

MEN'S FITNESS

MUST-HAVE
TECH
2014

THE NEW MEASURE OF SUCCESS™

**THE 7%
BODY
FAT
DIET**

EAT TO GET LEAN p146

**READ HER
SEX
SIGNALS**

**THE ULTIMATE
BENCH PRESS**

**FLAT
BELLY
FIXES!**

EASY ABS IN JUST 3 MOVES



**THE
WALKING
DEAD
NORMAN
REEDUS
SHOOTS
TO KILL!**

**M.I.T.'S
BIONIC
HERO**

**FOOL-
PROOF
WEALTH**
WORKS EVERY TIME!

**7 PERFECT
MUSCLE
SMOOTHIES**

**273
BEST FITNESS &
NUTRITION TIPS**

Norman Reedus wears
Denim & Supply Ralph Lauren



Peter Yang

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