

ADRIAN WILSON, 32 **CARDINALS SAFETY ON HIS UPPER BODY** "People think bench presses are important, but I do more shoulder work, like shrugs and military presses, to build up for the pounding on every play. I catch people off guard with how hard I hit. I can tell just by the look on their faces. That's the ultimate compliment" their faces. That's the ultimate compliment."

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photograph by HOWARD SCHATZ

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