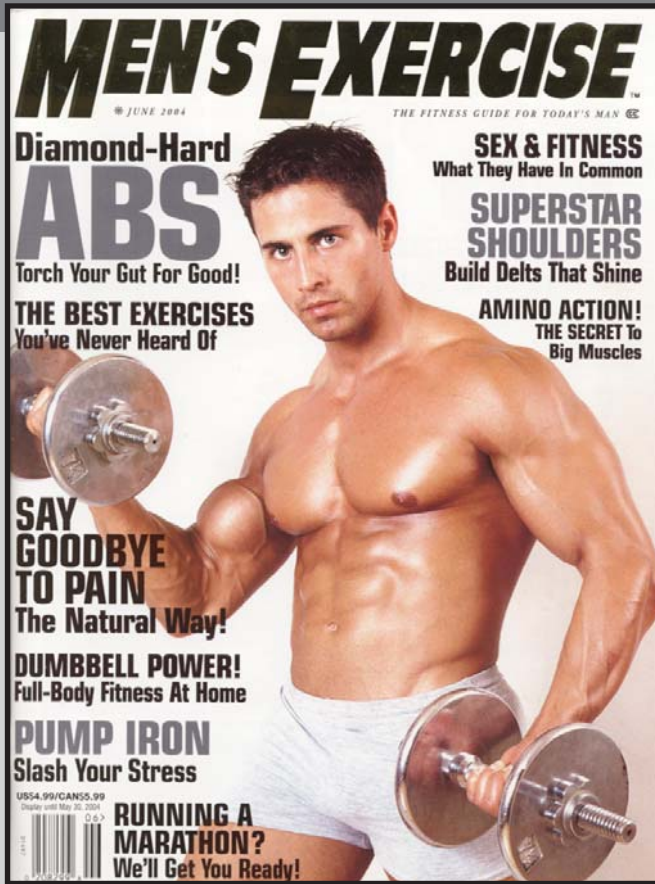


Men's Exercise



Men's Exercise

Men's Exercise is the fitness bible for successful, mature, sports-oriented, fitness-minded men. It is a one-stop training guide covering detailed exercise instruction in each issue, with step-by-step photos depicting the best muscle-building routines. These include 15-minute workouts, various bodypart regimens, calisthenics, fat-torching cardio exercise sessions, sports specific workouts and more. In addition, diet, weight loss and muscle gain, health, wellness and grooming topics are covered in every issue, plus new products, travel, supplements and more. Use ME to enhance your EMO ad schedule and gain maximum promo exposure for the full year.

Men's Exercise

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