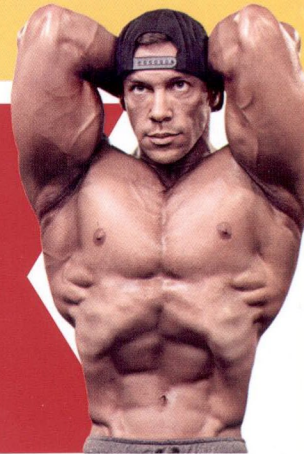


IS THIS THE NEW BODYBUILDING? FIND OUT ON P.176

JOE WEIDER'S

FLEX



CODY MONTGOMERY
THE FUTURE
IS HERE ▶

THE IFBB'S NEWEST
PRO-AT JUST 20

FASTER
GAINS!

WITH OUR NEW
TWO-A-DAY
WORKOUT
ROUTINE
P.78

EAT YOUR
WAY TO
SUPER
SIZE

6-DAY
FULL
BODY
PLAN!

BUILD
PEAKED
BICEPS
OUR PROVEN PLAN



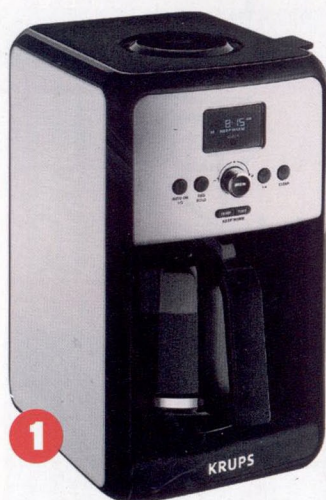
OCTOBER 2015



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FLEXONLINE.COM

HIT LIST



1



3



4



2



5



6

1

UPGRADE

Krups Savoy EC314 coffeemaker features a thermosensor that keeps coffee at a desired temperature for up to four hours. What's more, the design is sleek and space friendly.

\$80,
krupsusa.com

2

RECOVER

Sip on Kill Cliff sugarless drinks post-workout to rehydrate and jump-start recovery. Ingredients include caffeine, green tea, taurine, electrolytes, and vitamins B, C, and E; choose from four tasty flavors.

\$4 and up,
killcliff.com

3

PERFORM

The first FDA-approved wireless electric muscle-stim device uses radio frequency to power electrodes that recover, relax, and strengthen muscle fibers. It's pricey but worth a look if you're an elite athlete.

\$1,149,
shopcomex.com

4

GROOM

Combat pit stank naturally with Onnit organic deodorant. Each handmade bar is vegan-friendly, aluminum-free, and void of processed chemicals. After a few semi-rough swipes it should glide on smooth and easy.

\$10,
onnit.com

5

MONITOR

A 400-pound capacity makes the Escali WB180 Body Composition Scale ideal for bodybuilders looking to keep tabs on body weight, body fat, muscle mass, bone mass, and basal metabolic rate.

\$60,
escali.com

6

WEAR

Sadly, Nike's Free Trainer 3.0 V4s won't boost 1RMs upon first wear. But their synthetic leather/mesh upper, low-profile sole, and diverse colorways can strengthen your style and keep your hooves comfy while you train.

\$120,
nike.com