

Turn Fat into Muscle:3-Week Shred!

MEN'S FITNESS

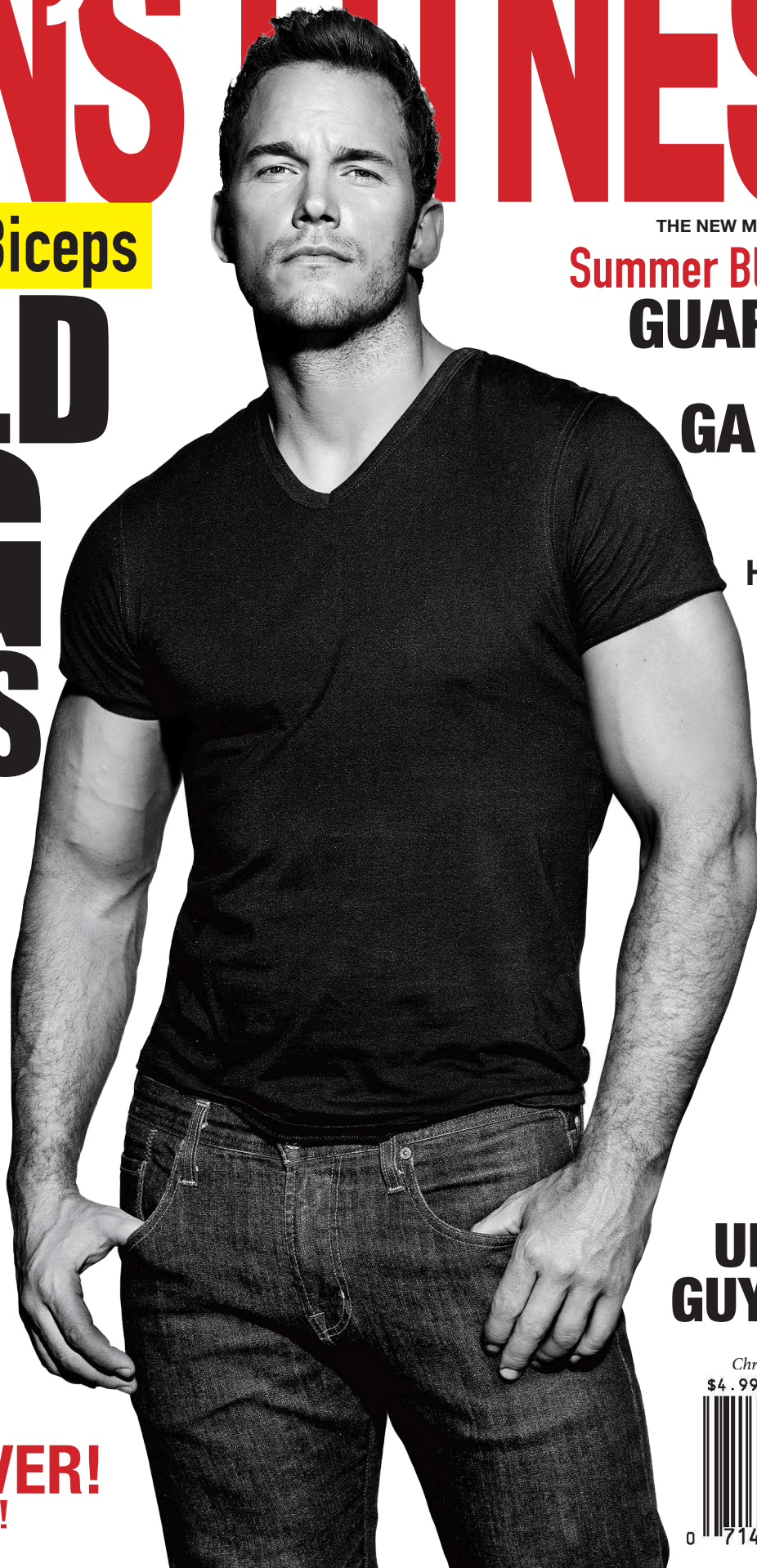
Fast-Track Biceps

**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



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