

BE A SMARTER MAN

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JANUARY 2016  
DH15



**JOE  
MANGANIELLO**

*Actor, athlete and  
author. The many  
talents of television's  
toughest werewolf*

**OUTDOOR  
SPECIAL**

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TO**

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THE PURULIA  
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# NO ORDINARY JOE

*He has the physique of an Olympic athlete, is an in-demand actor, has just written his first book and is married to Sofia Vergara. And it looks like Joe Manganiello is just getting started. Robert Piper on his encounter with the man mountain.*

Images by Corbis





**J**oe Manganiello is rapidly becoming the go-to choice for producers and directors that are interested in casting an actor that's versatile, stout-hearted, and able to hold his ground in any role. He's played a werewolf in *True Blood*, a DEA Agent in *Sabotage*, and out of all possible characters, a male stripper in *Magic Mike* and *Magic Mike XXL*. Joe doesn't just train for his roles by remembering lines, he also hits the gym like he's an Olympic athlete.

For *Sabotage*, he put on 14kg of lean muscle. His biceps are about the size of an average newborn's head, his six pack—or more like eight pack—looks like it was chiseled out of concrete with a jackhammer. It's no surprise that Arnold Schwarzenegger wrote the forward for Manganiello's book *Evolution: The Cutting-Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted*. A book that details several of the techniques he uses to get into shape for his roles. But it's not just his biceps and ripped abs that got him where he is today—Manganiello is also a trained actor.

He began his acting career early, "I started in high school. I started writing, directing, producing and starring in films and TV shows that I cast all of my friends in," he says. But it was in college at Carnegie Mellon School of Drama that he went through rigorous training. "You act from eight in the morning, till midnight, five days out of the week. Then you have rehearsals on Saturday, so that takes up all of your time. It's a really thorough training programme," he says. Although he may have been slightly exaggerating, the programme nonetheless has an extremely demanding curriculum and it gave Manganiello the acting knowledge to jump right into the role of Flash Thompson in Sam Raimi's *Spider-Man* after graduating in 2002.

After *Spider-Man*, Manganiello went on to have roles in several TV shows, like *CSI: Crime Scene Investigation*, *Las Vegas*, *How I Met Your Mother* and *One Tree Hill*. But it was his role as the werewolf Alcide Herveaux in *True Blood* that really helped to catapult his career. From there, he picked up the role as Davis in *What to Expect When You're Expecting* and then Big Dick Richie in *Magic Mike*. Followed by his role as Joseph 'Grinder' Phillips in *Sabotage* with Arnold Schwarzenegger.

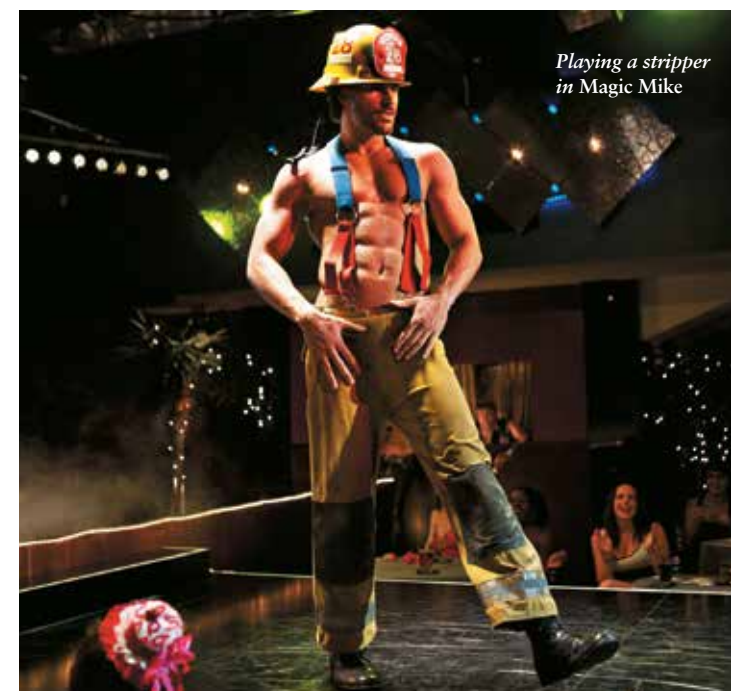
In November, 2015, Manganiello married actress Sofia Vergara, in Palm Beach, Florida. The wedding was packed with A-list actors like Reese Witherspoon, Channing Tatum and Arnold Schwarzenegger. In March this year, he's starring in the Netflix movie *Pee-wee's Big Holiday* produced by Judd Apatow and Paul Reubens.

#### **On his acting break in Spider-Man**

I got out of college and signed with an agent and manager. Right away, I was offered a TV deal—a TV holding dealing that I turned down. You have to remember, this was the year 2000, and in 2000 the film industry and the TV industry were segregated. You were a TV actor or you were a film actor. That was it. There was no, you know... cable TV as we know it today was really only... *The Sopranos* had just started so it hadn't shifted and changed. So I turned down that TV deal, because I was gonna do films, and then that week, I was brought in to screen test for Sam Raimi for *Spider-Man*, which I was eventually cast in.



Manganiello put on 14kg of lean muscle to play a tough DEA agent alongside Schwarzenegger in *Sabotage*



Playing a stripper in *Magic Mike*

#### **Training for a werewolf in True Blood**

At Carnegie Mellon in our freshman year, we had a chapter where we did 'animal projects', where you go to the zoo to study an animal and then you inhabit that animal for sometimes three and half hours a day, three to five days a week. Which is a lot, and you learn to develop a character, out of that sort of, outside-in approach. And you know, I understood the value, but I thought, "When the hell am I really going to use this in my acting career?" And then, of course, I was cast as you know, part-man, part-wolf. So I got to dust that part of my education off and put it to good use.

#### **First thoughts on the Magic Mike script**

Steven Soderbergh had just come off of *The Girlfriend Experience* and the first script certainly read that way. To me it was really the pitfalls of working in clubs. You know, or anyone who works in the nightlife industry—not necessarily stripping—but someone who works in nightlife. Which I was no stranger to, I started working in bars and clubs when I was 16, so to me I understood that world and I liked what it was saying...or I thought, you know, it was an interesting story.

#### **Starring in Magic Mike XXL**

I got to see a few of the screenings of it and in those screenings; I mean people were screaming, yelling, cheering, standing up, clapping. The last 20 minutes, when we do our kind of... that real-time show, at the end, that cabaret. I mean people were cheering as if we were performing live in the theatre. So I thought my God... I have never seen a movie that causes people to react in this way.

#### **On producing a documentary**

My brother is my producing partner, and the first film that we released as a company, was a movie called *La Bare*. Which came out about a year and half ago.

#### **On working out before a role and his book Evolution**

I've been training with the same trainer for about seven years, his name is Ron Matthews. And I started training for *True Blood*. You know I wanted the character to look a certain way, I wanted to get in the best shape of my life — I just saw the character that way. And we went to work, so those six weeks of workouts that are in the book, those are what I use to get in that kind of shape for *True Blood*.

#### **Putting on 14kg of muscle for Sabotage**

When I shot *Sabotage* I put on 30 pounds, for that movie. I was doing a lot of low repetition high weight Olympic lifts. Everything from clean and jerks to snatches, to really heavy high weight dead-lifts. Things like that. We were training in very different ways at that time, because I was trying to push my body to look a different way.

#### **On upcoming projects**

I'm playing the voice of Hefty Smurf in the new *Smurfs* movie. And I have some producing projects. I just took a movie that I'm producing and starring in out to AFM (American Film Market & Conferences) and it looks like we found the financing, we are going to start filming that in late spring. What else? I just took a TV show out that I'm producing. I have a *New York Times* bestseller that I just adapted into a screenplay, so I just wrote my first screenplay, and I'm looking, too... you know, we're probably gonna to do another draft and put a cast together for that. 🍷

