

THIS MONTH:

BIG SHOW'S FISTS



Where our ring warriors
reveal the secrets behind
their best physical attributes.



✖ "I'd have to say that before I got into boxing, I didn't know how to throw a proper punch, even though I could always punch hard. Before that, I was a typical brawler. I'd throw a bunch of wild punches and get winded. If I hit something and missed, I'd get blown up. The difference now is, I know where to throw and what to hit and how to breathe while I'm doing it. I know how to be more efficient. It's basic physics. I've got a big fist, and I've got a big, long arm. They're both moving at a pretty good speed, so I'm going to do some damage, that's for sure. I train hands all the time now. And now that I'm more seasoned, I know the importance of very strong fists."