

EXCLUSIVE: YOUR BEST HAIR-LOSS FIXES p 56



MAXIMUM FITNESS

NO B.S. JUST RESULTS.

FOR MEN

FIGHT FLAB! and win p 80

**EAT SMARTER!
BUILD MUSCLE!
SAVE MONEY NOW!**

Your \$50 Per Week Meal Plan p 50

BIGGER BICEPS

in 6 sessions
Guaranteed p 102

5 ENERGY BOOSTERS



"TAKE YOUR BEST SHOT"

**Stronger abs with
Mixed Martial Arts
fighter Mike Pyle**

GET YOUR GEAR ON **FIT LIFE**

THE GET-FIT GEAR

Now you can be gym-ready

YOU'VE BEEN THINKING about working out in the comfort of your own home for awhile—more so now that winter is here. Well, let *Maximum Fitness* get you on the right track. Here are a few items that you can add to your wish list.



FLAT BENCH

APEX
\$40

**GEAR GIRL
MAGGIE
DIUBALDO**

BE THE MAXFIT GEAR GIRL

Think you've got what it takes to be the MaxFit Gear Girl? Send us some pics and let us know why you're the woman that all men want to hear from. editorial@maxfitmag.com

* Please include proof of age (over 21 years)



IX5 IPOD SPEAKER SYSTEM

UNISON
\$249.99



PERFORMANCE GRIPS

LYNX
\$15.00



FLEXI-FINGERS

PROGRYP
\$59.99



KETTLEBELL

GOFIT.NET
\$19.99 AND UP (DEPENDENT ON WEIGHT)

