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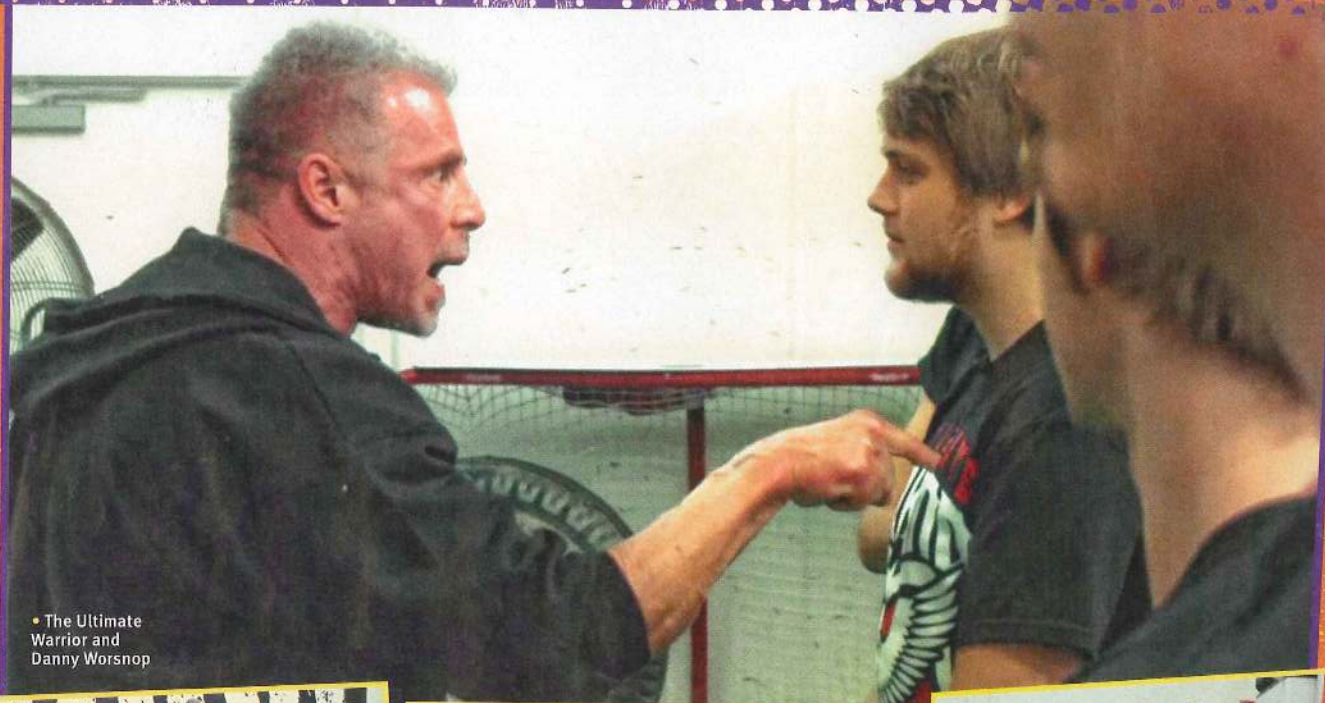
PRO-WRESTLING LEGEND **THE ULTIMATE WARRIOR**

PUTS **ASKING ALEXANDRIA** THROUGH THE ULTIMATE WORKOUT

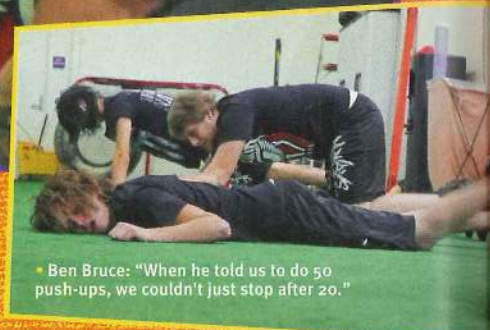
THE MEMBERS OF ASKING ALEXANDRIA HAD NO IDEA WHAT TO EXPECT

when they agreed to appear in the pilot episode of *The Warrior Show*, a new reality program in which pro-wrestling icon the Ultimate Warrior attempts to inspire young rock bands to healthier lifestyles by putting them through grueling early morning workouts. (Watch exclusive clips on RevolverMag.com.) When the British metal-core stars arrived at the gym passing around a bottle of wine, Warrior was none too pleased. The former WWE champ proceeded to hang heavy lengths of chain around the necks of vocalist Danny Worsnop, guitarists Ben Bruce and Cameron Liddell, bassist Sam Bettley, and drummer James Cassells before making them run, crawl, push, and squat their way to barf city. *Revolver* recently conducted a postmortem with Warrior, Worsnop, and band founder Bruce to find out if it actually worked.

BY J. Bennett • ILLUSTRATION BY Steve Chanks



• The Ultimate Warrior and Danny Worsnop



• Ben Bruce: "When he told us to do 50 push-ups, we couldn't just stop after 20."

Q: Why did the band agree to do the show?

BEN BRUCE Because it threw us out of our depths. It's nice to keep pushing ourselves to our limits to find out what we can do. We've also gotten to a point now where we realize that we probably do have a few problems we need to address in terms of drinking and drugs and partying too hard and not taking care of our bodies. We're well aware of the fact that the band isn't a hobby for us anymore. As much as we still love it, it's our profession now, so we need to take it seriously. If we carry on the way we do, then we may not have this career for much longer because we're gonna run ourselves into the ground. So the show seemed like a good idea to help us get back on our feet and stay healthy while we're out on the road.

DANNY WORSNOP There's a lot of bullshit on television now, and a lot of stuff that I feel there's no reason to expose people to. It's trivial. So the show was a chance for us to do something that, as far as I know, hasn't really been done. It was something new for us to experiment with and put our mark on. It was a really interesting opportunity. But more than anything, we did it for ourselves.

Q: Warrior, what do you get out of putting young bands through such a serious routine?

THE ULTIMATE WARRIOR Well, the show is just a forum for me to do what I've been doing with people for years. I'm 52 now, and I've had these incredible experiences as a professional wrestler. But one of the best things I've done is that I've paid really serious attention to my life and the lessons I've learned from the experiences I've had. At the same time, I'm inspired by young, creative people who choose a different path in life, and I like to mentor them in a positive and inspiring way. People like Ben and Danny set out on this path to become successful by thinking that success means one thing. They reach that kind of success and go, "Whoa, hold on a minute. What about this other mess of things that's going on in my life? I thought all that was supposed to go away."

Q: Danny, before the workout, Warrior asked some questions about your relationship with your family. Was that uncomfortable?

WORSNOP I wasn't expecting it, but I'm glad it went over. There was a lot of stuff covered in there that people don't really

know about me. Usually it's just, "Oh, that's Danny. He's a piece of shit." Nobody thought about my [family] background. I wasn't opposed to opening up about it, and I'm glad that I did because it left me with an acknowledgment of what's wrong in my life and what I need to correct. When we first sat down, I felt like I wasn't really in the mood to work out. But he actually inspired us.

Q: Warrior, when you interviewed the band, were you trying to get inside their heads? You threw some of the things they said back in their faces.

WARRIOR Not really. What the interview does is it gives me a chance to get to know the people I'm mentoring, and it gives them the chance to see who I genuinely am. They need to see that it's not just a show going on. I have a couple of young kids myself, so I'm paying attention to the world at large, and I'm concerned about the examples that are being set today in our culture. I mean, when you think of reality television, it's based on what kind of train wreck is gonna happen. The bigger the train wreck is, the more famous the people become. I'm not inspired by that. I haven't made my life work doing those kinds of things. So sitting

down with the band, it gives them a chance to see that what I do and who I am is a lot different than celebrities who have been out there for 20 or 30 years and are still trying to hog all the limelight. I'm not in competition with the band. I genuinely want them to grasp the lessons I have to give them. And one way to energize clear thinking about what you *should* be doing in your life is through intense exercise. It's what I've always gone back to in my own life.

Q: You got in Danny's face there for a minute and told him he was being "fuckin' disrespectful" for drinking wine before the workout. Was that just for effect or were you genuinely pissed?

WARRIOR Well, we were doing a show, but there was no premeditated plan to behave one way or another. Back when I was wrestling, who you were in the ring was just an amped-up version of who you were outside the ring. I've always had intensity. With a switch, it just goes on. That's what makes me unique, and I knew

WORSNOP He's intimidating as fuck. He's a big guy. But I'm not a person to shout at to get stuff done. I have authority issues, so I fight back. I wanted to hit him, but I held myself back for my own health. [Laughs] I'm not ready for those kinds of hospital bills and facial reconstructions. But in my head, I was like, Fuck you, I'm a rock star. I don't need to listen to this shit. I think he was trying to get inside our heads a bit, though.

Q: So what was the worst part of the workout?

WORSNOP The workout! [Laughs] The wine bit was easy. I was really good at that—and being funny. I was great at the funny bit and the wine bit. I wasn't too good at the workout bit.

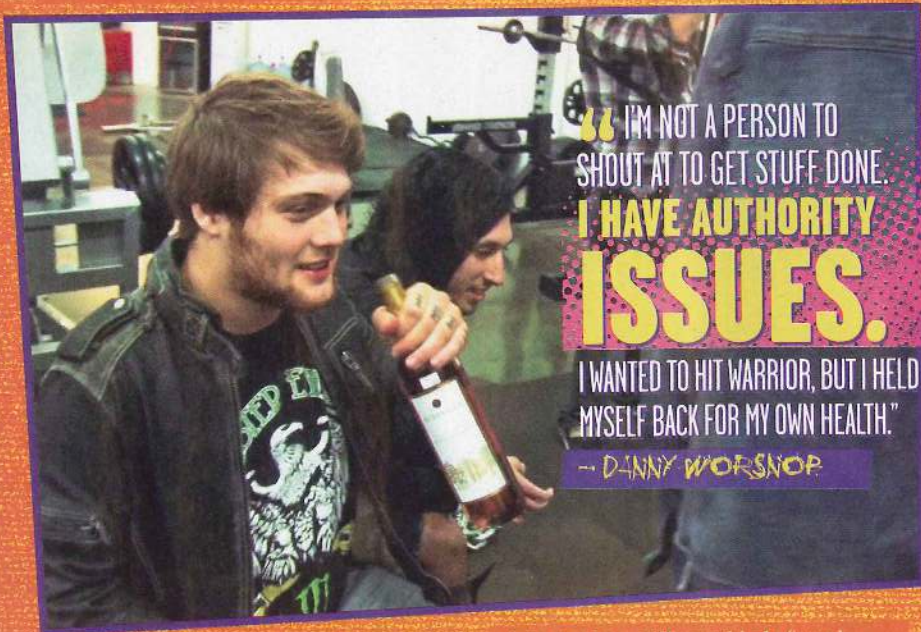
BRUCE [Laughs] It might come as a bit of a shock, but I think I can honestly say that the worst part of the workout was it ending. When it started, it was really tough. I hadn't exercised like that in a very long time. I think our stage show is very energetic and it kicks the shit out of me every

WARRIOR On the way there, I came up with the idea for the chains. I wanted to carry through the idea of their behavior—drinking, doing drugs, not exercising—being like chains. They're on this journey to be free in their lives, but basically their behavior is just chaining them down.

WORSNOP Yeah, I thought the chains were a nice metaphor for what he was trying to get across. That was clever. You know, he's got a good head on his shoulders. You think of a pro wrestler, and you think of a regular jug-head retard with no brains because they've been bashed in. But Warrior is not like that at all.

Q: It sounds like the show was a positive experience for you guys.

WORSNOP Oh, yeah. I've definitely turned a lot around in my life. Me and my parents haven't had a close relationship, but I flew them out and they were with me for



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it needed to come out in the show. But I didn't know *when* it was gonna come out, because there was no script, no nothing. But I wanted to get the band's attention. After all these years of being who I am, I'm fully aware of what my presence is. If I can use that to get people's attention when I'm trying to genuinely communicate a life-empowering message to them, I'll do it. But I also gave them the chance to fuckin' smirk about it.

Q: Danny, did Warrior intimidate you when he was yelling at you?

night, but it's a different kind of workout. Obviously when I'm onstage, I have adrenaline pumping through me, so I think that carries me through a lot of it. With Warrior's workout, it was being told, "Do this, do that," and you had tasks set for you. When he told us to do 50 pushups, we couldn't just stop after 20—even if we could only do 20. You had to do the full 50, no matter how long it took. But after a while, my adrenaline started pumping and I wanted it to carry on.

Q: Warrior, why did you choose the specific exercises that you chose?

Christmas. I've stopped drinking completely on tour. No more drugs for me. And I've definitely seen a massive difference in my voice and musical abilities because of it. **BRUCE** When I go to grab a drink, I think of the things Warrior said to me. The rest of the guys do, too—especially Danny. None of us drink before we go onstage anymore. It got to the point with me that if I didn't drink, I'd spend the day shaking. In the past, I'd just ignore it, but I can't do that anymore. My health is obviously not at its peak. Warrior helped open my eyes to that. I think it's one of the best experiences I've had in my young adult life. 🧘