

PHOTOGRAPHY BY **MARIUS BUGGE**



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

THIS MONTH:

SHEAMUS'S HAIR & BEARD

✖ "I shave every couple days, but the hair and beard are really all I have to look after. I don't have to tan or any of that rubbish. When the hair goes up, I'm ready for business. It's easy these days because I've been doing it for so long that it's been trained to fly up when I throw a bit of gel in there. I normally use tree sap from Ireland, but here, I don't have that luxury. By the way, Zack Ryder's hair is nowhere near as good as mine. Plus, I spiked mine way before he did his."