

REAL FITNESS FOR MEN

BE SOMEONE WHO **NEVER QUILS**

MMH

MEN'S MUSCLE & HEALTH

REV UP YOUR RESULTS

WITH

WAVELOADING

Featuring Ryan Greasley

STRENGTH & SPEED

15 MINS

- ✓ Healthy meals
- ✓ Effective Workouts

MIND OVER MUSCLE

COFFEE

THE ONLY PRE-WORKOUT YOU NEED?



7 CUTTING THE FAT SHORTCUTS YOU NEED TO TRY

ARE YOU FAKING IT?

Avoid being a 'wannabe' investor

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