

**A NEW BODY FOR THE NEW YEAR!**

# EXERCISE

*For Men Only*

IN PURSUIT OF TOTAL FITNESS

JANUARY 2008

**TIGHTEN UP!  
GET ABS  
OF IRON  
TODAY**

**MUSCULAR  
LEGS  
WITHOUT  
SQUATS**

**BUILD  
BIGGER  
BICEPS  
& TERRIFIC  
TRICEPS**

**8 STEPS TO  
POWERFUL  
ARMS**

**MR. EXERCISE  
GIANT POSTER**

**CARDIO/ABS  
CIRCUIT  
FOR A SHREDDED BODY**

**ALL-CABLE BLAST FOR A  
CHISELED PHYSIQUE**

**6-PAGE POSTER**

**SUPER BODY FOR  
THE SUPER BUSY!**

**LEAN, MEAN  
TEEN ROUTINE!  
UPPER BODY FITNESS  
FOR YOUTH**

**CHEST BUILDING  
MADE SIMPLE!**

**NUTRITION  
MYTHS  
EXPOSED  
LEARN  
THE FACTS  
TO EAT  
HEALTHY**

**SLEEP  
EASY  
CONQUER  
YOUR  
INSOMNIA**

**6 MISTAKES  
THAT CAN KILL  
YOUR DIET**

Display until January 27, 2008

\$5.99 US



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