

THE GREATEST FAT-BURNING WORKOUT

EXERCISE

Fat Burn Only

IN PURSUIT OF TOTAL FITNESS

NOVEMBER 2010 ©

ABS

ALL YOU NEED TO KNOW TO GET SHREDDED!

▶ **TAKE YOUR ABS FROM FLAB TO FAB**

GET MORE FROM YOUR KETTLEBELLS

NFL EXCLUSIVES

**Amani Toomer
Brent Celek**

WHAT IS PINK MAGIC?

TRAINING SECRETS OF AN AUSTRALIAN SPRINTER

TRAIN WITH OVER-60 STAR
▶ **RICK DINIHANIAN**

2 AWESOME WORKOUTS TO STAY IN SHAPE ON THE ROAD

GOT MUSCLES?

BLAST YOUR UPPER BODY FOR REAL RESULTS



Display until October 31, 2010
\$5.99US




*Australia's 2012
Olympic Hopeful
Ivan Scannell*

Bundle up in this black Sherpa zip front jacket of cotton/poly by Wearfirst (\$39) and cotton shirt from CK by Calvin Klein (\$59).





Dark and deep. *Left*, Green cotton pullover jacket by Wearfirst (\$49), cotton/poly shirt by Izod (\$39). Wrangler cotton classic jeans (\$20) and Black Odessa boots from Justin Original Workboots (\$210). *Right*, Cotton corduroy shirt (\$89) from Penguin, "Braeden" jeans in organic cotton from DRT (\$125) and Rugged Tan Gaucho boots from Justin Original Workboots (\$170).

A young man is captured in mid-air, jumping joyfully with his mouth wide open and one arm raised. He is wearing a white long-sleeved button-down shirt, a white cable-knit sweater tied around his waist, and khaki cargo pants. The background features a large, dark metal bridge structure with a lattice pattern, set against a bright sky. The ground below is a sandy beach with some seaweed.

Celebrate the season
in this 100 percent
cotton shirt (\$89) and
cotton off-white
sweater (\$110) from
Penguin. Khaki
cotton cargo pants
by Wearfirst (\$59).