

YOUR ULTIMATE CARDIO WORKOUT p.72

TONS OF
USEFUL STUFF

Men's Health

Free Workout Poster!

GET BACK IN SHAPE

SEE RESULTS IN **JUST 8 DAYS!**

30 RED-HOT SEX SECRETS

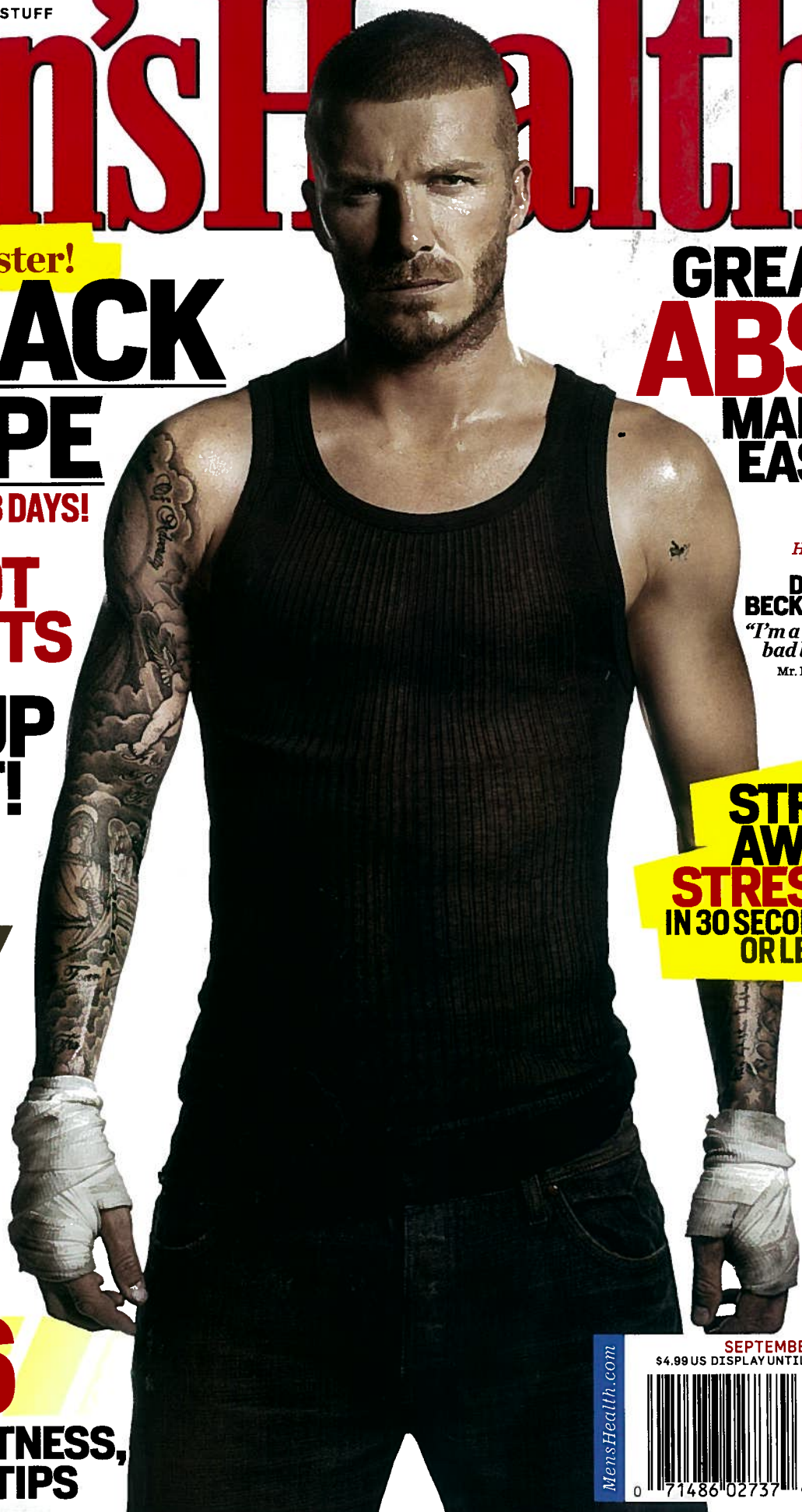
POWER UP YOUR DIET!

MORE ENERGY INSTANTLY!

BUILD WEALTH FAST!

2,976

NEW HEALTH, FITNESS,
SEX AND STYLE TIPS



GREAT ABS MADE EASY

THE
MEN'S
HEALTH
GUY
**DAVID
BECKHAM**
*"I'm a really
bad loser."*

Mr. Beckham
wears
Armani
in our
Guide
to Style.

STRIP AWAY STRESS! IN 30 SECONDS OR LESS!

MensHealth.com

SEPTEMBER 2008

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