

# 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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