

= 1508 @. @ 0 kg / 396 @. @ 8 lbs + 485 @. @ 0 lbs + 953 @. @ 5 lbs + 585 @. @ 3 lbs + 903 @. @ 9 lbs =

3324 @. @ 5 lbs

? current all @-@ time highest 5 lift total in history (since 1996 *)

* both combined all @-@ time records had previously been held by legendary powerlifter Jon Cole

Holding these all @-@ time records in the lifting sports makes Mark Henry arguably one of the Strongest Men in history . Having achieved this at the very young age of 24 while being lifetime drug @-@ free makes it even more impressive . Many experts in the field , including Bill Kazmaier , Jan and Terry Todd , Dr. Robert M. Goldman , Arnold Schwarzenegger , Muscle & Fitness magazine and Flex magazine , consider him to be " one of the Strongest Men that ever lived " or even " the most naturally gifted strongman in history " .

When asked in September 2003 , who the strongest man in the world is today [2003] , Bill Kazmaier , considered by many to be the greatest strongman of all time , stated : " It would have to be Mark Henry . [...] I think he 's one of the strongest men in the history of the world , without a doubt . "

= = Professional wrestling career = =

= = = World Wrestling Federation / Entertainment / WWE = = =

= = = = Early career (1996 ? 1997) = = = =

At the age of 24 , Henry made his first appearance on World Wrestling Federation (WWF) programming on the March 11 , 1996 episode of Monday Night Raw , where he press slammed Jerry Lawler , who was ridiculing Henry while interviewing him in the ring . After Henry competed in the 1996 Summer Olympics , the WWF signed him to a ten @-@ year contract . Trained by professional wrestler Leo Burke , his first feud in the WWF was with Lawler . At the pay @-@ per @-@ view event , SummerSlam in August 1996 , Henry came to the aid of Jake Roberts who was suffering indignity at the hands of Lawler . His debut wrestling match was at In Your House : Mind Games on September 22 , 1996 , where he defeated Lawler . The feud continued on the live circuit during subsequent weeks . On the November 4 episode of Raw , Henry served as a cornerman for Barry Windham in a match against Goldust . He was set to team with Windham , Marc Mero and Rocky Maivia to take on the team of Lawler , Goldust , Hunter Hearst Helmsley and Crush at Survivor Series , but was replaced by Jake Roberts when he was forced to withdraw from the event due to injury . On the November 17 episode of Superstars , Henry defeated Hunter Hearst Helmsley , Crush and Goldust in a tug of war contest . Henry 's career was then stalled as , over the next year , he took time off to heal injuries and engage in further training . In November 1997 , he returned to the ring , making his televised return the following month . By the end of the year , he was a regular fixture on WWF programming , defeating Steve Lombardi on the December 15 episode of Raw , and beating The Sultan on the December 27 episode of Shotgun .

= = = = Nation of Domination and Sexual Chocolate (1998 ? 2000) = = = =

Henry joined the faction with Farooq , The Rock , Kama Mustafa , and D 'Lo Brown on January 12 , 1998 . After The Rock usurped Farooq 's position as leader , Henry switched loyalties to The Rock . He also competed at WrestleMania XIV in a tag team Battle Royal with Brown as his partner , but they did not win . After The Nation disbanded , he engaged in a short feud with The Rock , defeating him at Judgment Day : In Your House with help from Brown , and then forming a permanent team with Brown , gaining Ivory as a manager .

During the next year , Henry gave himself the nickname Sexual Chocolate , and was involved in controversial angles with Chyna and a transvestite . During a match at the August 1999

SummerSlam pay @-@ per @-@ view between Brown and Jeff Jarrett for the WWF Intercontinental and WWF European Championships (both held at the time by Brown) , Henry turned on Brown and helped Jarrett win the match and the titles . The next night , Henry was awarded the European title by Jarrett in return for his help . Henry lost the title one month later to Brown at the Unforgiven pay @-@ per @-@ view .

The night after he tried to make up with Brown and later in the week claimed to be a sex addict resulting in him attending a sex therapy session a week later where he claimed that he lost his virginity at eight years old to his sister , and had just slept with her two days ago .

After this , Henry turned into a fan favorite , and was seen on television romancing WWF women from Chyna to Mae Young as part of the " Sexual Chocolate " character . He feuded with Viscera during this time , as part of a storyline where Viscera splashed Mae Young while she was carrying Henry 's child . Young later gave birth to a hand . Henry was part of various other embarrassing and infamous storylines , including one about him overcoming sex addiction .

= = = Ohio Valley Wrestling and strongman competitions (2000 ? 2001) = = =

In 2000 , Henry was sent to Ohio Valley Wrestling (OVW) to improve his conditioning and wrestling skills . In OVW , he teamed with Nick Dinsmore to compete in a tournament for the OVW Southern Tag Team Championship in mid @-@ 2001 . Later that year , Henry 's mother died , causing him to go on hiatus from wrestling . He felt he had to compete in the " Super Bowl of weight lifting " ? the Arnold Strongman Classic ? in honor of his mother , who gave him his first weight set when he was a child . Four months prior to the contest , Henry began lifting the heaviest of weights and trained for the first time since 1997 for a major lifting competition . He had never been a professional strongman before , but in the coming contest he was to face the very best of the best of professional strongmen , such as the # 1 ranked strongman in the world , and defending World 's Strongest Man competition winner of 2001 Svend Karlsen , World 's Strongest Man winner of 2006 Phil Pfister , World Powerlifting Champion of 2001 and equipped deadlift world record holder Andy Bolton , World Muscle Power Champion , Olympic weightlifting Champion Raimonds Bergmanis , and reigning America 's Strongest Man of 2001 Brian Schoonveld . Then on 22 , February 2002 in Columbus , Ohio the competition , consisting of four events , designed to determine the lifter with the greatest overall body power , began . Henry surprised everybody when he won the first event , setting a world record in the process by lifting the Apollon 's Axle three times overhead . Only three men in history had ever been able to press it at all . By deadlifting 885 lbs for two reps in the second event and easily pushing a 5 @.@ 000 + lbs Hummer with nearly flat tires in the third event , Henry kept his lead continuously throughout the competition and never gave it up again . In the final " Farmer 's Walk " -event Henry quickly carried the roughly 850 lbs of railroad ties up an incline , winning the whole competition convincingly to capture the winning prize ? a US \$ 75 @.@ 000 Hummer , a vacation cruise and 10.000US \$ cash . Since Mark had only trained for four months and defeated the crème @-@ de @-@ là @-@ crème of worldwide strongmen , who had been practicing for years , his win was a shock for strongman experts worldwide , but remained basically unnoticed by the wrestling audience . Henry proved to be worthy of the title " World 's Strongest Man " not only by winning the contest , but also by achieving it in record time . By doing so he was again seen as the legit " strongest man in the world " by many lifting experts for a second time since 1996 .

= = = Brand switches (2002 ? 2004) = = =

Henry returned to the WWE the next month and was sent to the SmackDown ! brand , where he developed an in @-@ ring persona of performing " tests of strength " while other wrestlers took bets on the tests , but the gimmick met with little success . During this time he competed against such superstars as Chris Jericho and Christian . After being used sporadically on WWE (formerly WWF) television during 2002 , as he was training for a weightlifting contest , and suffering a knee injury , Henry was sent back to OVW for more training .

In August 2003 , Henry returned to WWE television on the Raw roster as a heel where he found some success as a member of " Thuggin ' And Buggin ' Enterprises " , a group of African Americans led by Theodore Long who worked a race angle in which they felt they were victims of racism and were being held down by the " white man " . During that time , Henry was involved in a brief program with World Heavyweight Champion Goldberg when former champion , Triple H , put a bounty on Goldberg . This was followed by a brief rivalry with Shawn Michaels , before he engaged in a rivalry with Booker T. After defeating Booker T twice , once in a street fight and once in a six @-@ man tag team match , he lost to Booker T at the Armageddon pay @-@ per @-@ view in December 2003 . At a practice session in OVW in February 2004 , Henry tore his quadriceps muscle , and was out for over a year after undergoing surgery . Henry was then utilized by WWE as a public relations figure during his recovery , before returning to OVW to finish out 2005 .

= = = Pursuit of the World Heavyweight Championship (2005 ? 2006) = = =

During the December 30 episode of SmackDown ! , Henry made his return to television , as he interfered in a WWE Tag Team Championship match , joining with MNM (Joey Mercury , Johnny Nitro , and Melina) , to help them defeat Rey Mysterio and Batista for the championship . A week later on SmackDown ! , Henry got in a confrontation with the World Heavyweight Champion , Batista , and went on to interfere in a steel cage match between MNM and the team of Mysterio and Batista , helping MNM to retain their titles . Henry then had another match with Batista at a live event where Batista received a severely torn triceps that required surgery , forcing him to vacate his title . On the January 10 , 2006 episode of SmackDown ! , Henry was involved in a Battle Royal for the vacant World Heavyweight Championship . He was finally eliminated by Kurt Angle , who won the title .

A week later , Henry received assistance from Daivari , who turned on Angle and announced that he was the manager of Henry . With Daivari at his side , Henry faced Angle for the World Heavyweight Championship at the 2006 Royal Rumble in January , losing when Angle hit him with a chair (without the referee seeing) and pinned him with a roll @-@ up .

On the March 10 episode of SmackDown ! , Henry interfered in a World Heavyweight Championship match between Angle and The Undertaker , attacking the latter when he was seconds from possibly winning the title . Henry then performed a diving splash on Undertaker , driving him through the announcer 's table . Henry was then challenged to a casket match by Undertaker at WrestleMania 22 . Henry vowed to defeat The Undertaker and end his undefeated streak at WrestleMania , but The Undertaker defeated him . Henry had a rematch against The Undertaker on the April 7 episode of SmackDown ! . It ended in a no @-@ contest when Daivari introduced his debuting client , The Great Khali . Khali went to the ring and attacked The Undertaker , starting a new feud and ending Henry 's .

During the rest of April and May , Henry gained a pinfall victory over the World Heavyweight Champion , Rey Mysterio in a non @-@ title match . Henry entered the King of the Ring Tournament , and lost to Bobby Lashley in the first round . He later cost Kurt Angle his World Heavyweight Championship opportunity against Mysterio , when he jumped off the top rope and crushed Angle through a table . Henry was then challenged by Angle to face off at Judgment Day , Henry then sent a " message " to Angle by defeating Paul Burchill . At Judgment Day , Henry defeated Angle by countout . Although winning , Angle got his revenge after the match by hitting Henry with a chair and putting him through a table .

Henry later went on what was referred to as a " path of destruction " , causing injuries to numerous superstars . Henry " took out " Chris Benoit and Paul Burchill on this path of destruction , and attacked Rey Mysterio and Chavo Guerrero . These events led up to a feud with the returning Batista , whom Henry had put out of action with a legitimate injury several months beforehand . When Batista returned he and Henry were scheduled to face one another at The Great American Bash in July . Weeks before that event , however , on the July 15 , 2006 episode of Saturday Night 's Main Event , Henry was involved in a six @-@ man tag team match with King Booker and Finlay against Batista , Rey Mysterio , and Bobby Lashley . During the match , Henry was injured , canceling the scheduled match at The Great American Bash , as Henry needed surgery . Doctors

later found that Henry completely tore his patella tendon off the bone and split his patella completely in two .

===== Return from injury (2007 ? 2008) =====

Henry returned on the May 11 , 2007 episode of SmackDown ! , after weeks of vignettes hyping his return . He attacked The Undertaker after a World Heavyweight Championship steel cage match with Batista , allowing Edge to take advantage of the situation and use his Money in the Bank contract . Henry then began a short feud with Kane , defeating him in a Lumberjack Match at One Night Stand . Shortly after , Henry made an open challenge to the SmackDown ! locker room , which nobody ever accepted . In the coming weeks he faced various jobbers ? wrestlers who consistently lose to make their opponents look stronger ? and quickly defeated them all . On August 3 , he claimed that nobody accepted the open challenge to step into the ring with him because of what he had done to The Undertaker , presenting footage of his assault on The Undertaker . The Undertaker responded over the following weeks , playing various mind games with Henry . Henry finally faced The Undertaker again at Unforgiven in September , losing to him after being given a Last Ride . Following an unscripted backstage interview , Henry burst into tears and fled from the arena . Two weeks later , Henry lost a rematch to The Undertaker after The Undertaker performed a chokeslam on Henry .

After a short hiatus , Henry returned to WWE programming on the October 23 episode of ECW , attacking Kane , along with The Great Khali and Big Daddy V. Henry then began teaming with Big Daddy V against Kane and CM Punk , and was briefly managed by Big Daddy V 's manager , Matt Striker . At Armageddon , Henry and Big Daddy V defeated Kane and Punk . Before WrestleMania XXIV aired , Henry participated in a 24 @-@ man battle royal to determine the number one contender for the ECW Championship , but failed to win .

===== ECW Champion (2008 ? 2009) =====

As part of the 2008 WWE Supplemental Draft , Henry was drafted to the ECW brand . At Night of Champions , Henry defeated Kane and Big Show in a Triple Threat match to capture the ECW Championship in his debut match as an ECW superstar . Upon winning the title , it was made exclusive to the ECW brand once again . Henry 's title win came nearly a full decade after he was awarded the European Championship , which was back in 1999 and the only title he held in WWE . A few weeks later , Hall of Famer Tony Atlas returned to WWE to act as Henry 's manager . A month after Henry 's title win , ECW General Manager , Theodore Long , unveiled a new , entirely platinum ECW Championship belt design . Henry lost the title to Matt Hardy at Unforgiven in the Championship Scramble match .

Henry attempted to regain the championship throughout the end of 2008 , and had a match against Hardy at No Mercy , but failed as he was unsuccessful . Henry and Atlas then engaged in a scripted rivalry against Finlay and Hornswoggle , which included Henry losing a Belfast Brawl at Armageddon . At the start of 2009 , Henry qualified for the Money in the Bank ladder match at WrestleMania XXV , and was involved in a series of matches with the other competitors on Raw , SmackDown , and ECW . He was unsuccessful at WrestleMania , however , as CM Punk won the match . In May , Henry began a rivalry with Evan Bourne , which began after Bourne defeated Henry by countout on the May 26 episode of ECW .

===== Tag title pursuits (2009 ? 2010) =====

On June 29 , Henry was traded to the Raw brand and debuted for the brand that night as the third opponent in a three @-@ on @-@ one gauntlet match against WWE Champion Randy Orton , which he won , turning Henry into a face in the process . In August 2009 , Henry formed a tag team with Montel Vontavious Porter and the two challenged the Unified WWE Tag Team Champions Jeri @-@ Show (Chris Jericho and The Big Show) for the title at Breaking Point , but were

unsuccessful . They stopped teaming afterwards , becoming involved in separate storylines , until the February 15 , 2010 episode of Raw in which they defeated the Unified WWE Tag Team Champions The Big Show and The Miz in a non @-@ title match . The next week they challenged The Big Show and The Miz in a title match but were unsuccessful . At Extreme Rules , Henry and MVP fought for a chance to become number one contenders to the Unified WWE Tag Team Championship , but were the second team eliminated in a gauntlet match by The Big Show and The Miz . Ultimately , The Hart Dynasty (Tyson Kidd and David Hart Smith) won the match .

Henry mentored Lucky Cannon in the second season of WWE NXT . Cannon was eliminated on the August 10 episode of NXT . In September , Henry began teaming with Evan Bourne , starting at the Night of Champions pay @-@ per @-@ view , where they entered a Tag Team Turmoil for the WWE Tag Team Championship . They made it to the final two before being defeated by Cody Rhodes and Drew McIntyre . The team came to an end in October when Bourne suffered an injury and was taken out of action . Henry then formed a team with Yoshi Tatsu on the November 29 episode of Raw , defeating WWE Tag Team Champions Justin Gabriel and Heath Slater , after a distraction by John Cena . They received a shot at the championship the next week , in a fatal four @-@ way elimination tag team match , which also included The Usos and Santino Marella and Vladimir Kozlov . Henry and Tatsu were the first team eliminated in the match .

= = = Hall of Pain ; World Heavyweight Champion (2011 ? 2012) = = =

In 2011 , on the April 25 episode of Raw , Henry was drafted back to SmackDown as part of the 2011 WWE Draft . In the main event of the night , Henry sparked a heel turn for his character when he attacked his teammates , John Cena and Christian . On the May 27 episode of SmackDown , Henry participated in a Triple Threat match against Sheamus and Christian to decide the number one contender to the World Heavyweight Championship , which was won by Sheamus . On the June 17 episode of SmackDown , Henry was scheduled to face an angry and emotionally unstable Big Show , who warned Henry not to get into the ring ; Henry ignored the warning and Big Show assaulted him before the match could begin . This act ignited a feud between the two ; Henry attacked Big Show both backstage and during matches while on the July 1 episode of SmackDown , Big Show 's music played during Henry 's match against Randy Orton , causing Henry to be counted out and costing him a shot at the World Heavyweight Championship . Henry reacted by destroying the audio equipment and manhandling a technician . Henry faced Big Show in a singles match at Money in the Bank and won . After the match , Henry crushed Show 's leg with a chair , (kayfabe) injuring him , an act Henry later referenced as an induction into the " Hall of Pain " . Henry did the same to Kane on the next episode of SmackDown , and in the months ahead , Vladimir Kozlov and The Great Khali suffered the same fate .

On the July 29 episode of SmackDown , Henry was informed that he could no longer compete as no one dared to fight him , but Sheamus interrupted , saying that he wasn 't afraid of Henry before slapping him . At SummerSlam , Henry defeated Sheamus by count @-@ out after slamming him through a ring barricade . On the August 19 episode of SmackDown , Henry won a 20 @-@ man Battle Royal to become the number one contender for the World Heavyweight Championship to face Randy Orton at Night of Champions , and throughout weeks on SmackDown and Raw , Henry regularly attacked Orton , getting an advantage over him . At Night of Champions , Henry defeated Orton to become World Heavyweight Champion for the first time in his 15 years with WWE and became the fifth African American to win a World Heavyweight title . Henry successfully defended the title against Orton at Hell in a Cell in a Hell in a Cell match .

On the October 7 episode of Smackdown , Big Show returned and chokeslammed Henry through the announce table , thus earning a title shot against Henry at Vengeance . During the match , Henry superplexed Big Show from the top rope , causing the ring to collapse from the impact and the match to be ruled a no contest . Henry began a feud with the Money in the Bank briefcase holder Daniel Bryan on the November 4 episode of SmackDown , challenging Bryan to a non @-@ title match to prove that Bryan could not become champion . During the match , Big Show knocked out Henry , making him win by disqualification . Show then urged Bryan to cash in his contract , but

Henry recovered and attacked both Bryan and Big Show before the match could start . At Survivor Series , Henry retained the World Heavyweight Championship against Big Show after a low blow that disqualified Henry . Angered by Henry 's cowardice , Big Show crushed Henry 's ankle with a steel chair . On November 25 , Henry was knocked out again by Big Show , at which point Bryan cashed in his briefcase for a title match and quickly pinned Henry . However , SmackDown authority figure Theodore Long revealed that Henry was not medically cleared to compete and voided the match , so Henry remained champion and the briefcase was returned to Bryan . Later that night , Bryan won a fatal @-@ four way match to face Henry for the World Heavyweight Championship in a steel cage . On the November 29 of SmackDown , Henry defeated Bryan to retain his championship .

At TLC : Tables , Ladders & Chairs , Henry lost the World Heavyweight Championship to Big Show in a chairs match . After the match , Henry knocked Big Show out , resulting in Daniel Bryan cashing in his Money in the Bank to win his first World Heavyweight Championship . On the January 20 episode of SmackDown , Bryan retained the championship against Henry in a lumberjack match after Bryan provoked the lumberjacks to come in and attack them to cause a no contest . At the 2012 Royal Rumble event , Henry faced Bryan and Show in a triple threat steel cage match for the World Heavyweight Championship ; Bryan escaped the cage to retain the title . On the February 3 episode of SmackDown , Henry was suspended indefinitely (in storyline) by SmackDown General Manager Theodore Long , after Henry physically accosted Long as he demanded a one @-@ on @-@ one rematch that night with Bryan . In reality , Henry had suffered a hyper @-@ extended knee the previous week . Henry returned to in @-@ ring action on the February 20 episode of Raw , losing to Sheamus . On the April 2 and 9 episodes of Raw , Henry faced CM Punk for the WWE Championship which he won by count @-@ out and disqualification ; as a result , Punk retained his title . On the April 16 episode of Raw , Punk defeated Henry in a no @-@ disqualification , no count @-@ out match to retain the WWE Championship . On May 14 , Henry announced he was going under a career @-@ threatening surgery for an injury .

= = = = Championship Pursuits (2013 ? 2014) = = = =

After a nine @-@ month absence , Henry made his return on the February 4 , 2013 episode of Raw , brutally attacking Daniel Bryan , Rey Mysterio and Sin Cara . Four days later on SmackDown , Henry defeated Randy Orton to earn a spot in the number one contenders ' Elimination Chamber match for the World Heavyweight Championship at Elimination Chamber . At the pay @-@ per @-@ view on February 17 , Henry eliminated Daniel Bryan and Kane before being eliminated by Randy Orton . After his elimination , Henry attacked the three remaining participants before being escorted out by WWE officials . Henry then began a feud with Ryback after several non @-@ verbal confrontations led to them attacking Drew McIntyre with their finishers , attempting to one @-@ up each other . On the March 15 episode of SmackDown , Henry was defeated by Ryback via disqualification , following interference from The Shield . Afterward , Henry delivered the World 's Strongest Slam to Ryback three times in a row . On April 7 at Wrestlemania 29 , Henry defeated Ryback in a singles match . Later that month , Henry reignited a feud with Sheamus by repeatedly attacking Sheamus backstage . Henry and Sheamus then challenged each other in tests of strength , but with Sheamus unable to best Henry , he resorted to attacking Henry with Brogue Kicks . After Sheamus (during his match) Brogue Kicked Henry (who was on commentary) , Henry snapped and brutally whipped Sheamus with a belt . This led to a strap match on May 19 at Extreme Rules , where Sheamus emerged victorious . With the loss to Sheamus , Henry declared that he was " going home " .

After being absent from television due to injuries , Henry used social media to tease his retirement . On the June 17 episode of Raw , Henry returned , interrupting WWE Champion John Cena and delivering an emotional retirement speech , which was revealed as a ruse when Henry gave Cena a World 's Strongest Slam after concluding his speech . The segment was highly praised by fans and critics . With Henry stating his intent to challenge for the " only title he 's never held " , he was granted a WWE Championship match against Cena at Money in the Bank . On July 14 at the pay

@-@ per @-@ view , Henry failed in his title challenge against Cena after submitting to the STF . The following night on Raw , Henry cut a promo to congratulate Cena on his win and asked for a rematch for SummerSlam , but was ultimately attacked by The Shield , turning face in the process for the first time since 2011 . Henry continued his face turn the following week , by confronting The Shield and teaming together with The Usos to fend them off . Henry and the Usos went on to lose to The Shield in two six @-@ man tag team matches , the first on the July 29 episode of Raw , and the second on the August 7 episode of Main Event . On the August 12 Raw , Henry competed in a 20 @-@ man Battle Royal to determine the number one contender for the United States Championship , but was the last man eliminated by Rob Van Dam . After the match , Henry and Van Dam were confronted by The Shield , before the returning Big Show came to their aid . Four days later on SmackDown , Henry , Show , and Van Dam defeated the Shield in a six @-@ man tag team match . After a suspected hamstring injury on August 31 at the TD Garden in Boston Massachusetts , Henry was cleared to compete . Henry , however , took time off and during his time off , he dropped down to 405 lbs and shaved his head bald .

Henry returned to in @-@ ring action on November 24 at Survivor Series , answering Ryback 's open challenge and defeating him in a single match . Henry tried to confront Brock Lesnar during separate encounters after Lesnar 's return , resulting in Henry receiving an F @-@ 5 the first time and then Lesnar injured Henry 's arm after getting it in a kimura lock hold , causing Henry to wail in pain and be absent . He returned on February 10 , 2014 and answered Dean Ambrose 's open challenge for the United States Championship , but was unable to win the title due to interference by the rest of The Shield . In March , Henry suffered another attack from Lesnar , this time resulting in Henry receiving an F @-@ 5 through the announcing table . Henry soon recovered and had another match with Ambrose for the U.S. Championship , but was again unsuccessful . On August 4 he defeated Damien Sandow after a few months absence . At Night of Champions , Henry lost to Rusev via submission .

The following night on Raw , he lost to Rusev again by knockout via submission . On the October 27 episode of Raw , Henry attacked Big Show during their tag team match against Gold and Stardust , and turning heel in the process for the first time since 2013 . On the November 3 Raw , Henry lost to Big Show via disqualification and slammed Big Show onto the steel steps . On the November 10 Raw , he joined The Authority 's team to face John Cena 's team at Survivor Series . On November 23 at Survivor Series , Henry was the first to be eliminated from Team Authority 50 seconds into the match after being knocked out by The Big Show . Ironically however , Big Show turned heel and aligned with The Authority during the match . Henry then took another hiatus due to an unspecified injury .

== = Later career (2015 ? Present) = = = =

Henry returned on the March 12 , 2015 , episode of SmackDown , confronting Roman Reigns for having a lack of identity and for not being respected , ultimately resulting in Reigns attacking Henry . The attack caused Henry to become a " believer " in Reigns and turned face again in the process . Henry was unsuccessful in the Elimination Chamber match for the WWE Intercontinental Championship at the Elimination Chamber show replacing Rusev who was injured. On the June 8 episode of Raw , Henry became a heel once again when he faced Reigns for his Money in the Bank spot , in which he was unsuccessful . After the match , Henry attacked Reigns . However , on July 13 episode of Raw , The Prime Time Players revealed their tag team partner to be Henry against the heel tag team The New Day , seemingly turning Henry face again . Henry spent the remainder of 2015 suffering back to back loses in singles matches , losing to the likes of , Big Show , Sheamus and Neville while constantly switching between face and heel .

At the 2016 Royal Rumble kickoff , Henry teamed with Jack Swagger to win a Fatal 4 @-@ Way tag team match to earn their spots in the Royal Rumble match . Despite this victory , Henry entered the Rumble Match at # 22 and lasted only 47 seconds when he was quickly eliminated by The Wyatt Family . On the February 8 episode of Raw , Henry walked out on The New Day during an 8 @-@ Man Tag Team Tables Match against The Usos and The Dudley Boyz . On the February 15 episode

of Raw , Henry lost to Big E , during the match Henry (kayfabe) suffered broken ribs leading to a botched (unplanned) ending . At WrestleMania 32 , Henry entered his third André the Giant Memorial Battle Royal , he eliminated Tyler Breeze and made it to the final six competitors until being eliminated by Kane and Darren Young .

On July 19 , at the 2016 WWE Draft , Henry was drafted to Raw .

= = Personal life = =

Henry is the cousin of former Pittsburgh Steelers defensive end Kevin Henry . He has an older brother named Pat . Henry lives in Austin , Texas with his wife Jana , son Jacob , and daughter Joanna . He also has a two @-@ foot ferret named Pipe . He drives a Hummer that he won in the 2002 Arnold Strongman Classic . On September 10 , 2012 , Henry served as one of the pallbearers for actor Michael Clarke Duncan 's funeral .

= = Filmography = =

= = = Film = = =

= = In wrestling = =

Finishing moves

World 's Strongest Slam (Falling powerslam) ? 2003 ? present

World 's Strongest Splash (Running splash)

Signature moves

Bearhug

Big boot

Body avalanche

Corner slingshot seated senton to the opponent 's back ? 2003 ? 2006

Corner slingshot splash ? 2006 ? present

Headbutt

Headbutting opponent while crawling ? adopted from and used as a tribute to Junkyard Dog ; 2013 ? present

Leapfrog body guillotine

Military press transitioned into either a drop or a slam

Nerve hold

Reverse chokeslam facebuster ? 2006

Running powerslam

Scoop powerslam

Managers

Tony Atlas

Daivari

Ivory

Theodore Long

Melina

Matt Striker

Mae Young

Nicknames

" The World 's Strongest Man "

" Sexual Chocolate "

" The Silverback "

" The King of the Jungle "

" The World 's Strongest Champion " (Used during his ECW Championship and World Heavyweight Championship reigns)

Entrance themes

" Power " by Jim Johnston (1998 ; Used while a part of the Nation of Domination)

" Sexual Chocolate " performed by Stevan Swann and composed by Jim Johnston (1998 ? 2000 , November 15 , 2010)

" The Wall " performed by Heet Mob

" Some Bodies Gonna Get It " by Three 6 Mafia (May 21 , 2006 ? present)

" Calling All Cars " by Jim Johnston (2007 @-@ 2008 ; when tagging with Big Daddy V)

" New Day , New Way " by Jim Johnston (February 8 , 2016 ; when tagging with The New Day)

= = Championships , records and accomplishments = =

= = = Powerlifting = = =

CHAMPIONSHIPS PARTICIPATION ? High School Level

Two times 1st place in Texas State High School Powerlifting TEAM Championships (in Division I under Silsbee High School)

1st place in Texas State High School Powerlifting Championships 1988 in SHW division

1st place in Texas State High School Powerlifting Championships 1989 in SHW division

1st place in Texas State High School Powerlifting Championships 1990 in SHW division

1st place in National High School Powerlifting Championships 1990 in SHW division at age 18

results : Powerlifting Total ? 922 kg (377 @.@ 5 / 227 / 317 @.@ 5) ? 2033 lbs (832 / 501 / 700)

CHAMPIONSHIPS PARTICIPATION ? Junior & Senior Level

1st place in International Junior (20 ? 23) Powerlifting Championships 1991 in SHW division at age 20

2nd place in Men 's USPF Senior National Championships 1990 in SHW division at age 19results : Powerlifting Total ? 910 kg (365 @.@ 0 / 212 @.@ 5 / 332 @.@ 5) / 2006 @.@ 2 lbs (804 @.@ 7 / 468 @.@ 5 / 733 @.@ 0)

1st place in ADFPA (USAPL) National Powerlifting Championships 1995 in SHW division at age 24results : Powerlifting Total ? 1050 kg (430 @.@ 0 / 210 @.@ 0 / 410 @.@ 0) / 2314 @.@ 8 lbs (948 @.@ 0 / 462 @.@ 9 / 903 @.@ 9) raw with wraps

1st place in WDFPF World Powerlifting Championships 1995 in SHW division at age 24results : Powerlifting Total ? 1060 kg (432 @.@ 5 / 235 @.@ 0 / 392 @.@ 5) / 2336 @.@ 9 lbs (953 @.@ 5 / 518 @.@ 1 / 865 @.@ 3) raw with wraps

1st place in USAPL National Powerlifting Championships 1997 in SHW division at age 26results : Powerlifting Total ? 1020 kg (410 / 225 / 385) ? 2248 @.@ 7 (903 @.@ 9 / 496 @.@ 0 / 848 @.@ 8) raw with wraps

RECORDS *

Teen III (18 ? 19 years) Level

Teen @-@ age World Records in the squat at 377 @.@ 5 kg (832 lbs) and total at 922 kg (2033 lbs) in SHW class (+ regardless of weight class) set in April 1990 at The National High School Powerlifting Championships at age 18

Teen @-@ age US American Records in the squat at 377 @.@ 5 kg (832 lbs) , bench press 227 kg (501 pounds) , dead lift 317 @.@ 5 kg (700 lbs) and total at 922 kg (2033 lbs) set in April 1990 at The National High School Powerlifting Championships at age 18

Texas state and US American Teen @-@ age record holder in all four powerlifting categories ? the squat at 377 @.@ 5 kg (832 lbs) , bench press at 238 kg (525 lbs) and deadlift at 369 @.@ 7 kg (815 lbs) as well as the total at 922 kg (2033 lbs) at age 19 .

Current Texas state and US American Teen @-@ age record holder in the squat at 425 @.@ 0 kg (936 @.@ 75 lbs) in SHW class (+ regardless of weight class) since 1991

Collegiate Level

Current Texas State Collegiate Record holder in the squat at 425 @. @ 0 kg (936 @. @ 75 lbs) in SHW class (+ regardless of weight class) since 1991 (best in America as well but not registered as such)

Junior Level (20 ? 23 years)

Current Texas State Junior Record holder in the deadlift at 385 @. @ 6 kg (850 @. @ 0 lbs) in SHW class (+ regardless of weight class) since 1995 (best in America as well but not registered as such)

Senior Level (24 + years)

Current Texas State Record holder in the squat at 433 kg (954 lbs) , the deadlift at 410 @. @ 5 kg (905 lbs) and the total at 1060 kg (2337 lbs) in SHW class (+ regardless of weight class) since 1995

Former All @-@ time raw (unequipped) squat World Record holder at 430 @. @ 0 kg (948 @. @ 0 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class (+ regardless of weight class) from July 16 , 1995 to October 29 , 1995

Former All @-@ time raw (unequipped) squat World Record holder at 432 @. @ 5 kg (953 @. @ 5 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class from October 29 , 1995 to June 7 , 2010 * * (+ regardless of weight class until November 4 , 2007 * * *)

Former All @-@ time raw (unequipped) deadlift World Record holder at 410 @. @ 0 kg (903 @. @ 9 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class from July 16 , 1995 to May 23 , 2010 * * * * (+ regardless of weight class until July 4 , 2009 * * * *)

Current All @-@ time drug @-@ tested raw (unequipped) squat World Record holder at 432 @. @ 5 kg (953 @. @ 5 lbs) in SHW class (+ regardless of weight class) since October 29 , 1995

Current All @-@ time drug @-@ tested raw (unequipped) deadlift World Record holder at 410 @. @ 0 kg (903 @. @ 9 lbs) in SHW class only since July 16 , 1995

Current All @-@ time drug @-@ tested raw (unequipped) Powerlifting Total World Record holder at 1060 @. @ 0 kg (2336 @. @ 9 lbs) in SHW class (+ regardless of weight class) since October 29 , 1995

Current All @-@ time American Record holder in the raw deadlift at 410 @. @ 0 kg (903 @. @ 9 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class (+ regardless of weight class) since July 16 , 1995

Current American Record holder in the deadlift at 410 @. @ 0 kg (903 @. @ 9 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class (+ regardless of weight class and equipment) since July 16 , 1995

Current All @-@ time US National Championship Record holder in the deadlift at 410 @. @ 0 kg (903 @. @ 9 lbs) (drug @-@ tested as well as non drug @-@ tested) in SHW class (+ regardless of weight class and equipment) since July 16 , 1995

Federation Records

World Drug @-@ Free Powerlifting Federation (WDFPF) World Records

Current WDFPF World Record holder in the squat at 432 @. @ 5 kg (953 @. @ 5 lbs) , the deadlift at 392 @. @ 5 kg (865 @. @ 3 lbs) and the total at 1060 kg (2336 @. @ 9 lbs) in SHW class (+ regardless of weight class and equipment) since October 29 , 1995 (categorized as " open equipped " , despite performed in singlet & knee sleeves only / without suit)

U.S.A. Powerlifting (USAPL) US American Records

Current USAPL US American Record holder in the deadlift at 410 @. @ 0 kg (903 @. @ 9 lbs) in SHW class (+ regardless of weight class and equipment) since July 16 , 1995

Current US National Championship Record holder in the deadlift at 410 @. @ 0 kg (903 @. @ 9 lbs) in SHW class (+ regardless of weight class and equipment) since July 16 , 1995

Special Powerlifting Honors

" The World 's Strongest Teen @-@ ager " by the Los Angeles Times in April 1990 .

Mark Henry was voted in the All @-@ time Top 25 All @-@ Mens US Powerlifting Nationals Team in 2007 .

Mark Henry is the only human in history who has not only squatted more than 900 lbs without a squat suit , but also deadlifted more than 900 lbs raw .

Mark Henry is the only human in history to have squatted more than 900 lbs without a squat suit and deadlifted more than 900 lbs raw in one and the same powerlifting meet .