

# GET FIT, STAY FIT\*

# Men's Fitness

WHY THE BEST MAN WINS



**B**e a part of this Men's Fitness Special **Book-A-Zine** featuring an inside look at the fitness and nutrition regimens of today's HOTTEST male celebrities and athletes. This keepsake 180-page handbook will feature key topics such as:

- ▶ Cutting-edge workout tips from celebrities including Jason Lewis, Milo Ventimiglia and LL Cool J
- ▶ Fitness routines that keep athletes such as Tiger Woods, Reggie Bush, LaDainian Tomlinson and Sidney Crosby at the top of their game
- ▶ MMA training secrets from UFC fighters Chuck Liddell, Matt Hughes and Forrest Griffin

**PLUS:**

- ▶ Nutrition/Supplement Specials and Guides
- ▶ Sex Tips

**GET FIT, STAY FIT:**

<b>Cover Price:</b>	\$9.95
<b>Distribution:</b>	300,000 (newsstand - only)
<b>On-Sale Date:</b>	Between 12/25 and 12/31
<b>On-Sale Period:</b>	90 days
<b>Size:</b>	7" x 9.125"
<b>Page Count:</b>	180 (including covers)
<b>P4CB Cost:</b>	\$10,000
<b>Space Close:</b>	8.22.08
<b>Materials Due:</b>	9.01.08

\* the issue's title is subject to change.