

MEN'S FITNESS

GIFT &
TECH
STEALS!

THE NEW MEASURE OF SUCCESS*

21-DAY UPPER-BODY BLAST

THE BIG MUSCLE ISSUE

- > Lift Stronger Now
- > Eat Perfect Meals
- > Results in Days!

**HAVE BETTER
SEX-TONIGHT!**

GOT 5 MINUTES A DAY?
**LOSE THE
LAST 5 LBS**

**MED ZONE:
THE 10 YEARS
YOUNGER DIET**

347
HEALTH, FITNESS,
SEX & STYLE TIPS



THE HUNGER GAMES'
**LIAM
HEMSWORTH**
PLAYS TO WIN

**BIGGER
ARMS
AND
CHEST
(2 MOVES!)**

**HIGH AND
MIGHTY?**
CAN POT BOOST
PERFORMANCE?

**MORE MONEY,
ZERO STRESS**

**HACK THE
HOLIDAYS**
75 GENIUS
STRATEGIES

Liam Hemsworth wears Tommy Hilfger

Peter Yang

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