

TONS OF  
USEFUL STUFF

# Men's Health

## SUMMER OLYMPICS TRAINING SECRETS

FROM TEAM USA:

**JOHN  
OROZCO**  
ON STRENGTH!

**GIUSEPPE  
LANZONE**  
ON STAMINA!

**RYAN  
BAILEY**  
ON POWER!

**STEVEN  
LOPEZ**  
ON AGILITY!

AND  
**RYAN  
LOCHTE**  
ON SPEED!

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HEALTH,  
SEX &  
NUTRITION  
TIPS**

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RYAN LOCHTE  
wears Ralph  
Lauren Team  
USA Olympic  
Collection



*Peter Yang*

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