

MUSCLE & FITNESS

14 **MUSCLE-MAKING RECIPES**

Grow Your Arms Now

BEST BICEPS WORKOUT EVER!

FLAT ABS FAST

MAKE 4X THE GAINS WITH OUR 4-DAY TRAINING PLAN

TRANSGENDER BODYBUILDER

Janae Marie Kroc's Exclusive Story P. 96



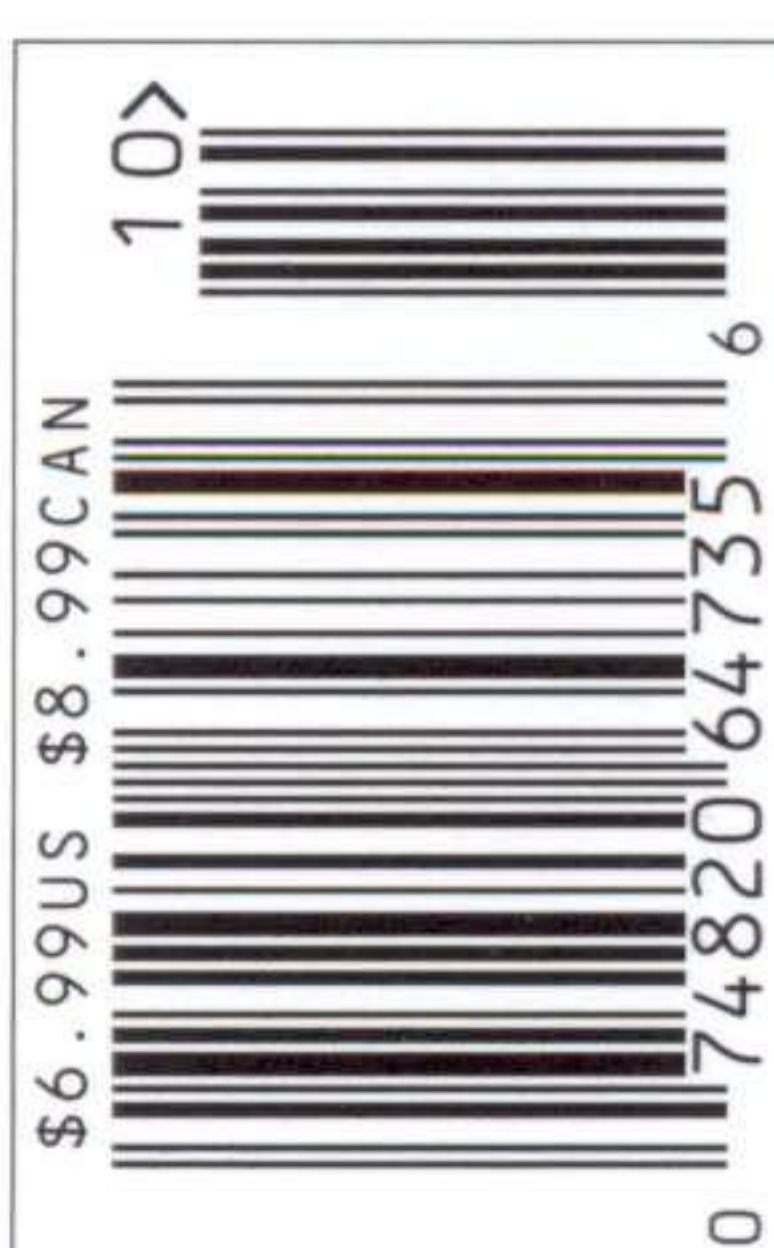
MICHAEL STRAHAN
Follow His Rules to Win at Life
P. 24

BIG SHOULDERS IN ONE MOVE

GET THE PERFECT SUPPS FOR YOU

371 FITNESS TIPS AND TRICKS

OCTOBER 2015
Display until November 2, 2015



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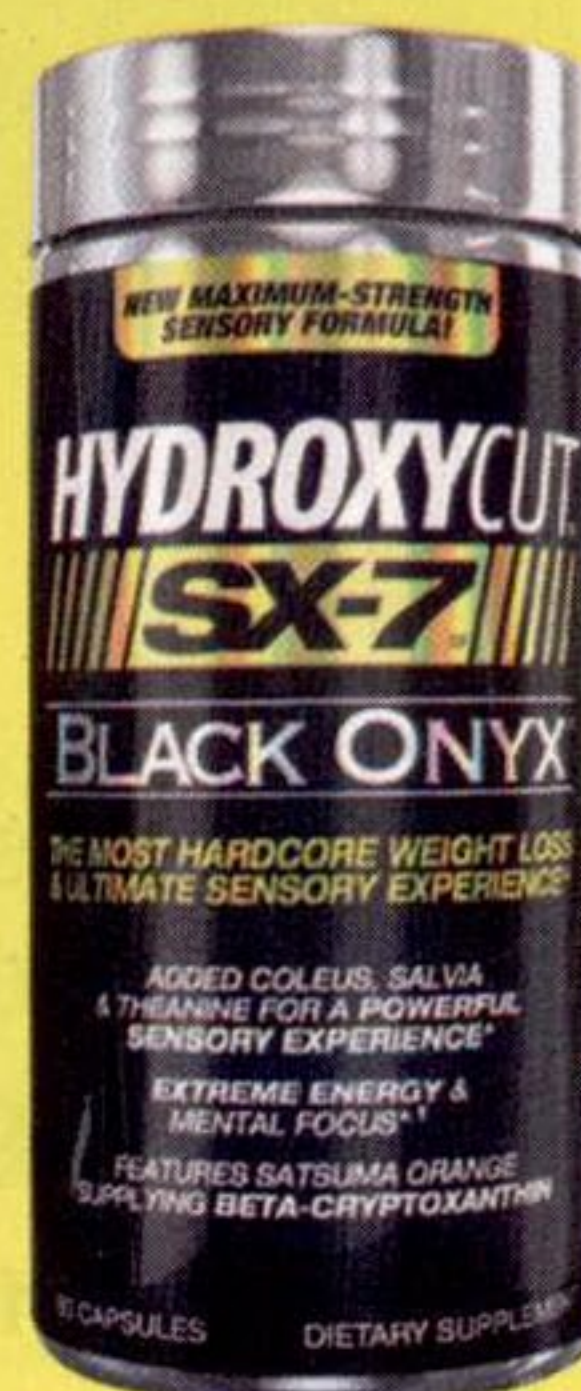
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1. ECO 200

ESCALI

Your morning weigh-in just got a bit classier, courtesy of this natural bamboo scale. A blue backlight makes numbers glow. Has a lifetime limited warranty.

\$50, ESCALI.COM

2. ASPIRE SOCKS

SWIFTWICK

Slip into the antimicrobial moisture-wicking compression socks to aid circulation during and after workouts. Available in 11 color options and six cuff lengths.

\$17, SWIFTWICK.COM

3. FUSION PROGLIDE

GILLETTE

FlexBall technology ensures the five-blade razor pivots in any direction, never missing a spot. Shape up facial hair with a precision blade on the back.

\$9+, GILLETTE.COM

4. ACTIVE CLEAN

NIVEA

Formulated with charcoal, the men's body wash deeply cleans skin, digging out dirt and oil for a long-lasting cleanse that feels great and prevents zits.

\$5, NIVEA.MENUSA.COM

5. FIT GLOVES

EVERLAST

Hit a heavy bag during combat training, then start lifting with these multipurpose gloves. Padded knuckles and a wrist wrap provide protection.

\$30, SHOPEVERLAST.COM

6. BIG SHOT

UNDER ARMOUR

Designed for a larger athlete, the Big Shot is a stylish pair of performance sunglasses that won't fall off in the elements. The polarized lenses block glare and are impact-rated.

\$90, UA.COM

7. SX-7 BLACK ONYX

HYDROXYCUT

The SX-7 Black Onyx version of Hydroxycut derives its name from the seven potent ingredients that work together to incinerate your fat stores.

\$70, GNC.COM