

**YOUR GUIDE TO FAT-FREE ABS**

# **MEN'S EXERCISE**

\* MARCH 2009

THE FITNESS GUIDE FOR  
TODAY'S MAN

# **AB SECRETS**

OF REALITY TV STAR  
**JULIAN FANTECHI**

**LEG PRESS TRUTHS  
MASS-BUILDER  
OR DANGEROUS  
MACHINE?**

**EXERCISE-INDUCED  
MIGRAINES:  
PREVENTION &  
TREATMENT**

# **PERFECT PECS MADE SIMPLE**

**LOOK GREAT  
IN JEANS:  
WORKOUT FOR  
LEGENDARY LEGS**

**COMPLETE  
YOUR PHYSIQUE:  
TARGET  
FORGOTTEN  
BODYPARTS**

**MORE MUSCLE,  
MORE SLEEP  
WITH ZMA**



**Plus!**  
**2008 MR.  
FITNESS  
EXTRAVAGANZA!**



# NEW product GUIDE

## NEED A TESTOSTERONE BOOST?

In a doctor-controlled medical trial, Novatest was shown to raise free-testosterone levels up to a whopping 12,149 percent above baseline levels, making it one of the most powerful testosterone formulas on the market today. These elevations are made possible through the use of Novatest's patent-pending anti-aromatase complex. It is bio-engineered to elicit fast-acting anti-aromatase activity and slower acting anti-aromatase moiety for prolonged free-testosterone elevating effects.



Its dual anabolic action of elevating free-testosterone and myosin activation promotes significant increases in muscle fiber size. To prevent the destruction of Novatest's potent, yet fragile ingredients, Xero Limits researchers developed a special transmucosal delivery system to ensure bioavailability and maximum effectiveness. The product is delivered in QuickTek tablets, which improve absorption directly into the bloodstream for rapid and dramatic elevations in free-testosterone, while lowering estrogen and activating endocrine pathways required for myosin muscle tissue remodeling.

Novatest is available exclusively through [Bodybuilding.com](http://Bodybuilding.com).

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## POWER UP WITH PROMAX

Promax bars, from Promax Nutrition, are delicious, high-protein energy bars that contain a hefty 20 grams of protein from whey and casein (long-digesting protein), and the essential carbohydrates for immediate and sustained energy. The bars also boost vitamins A, C and E, and supply 280 calories in a substantial 75-gram bar.

Available in nine mouth-watering flavors (Black Forest Cake, Chocolate Mint, Chocolate Peanut Crunch, Cookies N' Cream, Double Fudge Brownie, Honey Peanut, Nutty Butter Crisp, Lemon Bar and Chocolate Chip Cookie), these bars are perfect for any time of day. For those readers who are watching their fat and sugar intake, Promax also offers a similar recipe without high-fructose corn syrup by using crystalline fructose and other sweeteners. Plus, they contain five grams of protein and only 1.5 grams of fat! The new Promax 70-Calorie Bars are available in Cookies 'N Cream, Double Fudge Brownie and Chocolate Peanut Crunch.

Hungry? Visit [promaxnutrition.net](http://promaxnutrition.net).

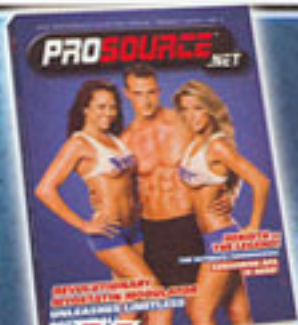


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 <b>\$29.50</b> 20-serv.	 <b>\$36.95</b> 50-caps	 <b>\$59.95</b> 120-tablets	 <b>\$29.95</b> 120 inner-caps	 <b>\$18.95</b> 1000-grams	 <b>\$26.95</b> 12 bars/box ea



**Yours Free!**

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(212 pages)

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