



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

**THIS MONTH:**  
**JOHN CENA'S BICEPS**

✖ "This is funny because I don't train biceps at all. Over the years they've been a strong point of mine, but I train them infrequently because there are very few athletic applications that biceps are actually good for. They have no sports-performance use at all in the ring. I get a lot of credit for my biceps—but I don't get enough credit for my brains!"