

WHY THE BEST
MAN WINS

ADD 2 INCHES TO YOUR ARMS

Men's Fitness

EXERCISE • HEALTH • NUTRITION • SEX

Have a Gut-Free Summer

Plus:

- ▶ **PECS** FOR THE BEACH
- ▶ **ARMS** FOR A FIGHT
- ▶ **ABS** FOR HER BED

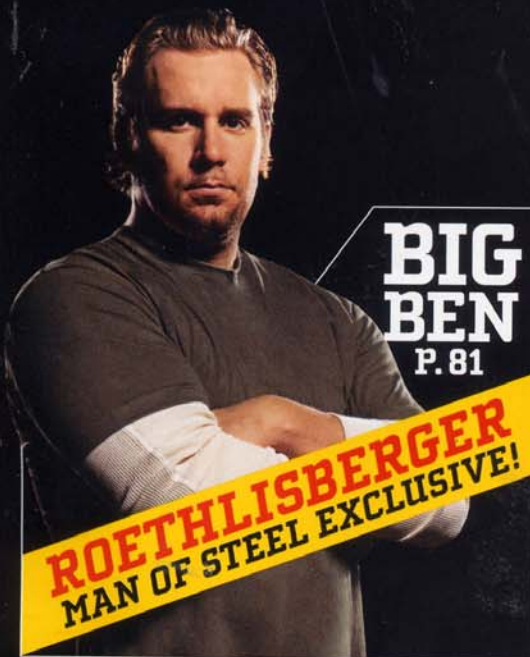
MF SALUTES THE

25

FITTEST
GUYS



THE HOOK-UP
HANDBOOK
A BAR-CRAWLER'S
GUIDE TO GETTING
THE GIRL
P.43



**BIG
BEN**
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ROETHLISBERGER
MAN OF STEEL EXCLUSIVE!



THE 12 BEST
MUSCLE FOODS

USA \$3.99 CANADA \$4.99
JUNE/JULY 2006
WWW.MENSFITNESS.COM
DISPLAY UNTIL JULY 4, 2006

53 WAYS TO MORE Muscle





QUIKSILVER DEEP

The Deep is preprogrammed with 15 years' worth of tide data for 200 top surf spots. Graphics show tide movement over 24 hours, plus projected water height and temp, and even a wave counter for competitive surfing.

\$129 @ QUIKSILVER.COM

SWISS ARMY NIGHT VISION URBAN CAMO

The powerful blue LED flashlight built into this watch breaks through the blackness with strobe signals, 150 seconds of continuous light, plus a locator beacon in case you lose it in the dark.

\$295 @ SWISSARMY.COM



REACTOR FLUX

An oversize behemoth of a watch, the Flux isn't for the weak-wristed—but if you're looking for a bombproof timepiece, you've found it. And you won't have to sacrifice comfort for durability. The curved case back and hourglass shape are designed to match the contours of your wrist.

\$500 @ REACTORWATCH.COM



NIKE OREGON SERIES ALTI-COMPASS

This watch comes fully loaded with an altimeter, barometer, and compass. What's more, there's a bubble level and seven alarms you can set for time, elevation, and even hydration.

\$199 @ NIKETOWN.COM

NIXON THE CONNECT

For the jet-setter looking to keep it global while on the go, the Connect keeps time in 37 cities and lets you set home and away alarms in different time zones—so you won't miss a meeting whether you're in Moscow, Madagascar, or Milwaukee.

\$170 @ NIXONNOW.COM

