

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

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BEST FITNESS & NUTRITION TIPS

Norman Reedus wears
Denim & Supply Ralph Lauren



Peter Yang

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