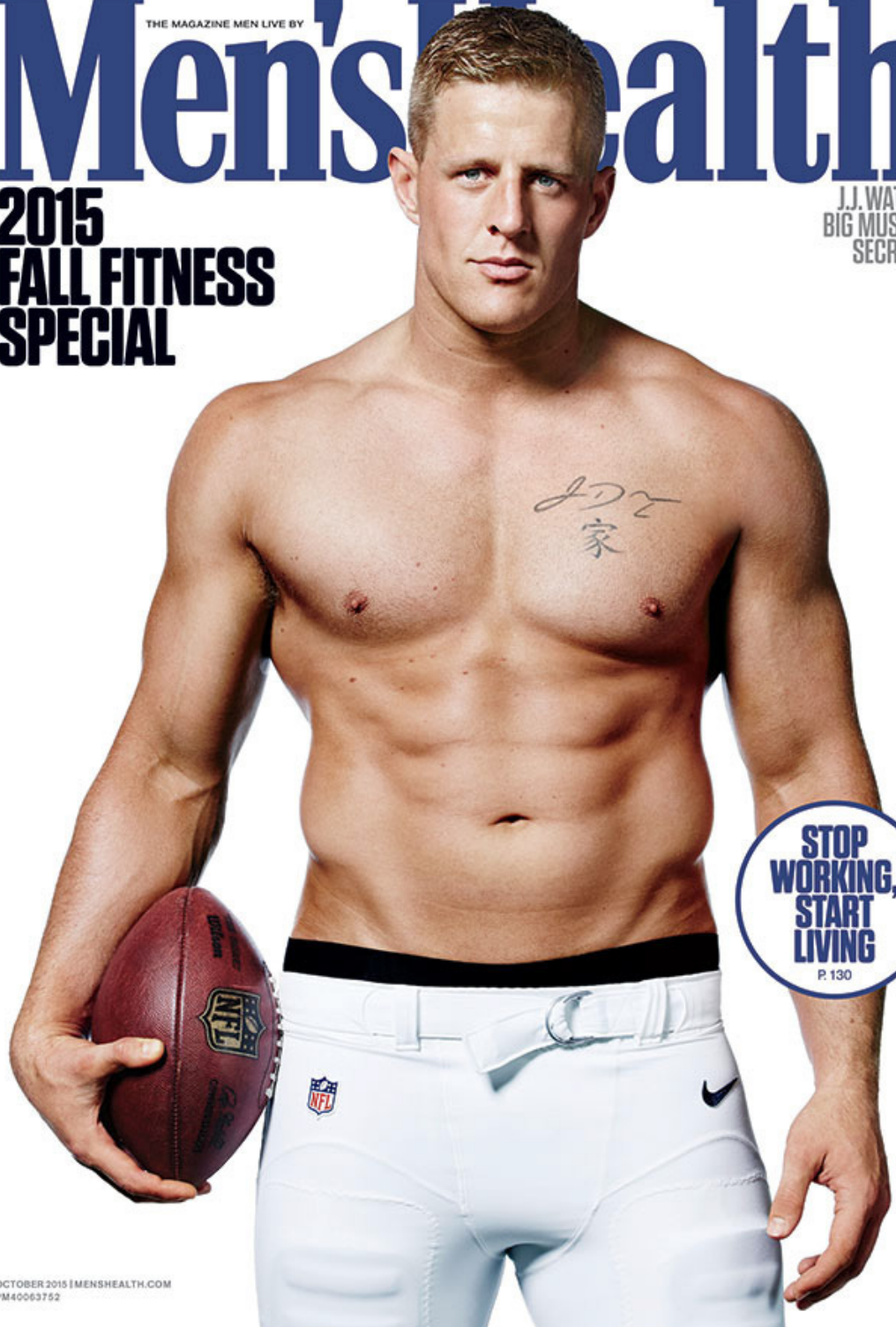


THE MAGAZINE MEN LIVE BY

# Men's Health

**2015  
FALL FITNESS  
SPECIAL**

J.J. WATT'S  
BIG MUSCLE  
SECRETS



**STOP  
WORKING,  
START  
LIVING**  
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