

MEN'S EXERCISE

JUNE 2003

THE FITNESS GUIDE FOR TODAY'S MAN

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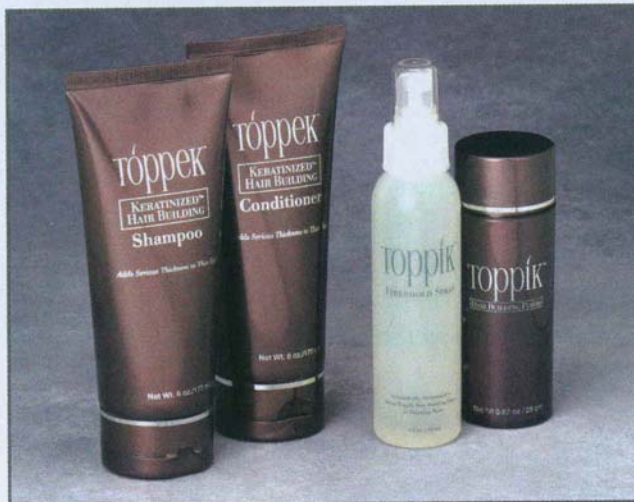
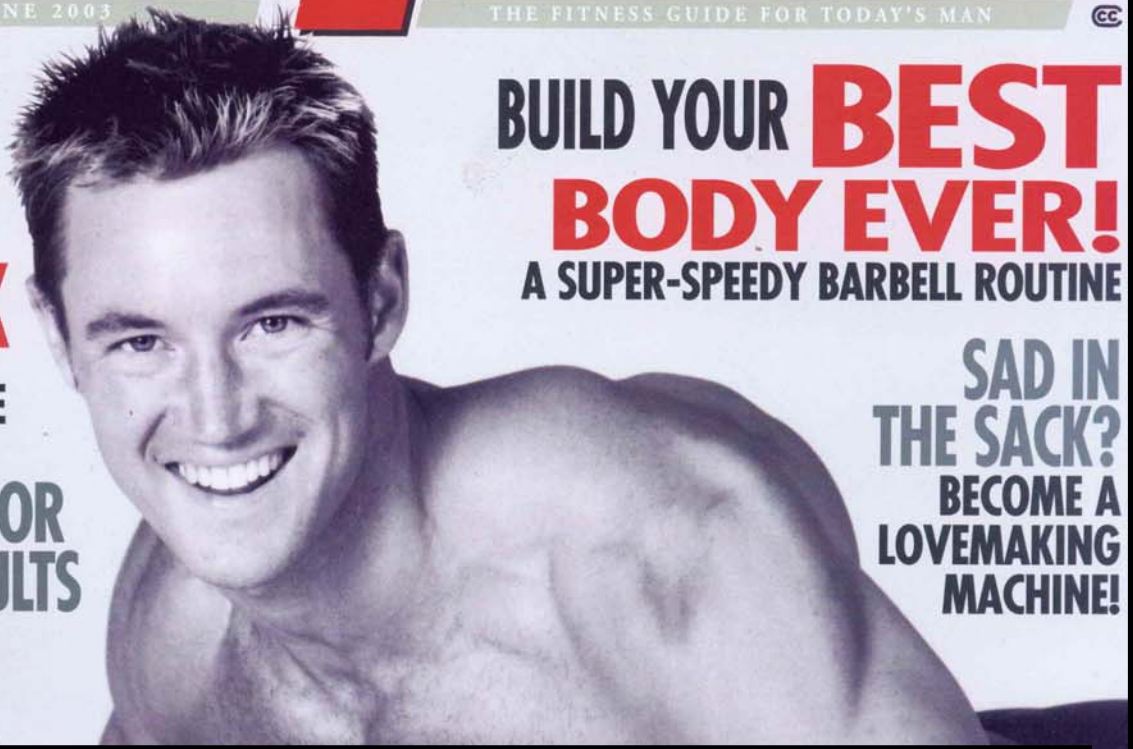
STOP DOING
SIT-UPS!
SMART NEW
WAY TO A
6-PACK

TEEN MUSCLE
BUILDING:
6 RULES FOR
FAST RESULTS

FLEXIBLE
MUSCLES.

BUILD YOUR **BEST**
BODY EVER!
A SUPER-SPEEDY BARBELL ROUTINE

SAD IN
THE SACK?
BECOME A
LOVEMAKING
MACHINE!



A LITTLE EXTRA HAIR

■ If you've noticed some thinning on top, you might want to try out Toppik Hair Building Fibers. These tiny microfiber "hairs" are made of organic keratin protein and packaged in a simple sprinkle container. All you have to do is shake the product onto your hair, giving your head the appearance of fuller and thicker hair. Toppik comes in eight shades and sells for about \$20 for a one-month supply (\$40 for three months). For more information or to order, call 800-416-1491 or go to www.toppik.com.

THE ULTIMATE
EXERCISE!

US\$4.99/CAN\$5.99
Display until May 26, 2003



SICK OF GETTING SICK?
SUPERCHARGE YOUR
IMMUNE SYSTEM