

SOLID ABS IN THREE STEPS These moves really work P100



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BEST FOODS
A MAN CAN EAT P112

Men's Fitness

EXERCISE • HEALTH • NUTRITION • SEX • STYLE • GEAR

DROP 10lb IN 4 WEEKS

With our no-fail eating plan P116

EASY WORKOUT

Fast Ways To Burn Flab

P92

Is This The World's Toughest Race?

To win you have to survive P66

EXCLUSIVE!

Mark Lewis-Francis

On building explosive power P52

12 Vital Stress Busters

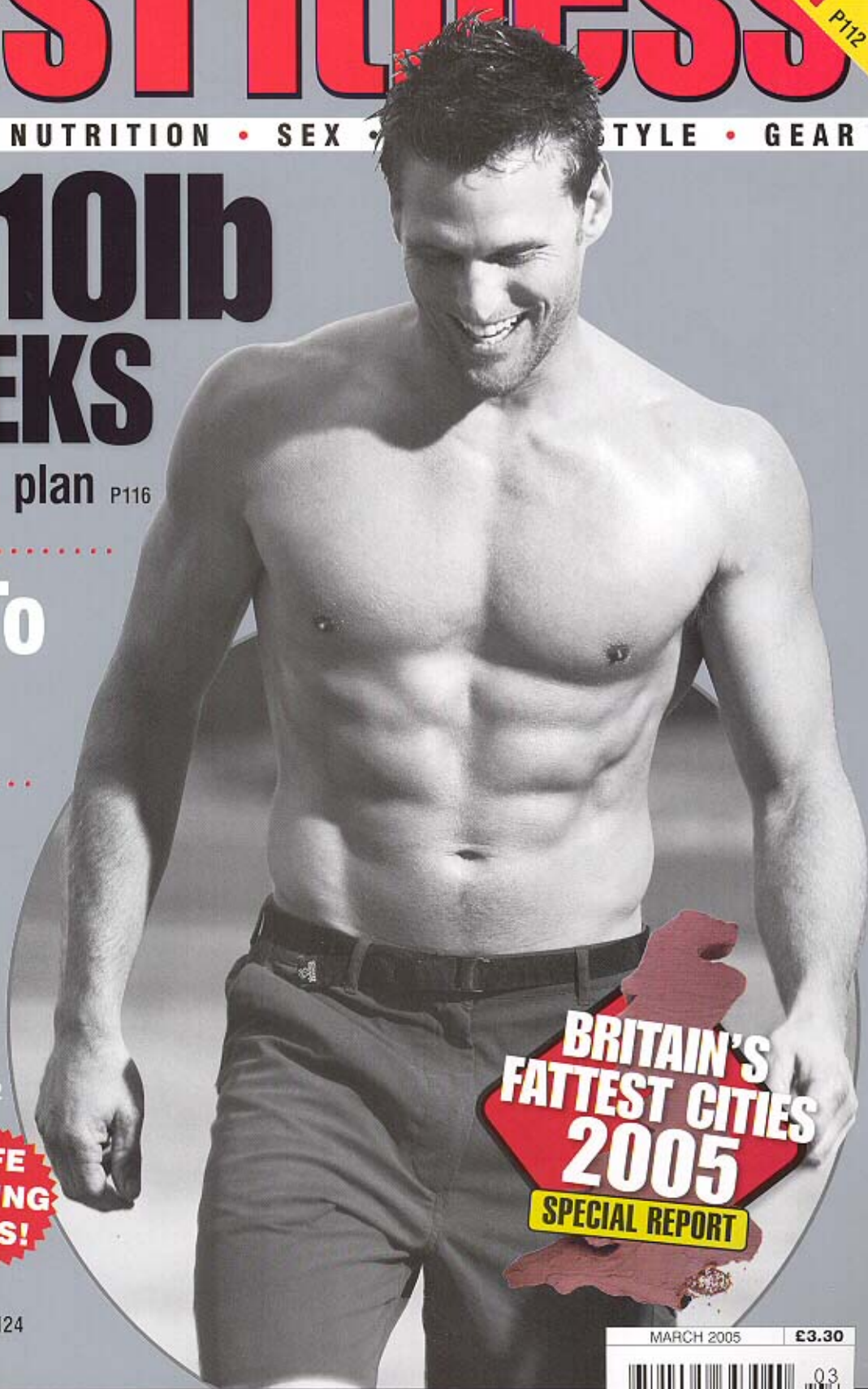
**LIFE
SAVING
TIPS!**

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AT LAST!

Burgers & Pizzas Are Good For You! P40



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