

WHY THE BEST
MAN WINS

ADD 2 INCHES TO YOUR ARMS

Men's Fitness

EXERCISE • HEALTH • NUTRITION • SEX

Have a Gut-Free Summer Plus:

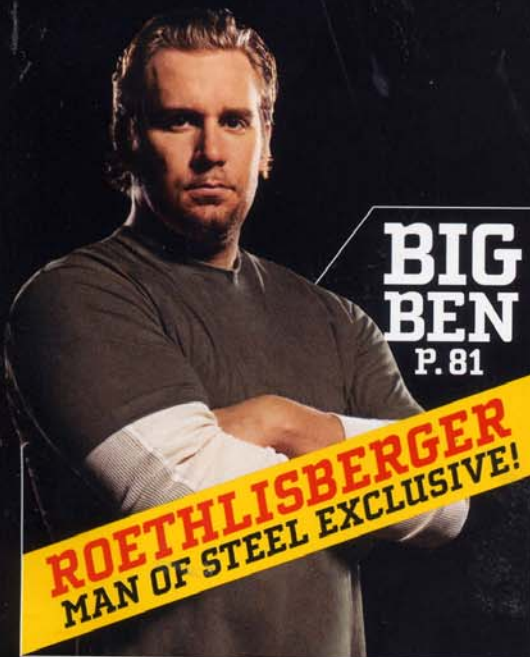
- ▶ **PECS** FOR THE BEACH
- ▶ **ARMS** FOR A FIGHT
- ▶ **ABS** FOR HER BED

MF SALUTES THE

25 FITTEST GUYS



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



**BIG
BEN**
P. 81

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



MF Kit

WATER SPORT

You're getting wet this summer—at the beach, the pool, the lake, or the river—but you're not doing it *right* unless you're packing this summer's hottest new water-friendly gear

IDEAL FOR

- Ocean 
- River 
- Mountain 
- Woods 
- Snow 
- Rain 
- Trail 
- Road 
- Sun 
- City 



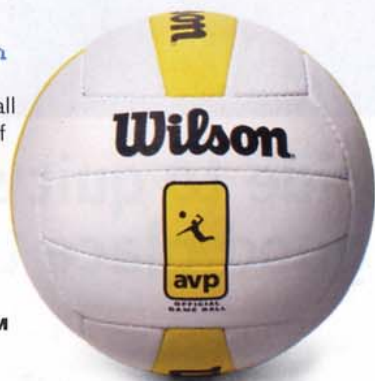
NRS Bandit IK

Paddle anywhere there's water in this superdurable inflatable kayak. **\$699 @ NRSWEB.COM**



Wilson AVP Beach Volleyball

The official game ball of the Association of Volleyball Professionals. It's made from composite leather for real-deal outdoor play. **\$50 @ WILSON.COM**



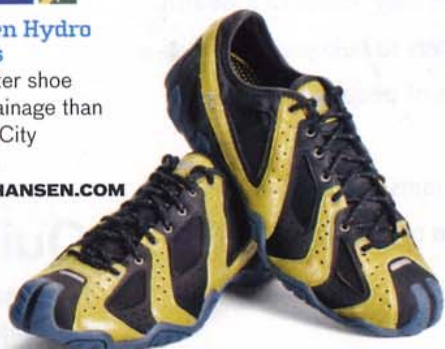
U.S. Divers Snorkel Set

Scope the seafloor with this pro-grade snorkel set. **\$50 @ US Divers.COM**



Helly Hansen Hydro Power Shoes

Multisport water shoe with better drainage than the New York City sewer system. **\$85 @ HELLYHANSEN.COM**



Aquapac Flip-Phone Case

Protects your phone from water and debris while you're swimming and sunbathing at the beach or by the pool. **\$50 @ AQUAPACUSA.COM**



PHOTOS: ANTHONY VERDE, ICONS: BOB ECKSTEIN