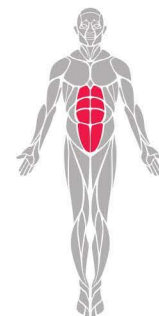
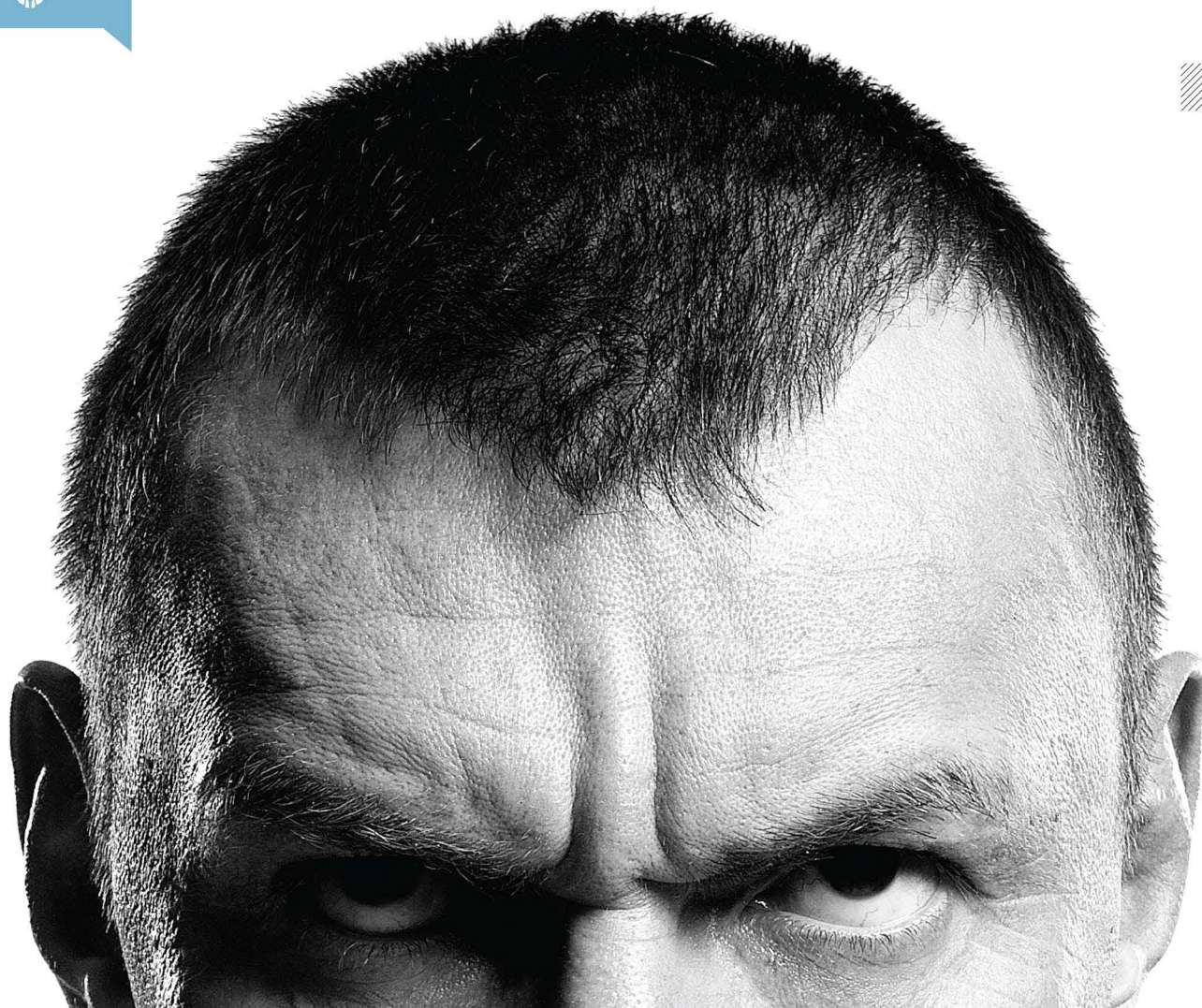


ANATOMY OF A SUPERSTAR



AS TOLD TO
JOHN MIHALY
•
PHOTOGRAPHY BY
MARIUS BUGGE

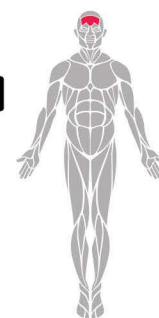
Superstars are so much more than the sum of their body parts—and that's saying something, considering their body parts are pretty impressive. What does it take to achieve chiseled perfection? Our ring warriors reveal the secrets behind their best physical attributes.



1

John Morrison's Abs

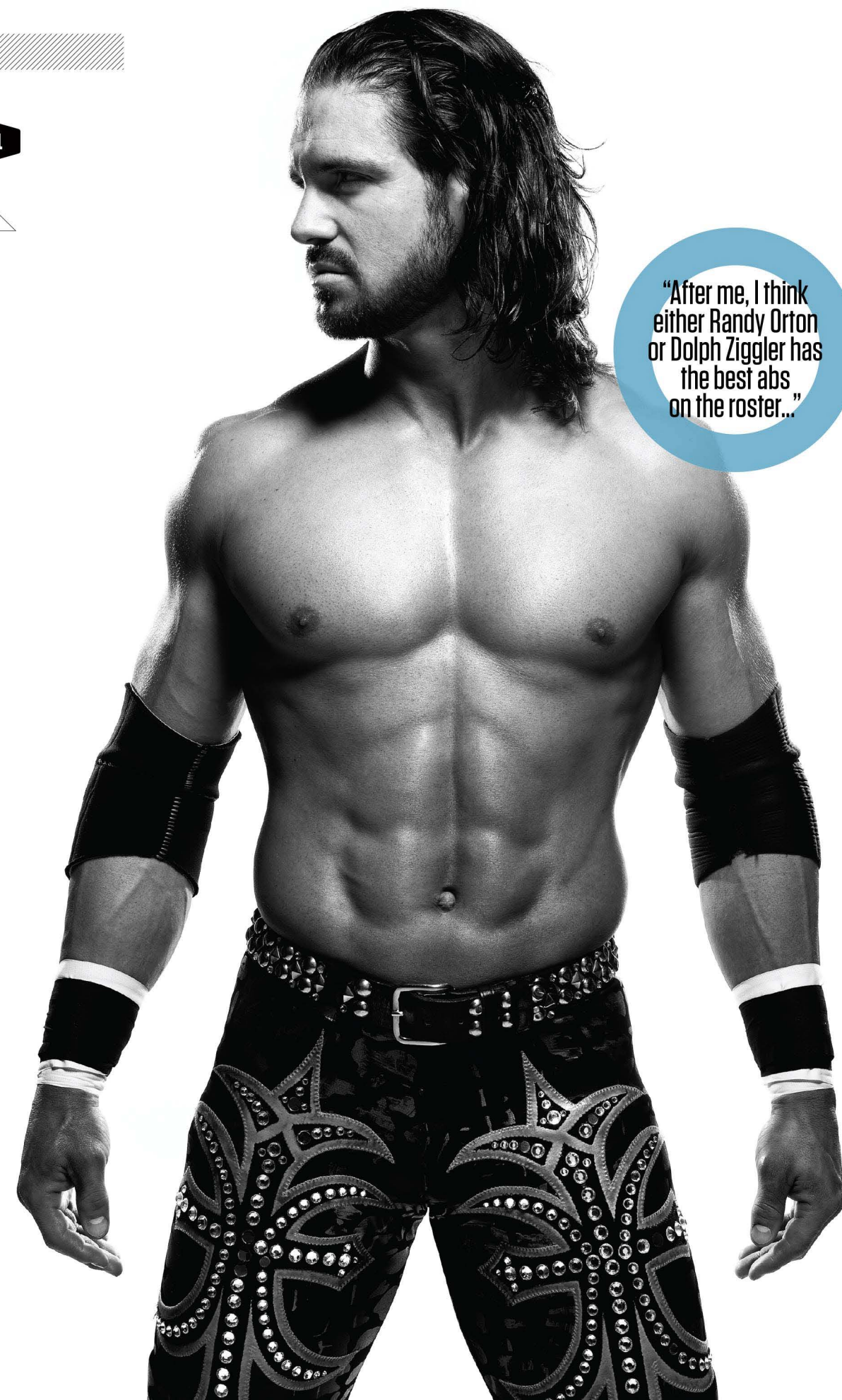
"People often say, 'If you're ever going to make any money in WWE, it'll be with your mouth.' But for me, it's with my abs. However, don't forget my hair and my well-trimmed nose. I think the condition of my abs is partly due to genetics, and partly due to my diet/workout combo. After me, I think either Randy Orton or Dolph Ziggler has the best abs on the roster. Mr. Ziggles spray-tans and does Pilates. That combo is paying off for him."



2

Vladimir Kozlov's Forehead

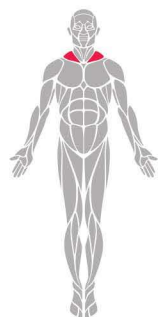
"Using my forehead is all about having the proper concentration. When I hit my opponent with my headbutt, I put the target in my field of vision, and I aim to plow straight through it. That way I am sure I won't hurt myself. It's a move that can be used in Sambo for self-defense, but I actually used my headbutt much more when I played rugby. Other than myself, I'd have to say that Santino Marella has the hardest head in WWE."



"After me, I think either Randy Orton or Dolph Ziggler has the best abs on the roster..."



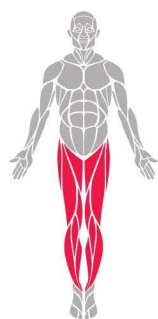
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Ezekiel Jackson's Traps

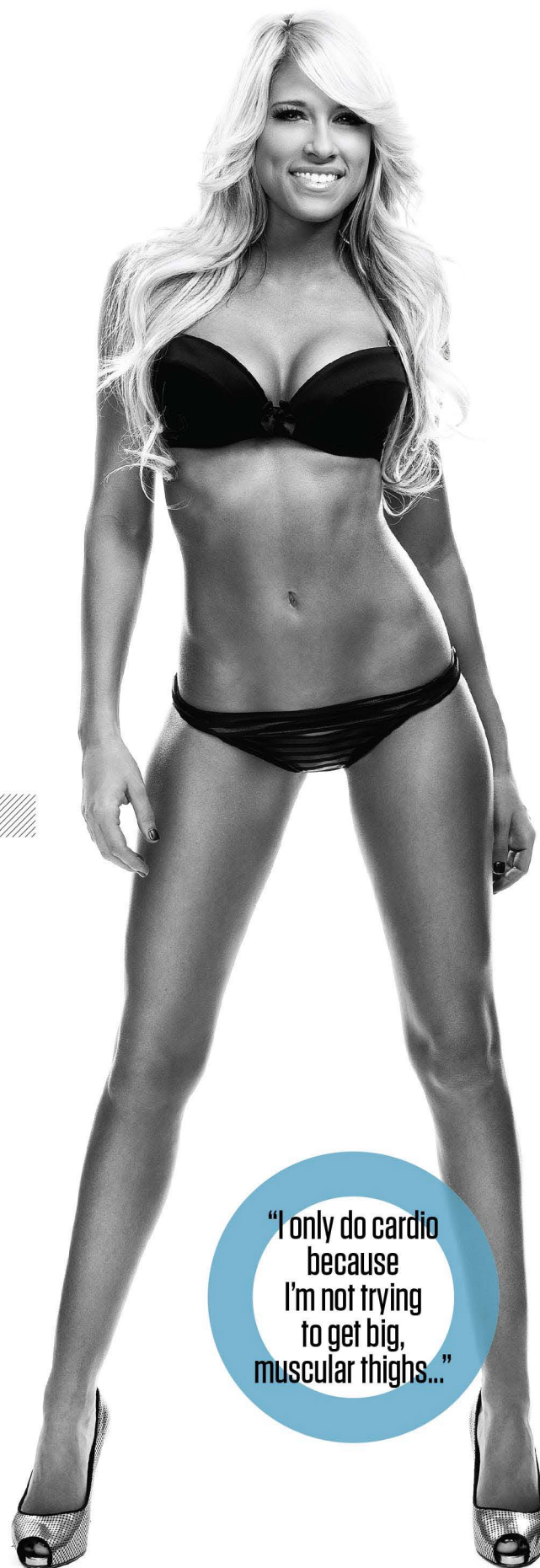
"I used to shrug heavy. I tried out for college football and I was doing ridiculous weight. I weighed 220 pounds and was shrugging 150-pound dumbbells. Most of the guys were shrugging 80 or 90 pounds. My traps just started growing, and I actually stopped training them for a few years because they were so big. It's really tough to shop for shirts, so I have mine tailored. My neck size is about 20-to-20 1/2."

4



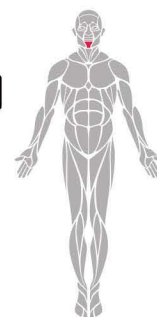
Kelly Kelly's Legs

"Ever since I started in WWE, I've had to show my legs as a part of who I am. That's why I wear shorts as my ring gear. [Laughs.] I think they're important because every week you can expect to see them nice and tanned. I have to give my family the credit for my legs. My mom's 5'11", my dad is 6'1", and my sister is almost 5'11". But I'm only 5'5". I only do cardio because I'm not trying to get big, muscular thighs. I don't even have a leg routine."



"I only do cardio because I'm not trying to get big, muscular thighs..."

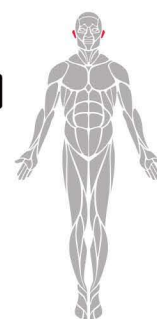
5



Edge's Chin

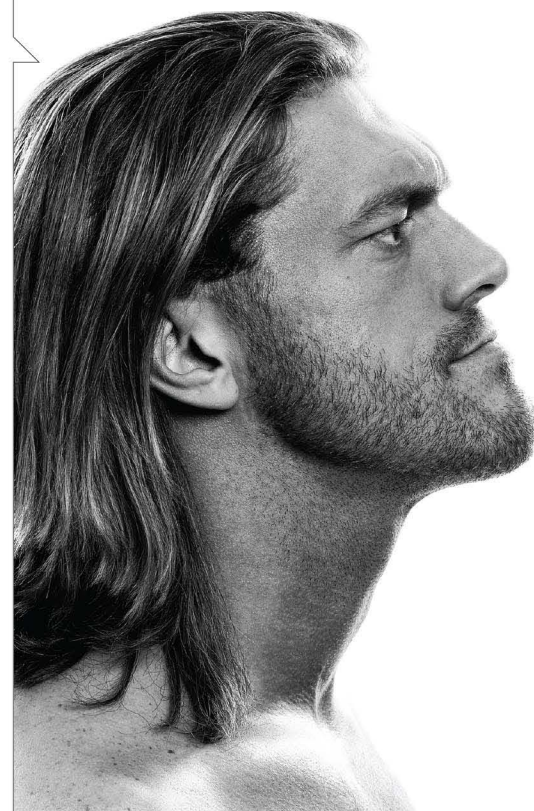
"I call it 'the shovel.' It's been known to take quite a few hits. I don't have a glass chin, that's for sure. I accentuate it. I try to pronounce it. On TV, I go over the top with my facials, which is fun. It's the best way for me to express the emotion of the match. There were times when I tried to make myself look as ugly as possible. I wanted to make it look like I wasn't sleeping. I wanted people thinking, 'this guy has gone off the rails.'"

6



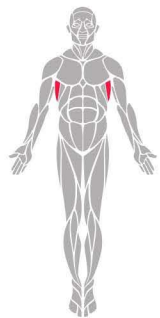
Jack Swagger's Ears

"When the ear flares up, it's the most tender thing in the world. When an ear is cauliflowered, you'll see the guy cry like a little baby if it's twisted. When it first happens and fills up with fluid, the fluid must be drained with a needle. It hardens up, and it's not tender anymore. I've got just enough damage to look tough and tell the girls about. Kofi Kingston kicked me once, and I thought the cauliflower came back. He's vile for doing that."



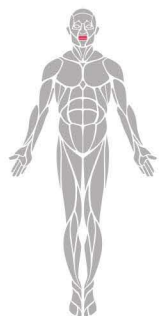


7



Tyson Kidd's Lats

"My lats give me resiliency and the ability to take hard hits on my back. The muscle absorbs most of the impact. For my body type, I think there's little room for improvement. With pull-ups, I believe in full extension at the bottom. I had a trainer who made sure that when I got tired and started to cheat a little, I'd go all the way down. The hanging down is just as important, because you'll end up lifting more weight."



8

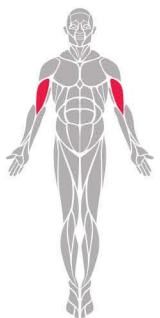
Dolph Ziggler's Teeth

"I'm constantly buying new spin brushes. I take care of my teeth as much as I can. I actually overdo it a lot. After all the punches and beatings and losses I've taken battling for the I-C Title, my face still looks like a movie star's, and my body looks like a pro athlete's. But I also have a bit of an evil look to me. You see a little of the canine teeth coming out, kinda like a vampire's fangs. Like *real* vampires—not the lame high-school-kid ones."



"If I had to nickname my guns, they'd be called 'Deva' and 'Station.'"

9

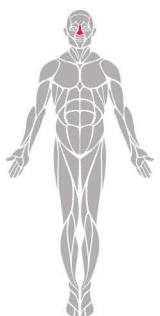


Beth Phoenix's Biceps

"If I had to nickname my guns, they'd be called 'Deva' and 'Station.' [Laughs.] I'm into full-body exercises. But one great biceps exercise is Buddy Curls. I start side-by-side with a partner. I'll do 15 reps and hand over the weights, then my partner performs 15 reps, and passes the weights back. I'll do 14 and we'll count all the way down to one. Then we go all the way back up to 15! Do that and you will be sore for days."



10



Wade Barrett's Nose

"I can't tell you exactly how many times my nose has been broken. I'd have to say somewhere between 10 and 20. It always hurts the same, but I think I've grown more used to it. It's at the point now where it's not really a big deal. Every time it breaks, it gets a little bit stronger, so it's actually harder to break. Justin Gabriel hit me during *WWE NXT* and broke it for the first time in seven years. For me, that's a long time."

