

Turn Fat into Muscle:3-Week Shred!

# MEN'S FITNESS

Fast-Track Biceps

# BUILD BIG ARMS

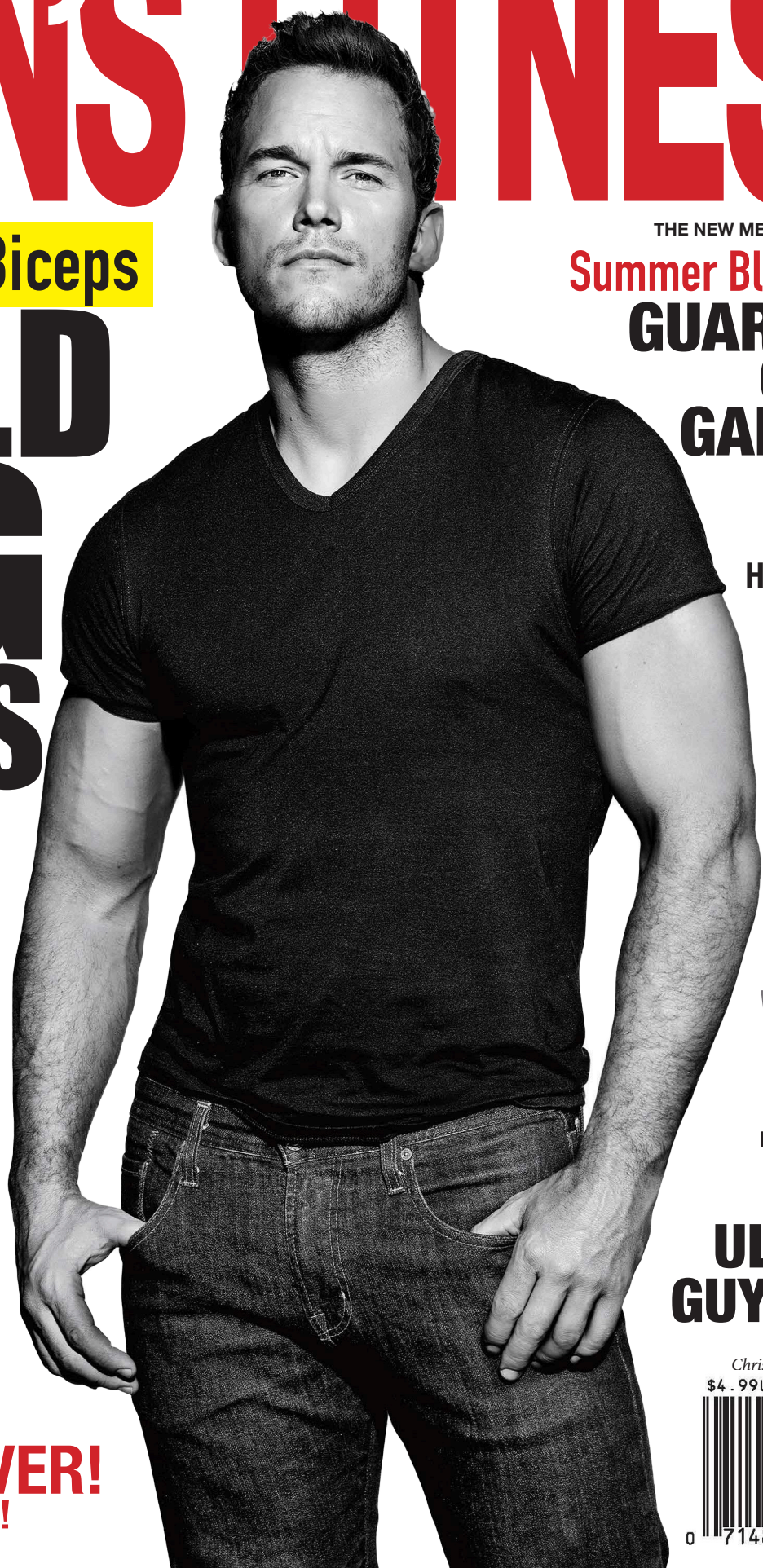
# 6-PACK DIET

UNCOVER  
YOUR ABS

44% MORE  
FAT BURN  
IN EVERY  
WORKOUT

# YOUR BEST SUMMER EVER!

BIG TRICEPS FAST!



THE NEW MEASURE OF SUCCESS\*

Summer Blockbuster!

# GUARDIANS OF THE GALAXY'S

# CHRIS PRATT

How the Parks  
and Rec Guy  
Got Ripped

# DRESS FOR MORE FUN!

WHAT  
WOMEN  
WANT YOU  
TO WEAR

# 100 ULTIMATE GUY FOODS

Chris Pratt wears Calvin Klein

\$4.99US \$5.99CAN



0 71486 51083 3



Turn Fat into Muscle:3-Week Shred!

# MEN'S FITNESS

THE NEW MEASURE OF SUCCESS\*



Summer Blockbuster!  
**GUARDIANS OF THE GALAXY'S CHRIS PRATT**  
How the Parks and Rec Guy Got Ripped

**DRESS FOR MORE FUN!**  
WHAT WOMEN WANT YOU TO WEAR

**44% MORE FAT BURN IN EVERY WORKOUT**

**BUILD BIG ARMS**

**6-PACK DIET**

**UNCOVER YOUR ABS**

**100 ULTIMATE GUY FOODS**

**Fast-Track Biceps**

Chris Pratt wears Calvin Klein

\$4.99US \$5.99CAN



0 71486 51083 3

08>



Turn Fat into Muscle:3-Week Shred!

# MENS FITNESS

**Fast-Track Biceps**

THE NEW MEASURE OF SUCCESS\*

Summer Blockbuster!

GUARDIANS  
OF THE  
GALAXY'S  
CHRIS  
PRATT

How the Parks  
and Rec Guy  
Got Ripped

DRESS  
FOR  
MORE  
FUN!

WHAT  
WOMEN  
WANT YOU  
TO WEAR

100  
ULTIMATE  
GUY FOODS

# BUILD BIG ARMS

# 6-PACK DIET

UNCOVER  
YOUR ABS

**44% MORE  
FAT BURN**

IN EVERY  
WORKOUT

**YOUR BEST  
SUMMER EVER!  
BIG TRICEPS FAST!**



Chris Pratt wears Calvin Klein

\$4.99US \$5.99CAN





Turn Fat into Muscle:3-Week Shred!

# MEN'S FITNESS

Fast-Track Biceps

**BUILD  
BIG  
ARMS**

**6-PACK  
DIET**

**UNCOVER  
YOUR ABS**

**44% MORE  
FAT BURN  
IN EVERY  
WORKOUT**

**YOUR BEST  
SUMMER EVER!  
BIG TRICEPS FAST!**



THE NEW MEASURE OF SUCCESS\*

Summer Blockbuster!

**GUARDIANS  
OF THE  
GALAXY'S**

**CHRIS  
PRATT**

How the Parks  
and Rec Guy  
Got Ripped

**DRESS  
FOR  
MORE  
FUN!**

**WHAT  
WOMEN  
WANT YOU  
TO WEAR**

**100  
ULTIMATE  
GUY FOODS**

\$4.99US \$5.99CAN

