



JJ: Diesel fans, this is Jedd Johnson and it is my pleasure to conduct my first interview on DieselCrew.com. My guest is someone who has been a competitor in various strength sports, and is now venturing into an entirely new direction for his career. Mike Miller.

Mike, it is my pleasure to conduct this interview with you. I can't wait to discuss your new profession, but before we get into that, please tell us how you got started with weight training.



MM: Thank you my man, my pleasure. I started weight training more or less when I was a little kid growing up working on the neighbor's dairy farm. Strength has always been a big part of my life. All the men around me were big burly tobacco chewing guys. My dad was always very strong and so were my grandfather and all of his brothers.

JJ: So, let's start at the beginning. What sports were you involved in during high school and/or college?

MM: I wrestled and played football in high school.

JJ: Were you able to capture any major awards or championships during your athletic career?

MM: During high school I pinned a guy in 32 seconds and did a few little things but nothing major.

JJ: Your gym, Nazareth Barbell (www.nazbar.com) is famous for producing champion athletes. Tell us a little bit about that.

MM: We have a great crew of men and women, all dedicated athletes. I just think it's one of those things where people who are of like mind and body gravitate to one another, I would like to say I'm a super trainer and made them all great, but that's just not so. It's more of a culmination of great attitudes and ideas.

JJ: You are a world famous strength athlete; please give us a run down of some of your favorite accomplishments.

MM: It would be kind of hard to narrow it down, I'm proud that I have had the honor of competing with some of the strongest men in the world, Bill Crawford, Sebastian Burns, Gene Rychlak, Brian Siders, Mike Wolfe, it's been a great ride. I have made some great friends and had a good time.



JJ: You made a move to Strongman for a time. Are you still involved with that?

MM: No, I'm pretty much finished with that for now.

JJ: So, you started out with the normal combat sports in high school and moved on to a huge career in Powerlifting with a dash of Strongman. Now, the time we have all been waiting for. Mike, I have seen from your Myspace page that you are now involved with professional wrestling! Congratulations. Tell us how you got into it!

MM: Well after I decided I was done with Powerlifting I wanted to do something else and it seemed like the natural switch. My wife Deb got in contact with the WWE and showed them some pictures and videos which sparked their interest, and they sent me for a tryout in Atlanta. I'm now training in Allentown at the Wild Samoan Gym. (www.wildsamoan.com).



JJ: Where did you train?

MM: I do my weight training at my place in Nazareth and my wrestling is done in Allentown, if you get a chance check out our web site at www.wxwwrestling.com



JJ: What is your training schedule like?

MM: I do 2 hrs of cardio a day, weight training for 2 hrs and I wrestle 2-3 times a week for 3 – 4 hrs a session.

JJ: Can you tell us about your wrestling gimmick?

MM: My character is named RAGE. He's a good guy bad guy who is on the crazy side. He pulls loud mouth fans out of the audience and has a pretty whacked out attitude.

JJ: Are you bound for television anytime soon?

MM: I'm on local TV every month and I have been on a few Philly stations. As far as the Federation, whenever they feel I'm ready.

JJ: Do you think a diet supplemented with earth worms is a la the WWE's Boogeyman (Marty Wright) will help with strength and power development?

MM: Oh absolutely, I have started supplementing my diet with 200-300 grams of earth worms per day and have noticed substantial strength gains. My wife is not real happy with my breath but whatever.



JJ: You have significantly changed your physique since becoming a professional wrestler. Tell us about what you have been doing as far as nutrition and training is concerned?

MM: I eat like a body builder 650 grams of protein a day 250 grams of carbs all chicken fish and tuna lots of veggies.

JJ: How has your training approach changed?

MM: I do a lot of volume and less heavy lifting.

JJ: Are you still involved in heavy lifting given your busy schedule?

MM: I try to help the team out on Sundays but I don't get a lot of time.



JJ: Tell us about your impressive tattoos.

MM: Well I have three artists that I use, Brian Ulrich from living arts in New Hope PA; Tracy from Reading Tattoo in Reading PA; and John from Skin Flix in Northampton PA. My right arm is a Celtic/ Pictish tribal that says "Fear no man." My favorite is my back piece. It's a druid sacrifice we call Blind Rage. I have a Thor's Hammer on my chest and the words "Do not demand what you cannot take by force" on my neck. This is my buddy, Brian's, phrase; he and I are the only two who have it.

JJ: Have your tats played a roll in your gimmick at all?

MM: Without question, they are part of me and express who I am.

JJ: Has your immense strength background helped you prepare for life in the squared circle? How?

MM: I would say yes, the discipline and the strength helps. I have a lot of thick muscle from years of lifting and this helps prevent injury.



JJ: Have you ever bladed? Are you willing to?

MM: Not yet, and hell yeah! Smack me in the head with a chair and let's roll.

JJ: What is your finishing maneuver?

MM: The wrecking ball. I'm saving it for a special occasion. Right now I'm doing the choke slam.

JJ: What are your interests when you are not busy training or wrestling?

MM: Playing with my kids, my new baby Aonghus and playing Xbox with my son Liam.

JJ: What advice would you give to someone aspiring to enter the ranks of professional wrestling?

MM: Go for it, you only live once and it's a great way to make a living.

JJ: Thank you for taking time out of your busy career for the fans of www.DieselCrew.com, www.TheGripAuthority.com, DieselCrew.Blogspot.com, and NapalmJedd.Blogspot.com. I wish you all the luck in the world with your career. All the best to you, my friend, and I hope to see you on my television set very soon! How can your fans get in touch with you?

MM: Thank you my man, it was my pleasure. My myspace page is:
<http://www.myspace.com/mule2625> .

JJ: Hey Diesel fans, you've got to check Mike's page out. It's got a great video clip of a match of his where he totally wrecks his competition!