

**ALL NEW! EXCLUSIVE BREAKTHROUGH PROGRAM!**

# **Men's Health**

**YOUR NEW  
BODY  
IS HERE!**

**We Transformed  
17 Regular Guys  
in Just 9 Weeks!**

**Seduce Her  
In Seconds**

**Women Reveal Moves  
that Drive them Wild**

**TESTOSTERONE**

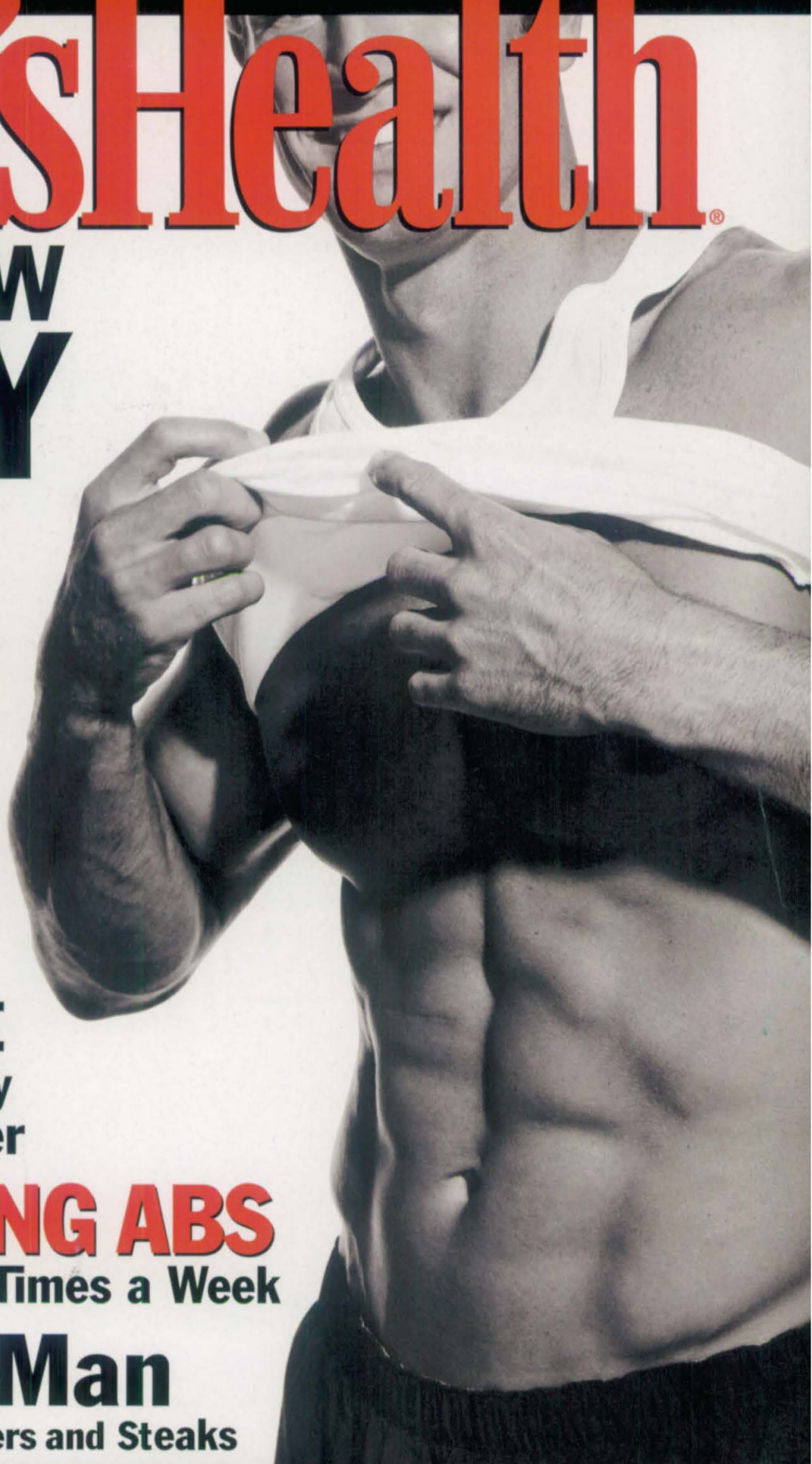
**Turn It up Naturally  
and Burn Fat Faster**

**GET AMAZING ABS**

**One Exercise Three Times a Week**

**Eat Like a Man**

**Lose Your Belly with Burgers and Steaks**





# Men's Health

SPECIAL ISSUE

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## YOUR PERSONAL FITNESS TEAM

■ **LOU SCHULER**, author of *The Testosterone Advantage Plan*, is certified as a strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association.

■ **JEFF VOLEK, PhD**, is a professor at the Human Performance Laboratory at Ball State University. Dr. Volek has published numerous studies on fitness and performance, and was one of the first scientists to discover the link between testosterone and diet.

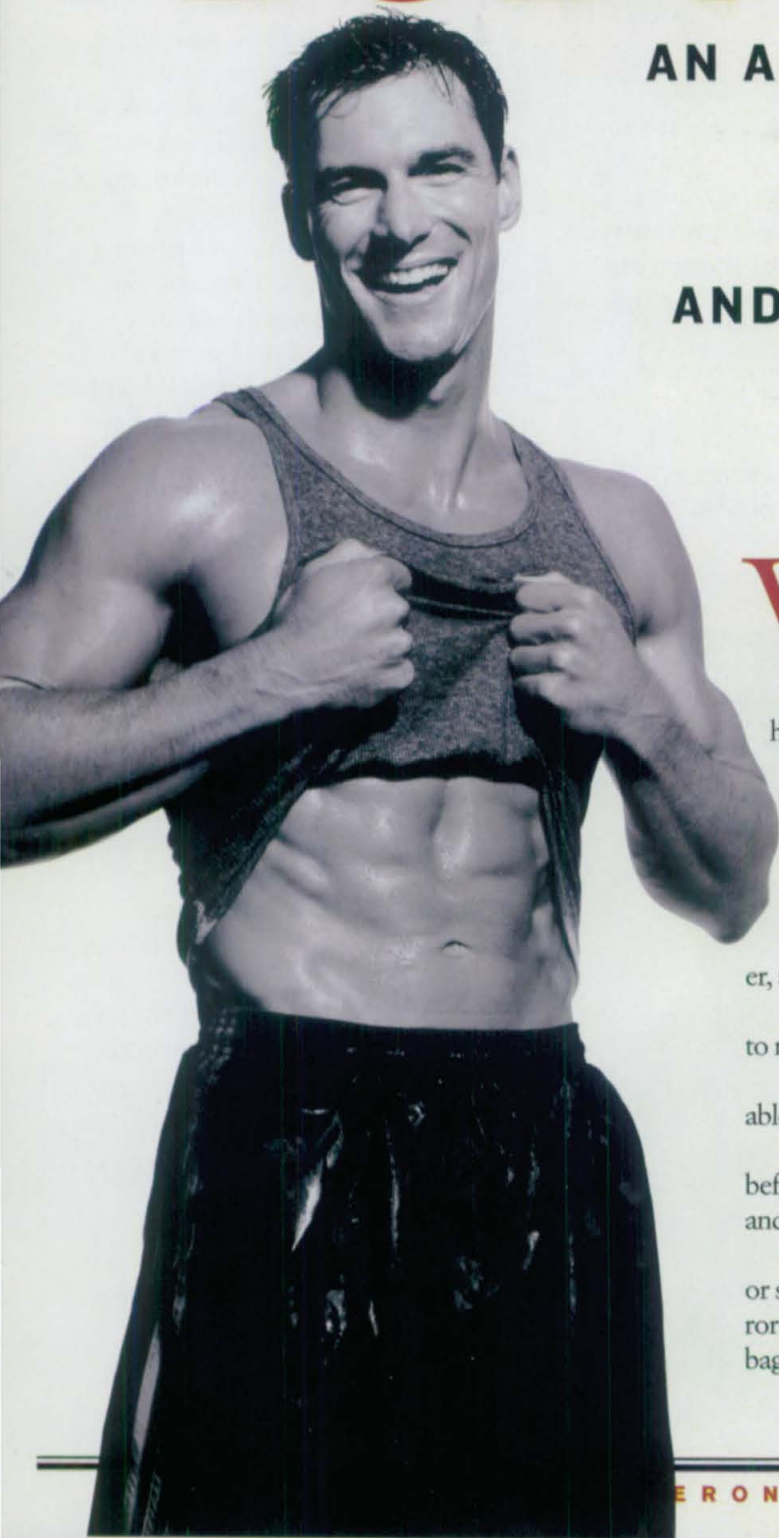
■ **MICHAEL MEJIA, M.S., C.S.C.S.**, has a master's degree in exercise physiology and is a certified strength and conditioning specialist. He works with top athletes and coaches and is the exercise advisor for *Men's Health*.



# YOUR BEST BODY EVER

AN AMAZING BREAKTHROUGH  
LETS YOU GET LEAN  
AND MUSCULAR FASTER  
AND EASIER THAN YOU EVER  
THOUGHT POSSIBLE!

BY JEREMY KATZ



**W**hat would you say if I told you that you could have your best body ever in just 9 weeks?

What if I told you you could do it by working out as little as one hour a day, three times a week?

And what if I told you you could banish your belly fat without starving yourself and without doing boring aerobic exercises?

You'd probably be skeptical. Well, dear friend, the fact of the matter is that it's absolutely true. *In fact, I guarantee it!*

If you're looking to lose weight, *I guarantee* that you'll get a leaner, stronger, firmer body than you've ever had.

If you want to get back into shape, *I guarantee* that you'll be able to regain and even surpass the kind of body you had in your prime.

If you regularly work out at the gym, *I guarantee* that you'll be able to break through any plateau and move to the next level.

*I guarantee* that our program is unlike any you've ever seen before and that you'll get better results in a shorter period of time and with less hassle.

Our program will work for you whether you're old or young, big or small, fit or unfit. In just 9 weeks, you'll be able to look in the mirror and *actually be excited at what you see*. You'll no longer wear baggy shirts that hide your gut. You'll no longer suck in your stom-

*(continued on next page)*



ach when a pretty girl walks by.

You'll have increased self-confidence, greater mental sharpness, and a sense of strength and power. You'll sleep like a baby every night...and wake up every morning feeling refreshed and raring to go. And you'll have the energy to go all-out, whether it's in your career, your love life, or in the quality time you spend with family and friends.

Not only that, but there's a good chance you'll also be able to lower your cholesterol and blood pressure and reduce your risk of heart disease!

How can I make such promises? I can answer that in one word:

## TESTOSTERONE!

Yes, testosterone...the hormone that lets you achieve erections, grow a beard, or have a deep, manly voice.

For decades, bodybuilders have known that *testosterone builds muscle, burns belly fat, and increases the effectiveness of any workout*. And for decades, they've been juicing themselves up to get those muscle-building effects.

The good news is that you don't



have to resort to steroids to boost your testosterone levels.

All you have to do is make some slight modifications in the way you work out and the way you eat—and you can send your testosterone levels through the roof!

We show you *exactly how to do it* in a new book called THE TESTOSTERONE ADVANTAGE PLAN—and the book is yours to try FREE for 21 days—with no purchase obligation!

I'm going to tell you how to get your

free-preview copy in a moment. I'm also going to tell you about the three free gifts you'll get just for previewing it. But first, let me tell you a little more about what you'll discover in this amazing book.

## Science Comes to Muscle Building

THE TESTOSTERONE ADVANTAGE PLAN reveals the latest scientific breakthroughs that let you turn up your testosterone levels naturally, without drugs or supplements. But that's just the beginning. We provide a step-by-step eating plan and workout program designed specifically for men who want to lose fat and gain muscle. And we'll tell you exactly how to bring these breakthroughs to your workout.

The eating plan was designed by Dr. Jeff Volek, one of the foremost researchers in the field of muscle-building nutrition. And the workout was created by Michael Mejia, M.S., C.S.C.S., an exercise physiologist and fitness trainer who has worked with professional and Olympic athletes.

Together, they designed a revolutionary program that is unlike any you've ever seen. Using this program, you'll be able to turn fat to muscle faster and more efficiently than you ever dreamed.

In fact, we tested the program on 17 men of various ages and fitness levels. All of them got spectacular results in just 9 weeks. And many of the guys told us *they got better results in those 9 weeks than they had gotten in years* of doing conventional fitness programs!

How can that be? How can our program provide results that are so much better and faster than other fitness programs? The answer is that...

## Most Fitness Advice Is Dead Wrong!

The conventional wisdom says that if you want to build a better body, you need to:

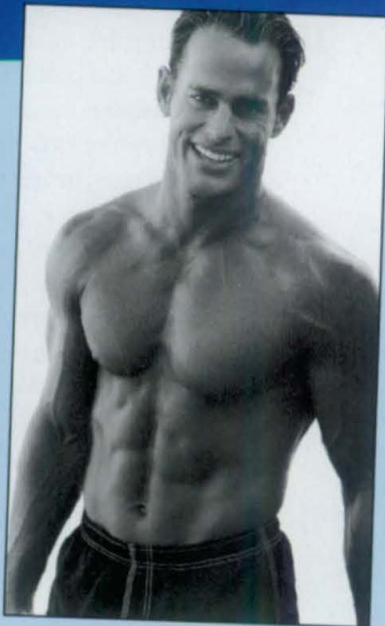
- 1) do at least 30 minutes of aerobic exercises most days of the week.

## Why You Don't Have to Be Genetically Gifted to Have a Super Physique!

The conventional wisdom says that your progress at the gym is largely based on genetic factors. These include the type of muscle fibers you have, the length of those fibers, and the placement of your tendons.

True enough. But here's something else that's also true: No matter what your genetic makeup, you can look better than 90 percent of the other guys on the beach. You can have a powerful chest, bulging biceps, and rock-hard abs.

Listen: The very fact that you have a Y chromosome means that you already have enough muscle fibers in your body to look great. All you have to do is: a) grow and enhance those muscle fibers, and b) melt away all the fat that's hiding them from the world.





- 2) participate in a weight training program that involves a certain number of reps and sets.
- 3) and put yourself on a diet of some sort, usually one that restricts fats or carbs.

Unfortunately, the conventional wisdom is *wrong*. Much of it is based on half-truths and outdated information. And most of the rest is based on data on what works for *women*, not men!

Let me expose some of the most common fitness myths today...

### MYTH #1

**"You need aerobics to get in shape."**

**FACT: MOST AEROBIC EXERCISE MAKES YOU LOSE MUSCLE MASS.**

A half-hour on the treadmill is a great way to get in shape—if you're a girl! The truth is that for most men, lengthy aerobics training is a disaster. Here's why:

Studies show that too much aerobic exercise can shut down testosterone production. In addition, when aerobic exercise continues for extended periods, your body drifts into a state known as *depletion*. What that means is that your body shifts from burning fats and carbs to burning muscle! (That's why marathoners always look so thin and emaciated, with virtually no muscle mass.)

Here's the bottom line: If you do a half-hour of aerobics before you lift, you'll actually negate much of the muscle-building benefits of your weight program!

**No wonder so many guys work out like crazy and end up with little to show for it!**

Fortunately, there's a solution to this problem. If you want an aerobic

workout, make sure you stick to brief, high-intensity exercises, like wind sprints. *These let you burn fat without depleting muscle.* (I'm sure you've noticed that unlike marathoners, sprinters are muscular and buff. You can be, too!)

**"I'm absolutely amazed at the change in my body."**

—Cory Schmaldestein  
Auto Technician

**BEFORE**



**AFTER**



I have a subscription to *Men's Health* and I always wanted to look like those guys in the magazine. I know it takes a long time to look like that, but here I am, 9 weeks later and I see it starting to happen!

I'm absolutely amazed at the change in my body. Never in a million years did I expect results like this. I just figured I'd get minimal results like I had with previous programs.

Believe me, I've tried lots of workouts and lots of diets. I went on the Atkins diet and it was so hard because I was always hungry for carbs. Then I tried a low-fat diet but I was always craving fats. This diet was different. It was sensible and balanced and tailored to my body. I didn't get cravings and I never got hungry.

The workout was by far the best I've ever tried. It had definite phases that led you from one level of fitness to another. And it was very focused.

I felt like I was working smarter instead of harder.

You know, in the past I'd go at it like a maniac and I'd get a little bulk but I'd never get cut. I'd do legs one

day and bench presses another day and I'd run 3 or 4 days a week and I still wouldn't get defined. It was very frustrating. I just figured it wasn't meant to be. Like my genes were wrong.

When you're not getting the results you want, it's so easy to slack off. But with this workout, you don't want to stop because the results are so great. Here I am weeks later and I have my

**"In the past I'd work out like a MANIAC and I'd get a little bulk but I'd never get defined. I just figured my genes were wrong."**

best body ever and I feel fantastic!

This program is so doable for the average guy. People are busier, they work longer, and don't have the time to do it all. This actually works and you only have to do the workout three times a week.

**To see amazing changes in your own body, send in your Free-Preview Certificate Today!**

### MYTH #2:

**The more you work out, the bigger you'll get.**

**FACT: OVER-TRAINING CAN MAKE YOUR MUSCLES SHRINK!**

When you lift weights, your body pro-

*(continued on page 7)*



# "I was tired, overweight, and heading for a heart attack. But now my life is soaring!"

—J.C. Kelleher, Computer Analyst

I've struggled with my weight my whole life. And the older I got, the worse it became. By the time I turned 35, I had a 44" waist and weighed 252 pounds.

Carrying all that weight around wasn't easy. I was always tired and out of breath. Simple things like walking up a flight of stairs or playing with my kids were a major ordeal. I also started getting headaches.

## **Tried Everything**

I tried everything I could think of to lose the weight. Diets. Liquid meal replacement plans. Thermogenic herbs. I even had a personal trainer put me on a program of cardio and weight training. But after 4 months of going to the gym faithfully, I saw no results. So I quit.

One day, I got so angry and frustrated that I went into my closet and threw away my old clothes from when I was 20 pounds thinner. I was so sure I'd never fit into them again.

Then things went from bad to worse. One day, as my wife and I were leaving a restaurant, I was gripped by a stabbing pain in my chest. The pain radiated from my chest to my jaw. I felt a heavy pressure and found it hard to breathe.

I tried not to panic as my wife drove me to the hospital. But let me tell you, it was the scariest experience of my life. I wasn't sure if I was going to live or die. All I could think about was what would happen to my family if I were gone.

Luckily, the tests came back normal. But that incident served as a giant wake-up call. I promised myself that this time, I would lose weight, no matter what.

Then, one day I was talking to a friend of mine who works for *Men's Health*. He told me about a new program they were developing with some top doctors and exercise physiologists. He told me they needed some volunteers to test the program on. I jumped at the chance.

This program really opened my eyes. For the first time, I understood why all the diets and exercise programs I'd tried in the past hadn't worked. For example, *I know now that I was spending too much time on the treadmill and not enough in the weight room.* And I know that those diet programs weren't giving me the nutrition I needed to burn fat and build muscle.

## **Never Hungry Now**

*The most surprising thing about the program was that I never felt hungry:* I ate five meals a day, and it was all good food. My wife enjoyed the meals, too. She loved the fajitas and the turkey pasta dish.

The workouts were fantastic. They were hard at first, but pretty soon my body got used to them and I couldn't wait to go to the gym every morning.

On the final weigh-in date of the program, I got on the scale and saw I was down to 199 pounds. I couldn't believe it! I hadn't seen that weight in 13 years.

The following week I went shopping for clothes and was able to fit into size 36 pants after being a size 44 just a year earlier. I hadn't been a 36 since I was 19!

My 9-year-old son took one look at me and then threw his arms around my waist. He said, "Look daddy, I can put my arms all the way around you!" At that moment, I became so overcome with happiness that I started crying.

## **My Whole Life Has Changed**

My life has changed so much since I start-

ed the program. For one thing, I'm stronger and more energetic than I've ever been. I can go outside with my boys and kick around the soccer ball or play hoops for hours. I can lift my body weight. And I can do push-ups, which I've never been able to do before.

My wife is very pleased with the new me and is bragging about me daily to her friends and co-workers. And our love life is the best it's ever been.

My health is a lot better, too. I don't get headaches or chest pains anymore. And I don't get bronchitis anymore, which was another problem of mine. *Two weeks ago, I went in for my annual check-up and my doctor almost fell out of his chair. He was absolutely amazed at my progress.* All my tests came back great. My cholesterol was down, my blood pressure was down, and my EKG looked perfect.

**"I tried not to panic as my wife drove me to the hospital. But let me tell you, it was the scariest experience of my life."**

I know it sounds corny, but I feel like the luckiest guy in the world. I've got my health back. I've got two beautiful sons, a beautiful wife, and great relationships with my in-laws and my parents. My parents have actually become inspired by my success and are now taking steps to become healthier as well!

I'm down to 183 pounds now and have set new fitness goals for myself. This program has helped me understand that anything is possible if you put your mind to it and if you educate yourself on how to accomplish your goal. Don't let anybody tell you you can't do it. If I can do it, you can too!

**Like J.C., you can lose all the weight you want. Simply return the Free-Preview Certificate between pages 14 and 15 and we'll send you THE TESTOSTERONE ADVANTAGE PLAN to try FREE for 21 days. Don't delay, act now!**

**AFTER**



**BEFORE**





(continued from page 5)

duces a wide variety of hormones. The most important of these are the *anabolic* hormones like testosterone and growth hormone. ("Anabolic" is just a fancy word that means "muscle-building.")

But, in addition to the anabolic hormones, your body also releases stress hormones like adrenaline and cortisol. Over the short term, these stress hormones are good because they get your heart pumping and your blood flowing. But if you work out too long, these stress hormones have a *catabolic*, or muscle-destroying effect. They actually overpower your testosterone and cause you to lose muscle!

So how long is too long? Unless you're taking steroids, the magic cut-off is about 60 minutes. That's why *it's important that you get your workout done in an hour or less...* then get the hell out of the gym and let your body recover!

With THE TESTOSTERONE ADVANTAGE PLAN, you'll work out no more than an hour a day. And you'll have at least one off-day between each workout. So not only will you have a better body, but you'll have more spare time, too!

### MYTH #3:

**To get results, you need to do a certain number of reps and a certain number of sets.**

**FACT: THE NUMBER OF SETS ISN'T NEARLY AS IMPORTANT AS THE INTENSITY OF YOUR WORKOUTS.**

You can do as many sets and reps as you want, but if you're not bringing your muscles to near fatigue, then you're simply not going to get great results.

That's why we designed THE TESTOSTERONE ADVANTAGE PLAN to provide the most intense workout possible in the shortest period of time. I'm talking about the kind



of sweat-producing, muscle-popping workout that makes you grunt and groan while you're doing it...and makes you feel like you're walking on air afterwards.

One of the secrets to the workout is that we make you lift and lower the weights s-l-o-w-l-y. This creates the greatest amount of tearing in the muscle fibers. The more tearing, *the bigger and more defined your muscles will get!*

Another secret is that our workout is

full of multi-muscle exercises. Studies show that these types of exercises provide the greatest testosterone boost.

But that's not all. We also made sure we came up with a workout for the greatest number of guys. You see, anything will work for a beginner. But for an advanced lifter to get super results, he needs a workout that his muscles haven't seen before. We came up with a workout configuration that will be new to almost everyone. (To try the workout free for 21 days, see the Free-Preview Certificate between pages 14 and 15.)

### MYTH #4:

**Low-fat diets help you lose weight.**

**FACT: YOUR BODY NEEDS FAT TO BUILD MUSCLE.**

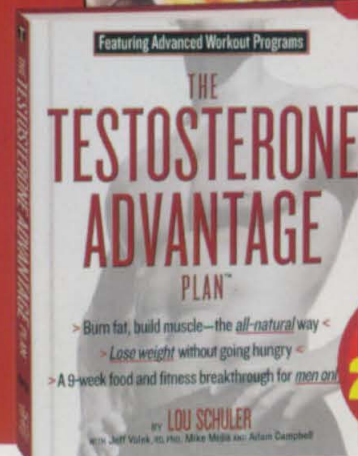
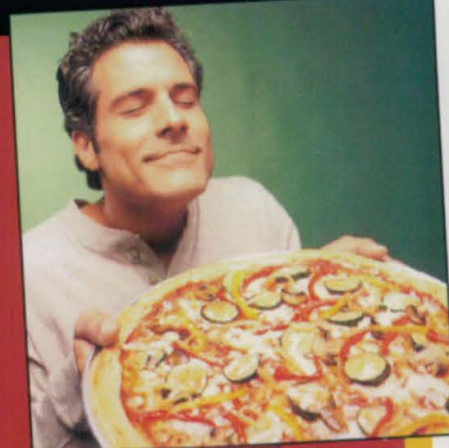
Low-fat diets work great if you're a girl. But if you're a guy, you need fat. In fact, *testosterone is actually made up of fat molecules...* and several studies

(continued on next page)

## Three Reasons Why You'll Never Get Hungry on This Program

- 1) You'll be eating five meals a day instead of three. Eating more often keeps your blood sugar steady and keeps you from getting hungry.
- 2) You'll be getting a hefty amount of protein at every meal. Studies show that when you eat meals that are high in protein, you feel full faster.
- 3) You'll get carbs and fats at every meal. Low-carb diets make you crave carbs, and low-fat diets make you crave fats. With our program, you won't get those cravings.

**TO GET STARTED ON THE ROAD TO HUNGER-FREE WEIGHT LOSS, SEE PAGE 15.**

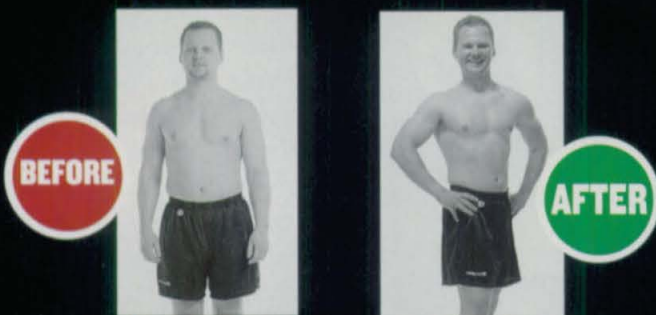


**FREE 21-DAY PREVIEW!**



# "I got better results in these 9 weeks than I had in the previous 2 1/2 years!"

—Ed Stash, Database Marketing Manager



**H**aving a strong, healthy body is important to me. So important that I spent 2½ years killing myself in the gym and depriving myself at the dinner table. If only I'd known then what I know now!

Every morning I'd go to the gym and sweat my butt off on the treadmill. Then I'd pump iron like a fiend. Multiple sets, different body parts on different days. The whole bit.

I stuck to my low-fat diet religiously. When I'd go out to a bar with my buddies they'd be knocking down pints and eating hefty portions of chicken wings and quesadillas and fried mozzarella. Meanwhile, I'd be sitting there with my little teriyaki chicken sticks and a light beer.

The problem was, I wasn't getting the results I wanted. Sure, I was a little bigger. But I didn't have the type of definition I wanted. And my abs and waist weren't nearly as trim as I wanted—even after all the cardio and all the dieting.

I walked around feeling deprived. It got to the point where I literally started having dreams about eating a big, juicy steak!

Then I saw a posting on a bulletin board looking for volunteers to try a 9-week fitness program. It said that the key to the program was that it boosts your body's testosterone naturally. So I signed up. Boy, am I glad I did!

First of all, they gave me a meal plan that included lots of great stuff that I hadn't had in a long time. Steaks. Sausages. Real mayonnaise instead of that imitation stuff. And it was really easy to follow. No food exchanges or point values or picking one from col-

umn A and two from column B. I just followed the meal plan and I started losing weight the very first week.

The workouts were great, too. Really intense. And instead of working out 5 days a week, I'd go 3 days a week and only work out for an hour. I did absolutely no cardio on the program. Yet I lost 15 pounds!

The results were absolutely amazing. I lost 3 inches off my waist and had to go out and buy all new clothes. I'm bigger and stronger than I've ever been, and more defined. I can honestly say I got better results in these 9 weeks than I had in the previous 2½ years!

**"I spent 2½ years depriving myself and getting little to show for it. But on this program, I get to eat what I want and still lose fat!"**

I get all kinds of compliments from people, especially people who haven't seen me in a while. Their jaws drop and they say "oh my god, you look so different!" A couple of weeks ago I was visiting my folks and I caught the next door neighbor checking out my butt!

I feel more confident everywhere I go. I know I have a better image of myself. This is by far the best workout program I've ever tried. I think anybody who has the opportunity to do try this would be absolutely crazy not to.

**To get your best body ever in just 9 weeks, return the Free-Preview Certificate opposite page 14.**

show that your body can't produce enough testosterone if you don't eat fat.

In one study, guys who ate meat had a whopping 36 percent more testosterone than those on a low-fat vegetarian diet.

In another study, Dr. Volek put men on a high-fat diet without changing their exercise program at all. In just 6 weeks, they lost body fat and increased muscle mass!

So, if you thought you'd have to give up steaks, burgers, and other manly foods, rejoice! With THE TESTOSTERONE ADVANTAGE PLAN, you'll get to have those delicious foods and more.

But don't worry, we're not out to clog your arteries. Despite the occasional steak and burger, most of your fat intake will be in the form of heart-healthy monounsaturated fats. Dr. Volek based this meal plan on the Mediterranean diet, the healthiest diet in the world. So not only will you be boosting your T levels, but you'll be getting other health benefits as well!

## MYTH #5:

**Carbs are evil.**

**FACT: YOU CAN'T BUILD MUSCLE WITHOUT 'EM.**

If you go on the Atkins diet or some other low-carb diet, you will indeed lose weight. But you'll also lose the muscle-building power of insulin.

As you may know, insulin is a hormone that's produced by your body when you eat carbohydrates. Why is insulin important? Because it speeds nutrients to your muscles so they can repair themselves after a workout. It's during this repair phase that your muscles actually grow.

Bottom line: Without insulin, your muscles can't grow. And without carbs, you can't get insulin.

## Beyond the Zone

OK, so Atkins isn't the greatest if you're trying to build muscle. But what about the Zone diet? Doesn't that include carbohydrates?

Actually, it does. If you follow the Zone diet, which is 40% carb, 30% protein, and 30% fat, you'll get pretty decent results.

But there's a difference between getting decent results and getting *spectacular* results.



If you want to get spectacular results, you have to *forget about the percentage of protein...and concentrate instead on the actual amount of protein* your body needs in a given day.

This is very important. If you eat too much protein, you'll piss away the excess and possibly put strain on your kidneys. If you eat too little, your body won't be able to build muscle.

Fortunately, figuring out how much protein you need is easy. All you have to do is check the chart on page 67 of THE TESTOSTERONE ADVANTAGE PLAN. There you'll find out the exact amount of protein you need per day,

based on your body weight.

Once you know the amount of protein you need, you simply work the rest of your diet around it. On THE TESTOSTERONE ADVANTAGE PLAN, you'll be dividing the rest of your calories equally between carbs and fats. (Actually, we'll be doing it for you.)

If you're trying to lose flab, you'll end up with a food plan that's about equal parts protein, fat, and carb. And if you're trying to bulk up, you'll get a high-caloric diet that provides plenty of energy to fuel workouts and build solid muscle.

Whatever your fitness goal, we have

a model meal plan for you. And everything is spelled out for you, including portion sizes and even brand names. It's a total no-brainer!

(By the way, if you don't like sticking to our ready-made meal plan, we'll show you how to create your own.)

Once you go on our plan, you'll be able to burn fat and build muscle like crazy. And the best part is that you won't feel hungry while you're doing it!

## Eat Like A Man!

With our program, you'll never feel deprived, because you'll be eating real

*(continued on next page)*

# "I never thought an average guy like me could get built..."

—Steve Mazzucchi, Assistant Editor

BEFORE



AFTER



I never really thought about getting built or having a six-pack or anything 'cause I figured it wasn't something the average guy could do. I just figured you had to work out for years or have great genes or take steroids or something.

But now I look at the results I got in just 9 weeks and I'm blown away. I mean, I see muscles I never even knew I had!

I'm a lot stronger, too. I can bench more and squat more and I almost doubled the number of chin-ups I can do. There's this guy at the gym who used to rib me about being weak. Now he just says "wow!"

In general, people have noticed a change. People who know me make comments about how much better I look. And people I've never met before seem to relate to me in a different way. Especially women.

One night I was at a bar with some friends and this girl kept staring at me. I

mean, she walked by our table like six or seven times and she kept making eye contact. So finally, I said hello to her and she said "it's about time you said something!"

Another time, I was at this party and this girl was practically throwing herself at me. It was totally nuts.

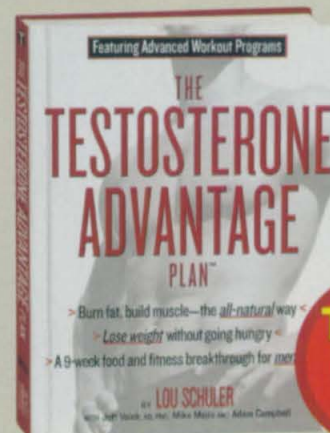
**"I'm the same guy I was 9 weeks ago, but people just treat me differently. I was at a party recently and this girl was practically throwing herself at me! It was totally nuts!"**

This kind of stuff never happened to me before. I always did okay with women but I was never the kind of guy who could just walk up to a total stranger at a bar. And now they're approaching me.

I'd never act on any of these advances. I have a wonderful girlfriend and I'm

very happy in my relationship. But I have to admit I get a kick out of all the attention. I find it all very surprising. I mean, I'm the same guy I was 9 weeks ago. But people just treat me differently.

**You, too, can try this revolutionary program—and it won't cost you a dime! All you have to do is return the Free-Preview Certificate opposite page 14.**



**TRY IT FREE for 21 DAYS!**





## The Truth About Testosterone-Boosting Supplements

**E**ver since a reporter spotted a jar of androstenedione in Mark McGuire's locker, testosterone-boosting supplements have been big news. But do they really work?

To find out, we looked at reams of scientific studies...and spent hours talking to the leading experts. What we found out really surprised us.

It turns out that most of the stuff on the market is totally useless, and some of it is even dangerous! But there is one supplement that seems to work really well! You'll find out all about it on page 177 of THE TESTOSTERONE ADVANTAGE PLAN.

With THE TESTOSTERONE ADVANTAGE PLAN, you'll be able to turn up your testosterone levels naturally, without the nasty side effects that come with injections, patches, or pills. You'll be able to get more muscle and less fat. And you'll have the energy and sex drive you had when you were a teenager!

**To get started, all you have to do is mail the Free-Preview Certificate between pages 14 and 15.**

## GET AMAZING ABS BY DOING ONE EXERCISE THREE TIMES A WEEK!

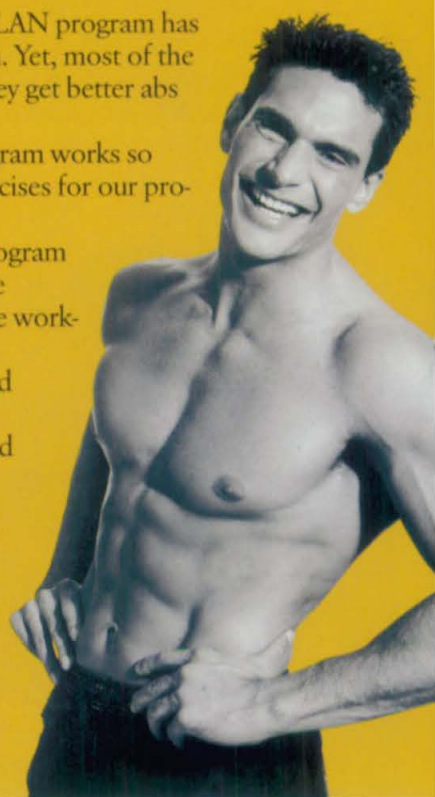
**T**HE TESTOSTERONE ADVANTAGE PLAN program has only one ab exercise per workout session. Yet, most of the guys who go on the program find that they get better abs than they ever had before! How can this be?

Actually, there are three reasons why the program works so well. First of all, we picked the very best ab exercises for our program, so you get the maximum results.

Second, most of the other exercises in our program build more than one muscle at a time...so you're strengthening your ab muscles even while you're working on other body parts!

Third, our program lets you burn fat better and faster than ever before. After all, what good is strengthening your ab muscles if you don't get rid of all the fat that's hiding them from the world?

**We're sure you'll get amazing abs on this program. But don't take our word for it. Send away for your free-preview copy of THE TESTOSTERONE ADVANTAGE PLAN and give it a try. If you don't get the flat, rock-hard abs you've always wanted, simply return the book and you'll owe nothing.**



food. We'll never ask you to eat wheat grass or soy nuts or tofu dogs.

We won't make you eat stuff that tastes like cardboard and then try to disguise it by dipping it in mustard or salad dressing.

We won't try to come up with clever low-cal substitutes that are a pale imitation of the real thing.

And we won't come down on you like the food police, telling you that you can never eat at a restaurant...or that you can't have a slice of cake on your daughter's birthday.

As long as you stick to our plan 90 percent of the time, you can do whatever the heck you want for the other 10 percent. The funny thing is that once you see the amazing results you'll get, you won't want to go back to eating Twinkies and Ding Dongs.

## What You Can Expect in the Next 9 Weeks

With THE TESTOSTERONE ADVANTAGE PLAN, you'll start seeing results right away. In fact, most of the guys who go on the program see the greatest weight loss during the first 2 weeks!

During those first 2 weeks, you'll be on a circuit-training program that burns fat and gets your muscles and ligaments ready for the heavy-duty training to come.

Then, in week 3, you'll start building muscle and boosting your testosterone. You'll do supersets designed to give you the biggest muscle growth in the least amount of time.

In week 6, you'll start the final phase of the program, where you'll do intense, low-rep sets to dramatically increase strength and shift your testosterone production into overdrive.

By the end of this phase, you'll



**"I wanted to lose the few pounds I'd put on during my wife's pregnancy. I ended up shedding 33 pounds—and getting the best abs I've ever had in my life!"**

—Mike Smith, Public Administrator

For some reason, whenever my wife gets pregnant, I end up putting on weight, too. I gained 10 pounds during the last pregnancy, and I figured I'd be able to get it off with this program. Much to my shock, I ended up losing 33 pounds!

The reason I was so shocked is that I didn't feel like I was working that hard. The diet portion of the plan wasn't that difficult, and the workout wasn't overdone either. So I just went along, thinking I'd lose a few pounds and get a little toned. It wasn't until my pants started falling off that I realized that something was up!

I went from a 42 waist to a 38. And I ended up with the best abs I've ever had in

**BEFORE**



**AFTER**



my life—even better than in college, when I was on the football team and worked out all the time!

But the biggest test of my new fitness was a few weeks ago when I played in the annual alumni game at my old school. I was

actually able to hold my own against guys who are 15 years younger than me—guys who are on the varsity football team and play every day! You should have seen the looks on their faces!

**With the power of testosterone, you'll burn fat and build muscle faster than you ever imagined. And you'll do it without spending all your time at the gym or depriving yourself of the foods you love. Your satisfaction is guaranteed, so mail the Free-Preview Certificate today.**

hardly believe your body. You'll be amazed as you stand at the mirror and notice every new ripple and bulge.

But it's not just your body that will look different. Your face will look thinner and more toned, too. (One of the guys who participated in our program lost so much fat from his face that his friends lovingly nicknamed him "the Incredible Shrinking Head!")

*Imagine having hard, densely packed muscle all over your body.* Imagine a new wardrobe of great clothes that show off the new you. Imagine the looks of surprise from people who haven't seen you in a while. Imagine women turning their heads when you walk into a room.

Believe it or not, you can have all that and more in just 9 weeks. Remember, *I guarantee it—or you pay nothing.*

## My Better-Than-Risk-Free Guarantee

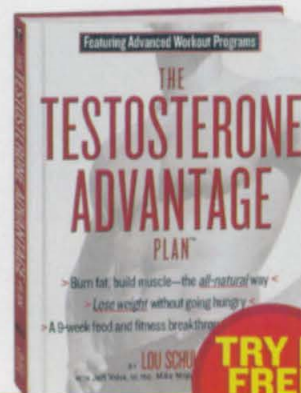
Here's the deal. We'll send you THE (continued on page 14)

## Everything You Need to Know to Build a Lean, Muscular Body

THE TESTOSTERONE ADVANTAGE PLAN leaves nothing to chance. It gives you everything you need to know to build your best body, including what to eat, when to eat it, and what portion sizes you need. It also tells you...

- **How to tell if you're overtraining.** Page 286.
- **The world's best sports drink, hands down.** Revealed on page 72.
- **The one type of day when you should eat sweets.** Doing this builds muscle like crazy! Page 101.
- **The truth about protein shakes and meal replacements.** And what you must absolutely do if you take them. Page 110.
- **How to stick to the program when you can't avoid the fast food joint.** Here are the best choices at McDonald's, Burger King, Wendy's, and more. Page 128.
- **And much, much more.**

**Everything is spelled out for you, step-by-step, point-by-point. You simply can't fail! To try THE TESTOSTERONE ADVANTAGE PLAN without risk, see the Free-Preview Certificate at the end of this magazine.**



**TRY IT FREE for 21 DAYS!**



# 3 FREE

## Look Great Without Really Trying



By the Editors of Men's Health

**FREE GIFT #1**

**M**ost of the guys who went on THE TESTOSTERONE ADVANTAGE PLAN program told us their bodies changed so much they had to go out and buy new clothes! So, as a service to them—and to you—we put together this collection of the best fashion advice ever published in *Men's Health*.

What's the real secret to looking great? The truth is, if you know a few simple things, you can look great for every occasion. For example:

► Assemble a top-quality wardrobe without breaking the bank. Money-smart advice from top experts.

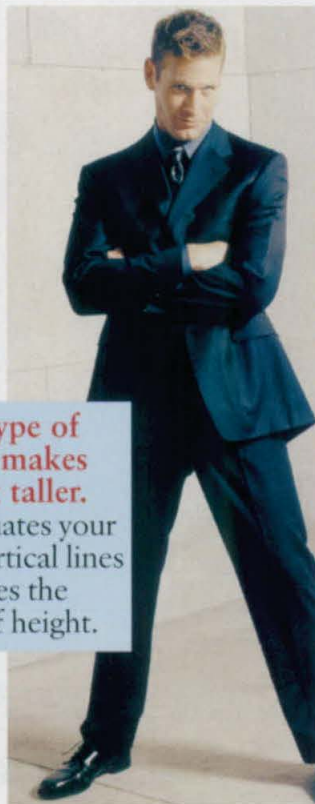
► The single most important thing to look at when you're choosing clothes. Do this, and you can't go wrong.

► Fashion maven's secret to standing out from the crowd. When you do this, everyone will think you look great—but won't be able to tell why!

► Choose your blues. How to pick the right cut of jeans for your body.

► Why people judge you by the clothes you wear...and how wearing certain clothes can convey qualities like power, prosperity, self-confidence, and more!

► The type of suit that makes you look taller. It accentuates your body's vertical lines and creates the illusion of height.



► How to get the look of a \$75 belt for \$20.

► The three safest, most versatile colors to wear. Use them to stretch your wardrobe.

► How to mix and match patterns. There are only four right ways, and they're revealed here.



► How to tell a quality pair of pants from lousy ones. Just look for this tell-tale sign on the crotch.

► The timeless classic that goes with everything. Make sure you have at least one of these in your wardrobe.

► The type of shirt collar you should never wear if you have a round face. Plus—three other things to look for when choosing a shirt.

► And much, much more!

## Seduce Her In Seconds



By the Editors of Men's Health

**FREE GIFT #2**

**W**ant more sex and better sex? We're with you, pal. That's why we gathered expert advice from dozens of the world's most respected sex researchers.

We also polled over 2,000 beautiful women to find out what it takes to get them in the sack...and what they want you to do once you've gotten them there! Here are some of the secrets we share with you:

■ The body part women find most attractive. No, it's not your arms or your abs or your butt. You'll be very surprised when you find out!

■ How to have a torrid affair—with your wife! Five ways to get the “sizzle” back...and make your sex life together as exciting and erotic as when you first met.



■ The 10 best sex positions. One makes you last the longest... one allows the deepest penetration... and one provides the quickest way to bring her to orgasm.

■ Subtle move that makes women instantly attracted to you the moment they meet you. Astonishing results of psychological research.

■ Drive her to ecstasy with the legendary “Kivin Method.” Complete step-by-step instructions on how to send her over the edge.

■ Better than the G spot. This little-known sweet spot is bigger, easier to find, and just as sensitive.



# GIFTS!

**YOURS FREE  
AS OUR  
THANK YOU GIFT!**



■ **Attract beautiful women!** University researchers have discovered that women find men very desirable when they do this. And it didn't matter what the men looked like.

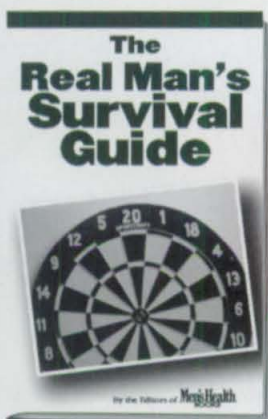
■ **Want to turn a first date into a second?** Then do this. It'll puzzle her, perplex her, and make her desperate to see more of you.

■ **Seven ways to drive a woman wild with your lips.** Heat-creasing techniques that make her tingle.

■ **To seem more attractive to a woman you've just met,** casually pat this part of your body while you're talking to her. Amazing but true.



■ **"This simple move can get her aroused subconsciously, which could be enough to convince her that the whole thing was her idea in the first place."**



**FREE  
GIFT  
#3**

**T**here are times in life when you have to step up. Like when you're asked to make a speech or toast. Or when you're handed the wine list at a fancy restaurant. Or when it's time to ask your boss for a raise.

These are things that nobody teaches you. That's why we contacted dozens of experts and asked them for their advice on these matters. The result is *The Real Man's Survival Guide*, an amazing booklet that lets you come out on top in any situation. For example:

► **Five ways to open a beer bottle without a bottle opener.**



► **The amazing hangover cure.**

Available at any health food store, this substance clears up hangover symptoms in just minutes.

► **How to sink a bunch of balls when you break at pool.** (Most guys try to hit the ball as hard as they can, which is a big mistake.)

► **Nervous about that big speech or presentation?** Relax. You'll have your audience eating out of your hand if you follow these seven simple rules.

► **How to win at darts.** World champion reveals best way to place your feet... how to aim correctly... why you should never lean over the throw line.



► **How to talk your way out of a speeding ticket.** Former state trooper reveals four tactics that really work.

► **Poker secrets of the pros.** How to wager wisely ...how to tell when someone's bluffing...how to know when to call and when to fold.

► **Master the art of small talk.** Read page 12 and you'll be able to approach anyone...even that gorgeous blonde standing at the bar.

► **What to do the next time you're stuck next to someone you hate.** Winning advice from corporate etiquette consultant.

► **How to light the perfect fireplace fire.** (Nothing sets the mood better than a crackling fire. Here's a simple trick to keep it from petering out.)

► **Barbecue like a pro!** Expert tips on everything from lighting the fire to basting and making marinades.



► **How to get ahead at work without being a suck-up.** Seven secrets to climbing up the ladder... and three common mistakes that can stall your career.

**To get these THREE FREE GIFTS, simply return the Free-Preview Certificate between pages 14 and 15.**



# Success Stories

**W**e'd love to tell you about *all* the guys who participated in THE TESTOSTERONE ADVANTAGE PLAN, but we've run out of room. Here are four of our favorites...

## Went From a 40 Waist to a 34

"I'm very pleased with the results I got from this program. In 9 weeks, I lost 22 pounds, went from a 40 waist to a 34, and *tripled* the number of chin-ups I could do."

*Rob Neitz, Teacher*

## My Wife and I Are Like Newlyweds Again

"The thing I notice the most is that I have so much more energy to do the things I want to do. I spend more quality time with my wife now. I'd say our love life is back to what it was when we first started dating 8 years ago!"

*Gregg Kemler, Information Analyst*

## I'm the Strongest I've Ever Been

"I'm amazed at how quickly I lost weight and gained strength. There's absolutely no question that I'm the strongest I've ever been in my life. I see it when I'm at the gym, and also when I'm riding my mountain bike. I'm an amateur mountain bike racer, and since completing this program I've been kicking the other guys' butts!"

*Rob Eugster, Construction*

## It's Like Having an Extra 2 Hours a Day!

"Before the program I used to drag around. But now I have so much energy that it's like having an extra 2 hours each day. I get a lot more accomplished at work. Then I go home and spend quality time with my family instead of just crashing on the couch!"

*Chuck Beasley, Art Director*

**What about you? Wouldn't you like to be leaner, stronger, and in better shape than you are today? Wouldn't you like to have more energy? Well, now you can! To get started, mail the Free- Preview Certificate to the right, today!**

TESTOSTERONE ADVANTAGE PLAN to try absolutely FREE for 21 days. During that time, you can not only flip through the book and check it out but you can actually get started on the program!

Go ahead. Give the program a complete test drive. If you don't see dramatic results in those 21 days, just return it to us and you'll owe nothing. Heck, you can return it for any reason at all. We won't be offended. We'll even pay the postage!

How can we make such a guarantee? Simple. We know this program works.

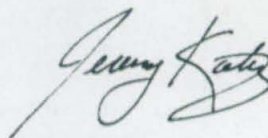
Look, I'm betting that once you take a look at this book and see how different it is and how powerful our program is, I won't be able to pry it out of your hands with a crowbar!

But before I get my crowbar out, you have to actually get your copy. So here's what I'd like you to do. Simply detach the Free-Preview Certificate at right and drop it into the nearest mailbox.

That's all there is to it. You don't have to fill anything out or talk to anyone on the phone. Just drop the pre-addressed card in the mail and we'll send you your free-preview copy of THE TESTOSTERONE ADVANTAGE PLAN.

Please don't pass up this opportunity to try this life-changing program, FREE. Return the enclosed card today!

Sincerely yours,

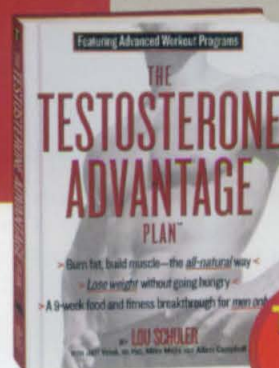


Jeremy Katz  
Men's Health Books

P.S. Need a little extra incentive? OK, how's this? If you send for your free-preview copy of THE TESTOSTERONE ADVANTAGE PLAN, we'll also send you three FREE bonus books:

- 1) *Look Great Without Really Trying*
- 2) *Seduce Her in Seconds*
- 3) *The Real Man's Survival Guide*

These books are yours to keep, even if you decide to return THE TESTOSTERONE ADVANTAGE PLAN. Complete details are on page 12.



**TRY IT  
FREE  
for 21  
DAYS!**

P.P.S. Special Bonus Offer! The editors of MEN'S HEALTH have sifted through tons of news and talked with dozens of experts to bring you the most important—and sometimes controversial—new discoveries in men's health. The good news: If you decide to keep THE TESTOSTERONE ADVANTAGE PLAN, next year you'll be invited to an exclusive preview of an all-new edition of MEN'S HEALTH TODAY. It will feature strategies any man can use to build a stronger body, enjoy great sex, eat healthier, look younger, and dress with style. This invitation is extended to you positively free and without any obligation whatsoever.



# Guaranteed to Get You the Body You've Always Wanted —or You Pay Nothing!

**N**o matter what kind of shape you're in now, you can have the kind of body you've always wanted. And it doesn't matter how old you are, or how successful you've been in the past. If THE TESTOSTERONE ADVANTAGE PLAN doesn't give you the results you want, simply return it and it won't cost you a dime—not even postage!

## 1. Try THE TESTOSTERONE ADVANTAGE PLAN FREE for 21 days and return it if not delighted.

Read it. Check it out. Try the delicious meals and the muscle-popping workouts. If you're not happy with the book for any reason whatsoever—or no reason at all—simply return it at our expense using the return label below. You'll owe nothing.

## 2. Keep the three FREE GIFTS!

*Look Great Without Really Trying* is yours to keep and enjoy whether or not you purchase THE TESTOSTERONE ADVANTAGE PLAN. So is *Seduce Her in Seconds*. So is *The Real Man's Survival Guide*. These books will help you look better... have better sex... and succeed in work, play, and other manly pursuits. And they're yours to keep, no matter what.

## 3. Get All Your Money Back Any Time If You're Not Delighted!

We offer the strongest guarantee in the publishing business. If you decide to purchase THE TESTOSTERONE ADVANTAGE PLAN and are ever unhappy with it at any time in the future, simply return it for a prompt and courteous refund. Even if you return it 20 years from now! We'll give you every penny of your money with no hassles... no questions asked... and no delays. This guarantee is backed by our 50-year reputation.

**You have nothing to lose, so why not return the Free-Preview Certificate now, while it's still fresh in your mind.**

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ALL NEW! EXCLUSIVE BREAKTHROUGH PROGRAM!

# Men's Health<sup>®</sup>

**YOUR BEST BODY EVER  
IN 9 WEEKS**

*Page 3, inside.*

**WHY YOU DON'T NEED  
"GOOD GENES" TO GET  
A SCULPTED BODY**

*Page 4, inside.*

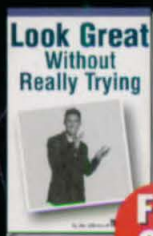
**THE TRUTH ABOUT  
TESTOSTERONE-BOOSTING  
SUPPLEMENTS**

*Page 10, inside.*

**SHED FAT** without Depriving  
Yourself or Getting Hungry

*Page 7, inside.*

**PLUS  
LOTS OF  
FREE  
STUFF!**



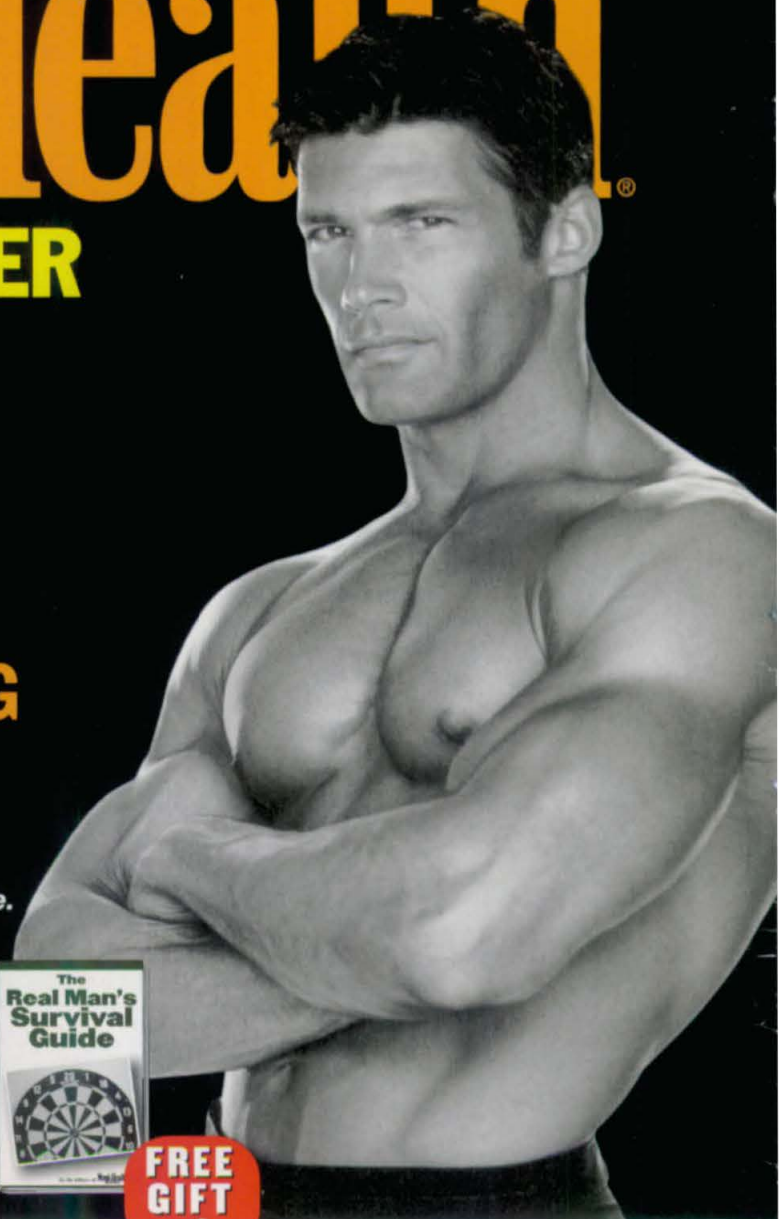
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