

MMA WORKOUT: GET GSP'S ABS →



Men's Fitness

EXERCISE • NUTRITION • ADVENTURE • SPORTS • SEX

WWW.MENSFITNESS.COM

CUT YOUR BODY FAT 10%

REAL RESULTS IN 30 DAYS!

ADD INCHES IN WEEKS!

NEW WAYS TO BLAST YOUR CHEST

GET OFF YOUR BUTT!

BUILD YOUR SUMMER BODY

13 FAT-LOSS SECRETS

LOSE YOUR GUT!

NO-FLAB FOODS

YOUR HOTTEST SEX EVER!



CSI's GEORGE EADS
HOW HE CONQUERED REAL-LIFE PAIN
"The gym made me not give up"

0 2 >
USA \$4.99
FEBRUARY 2010
Display until: JAN. 25, 2010
0 71486 51083 3

PRIDE AND PASSION

Lyoto Machida is my idol. I recently moved to the U.S. from Brazil, and seeing my fellow countryman successful here has been very moving for me ("Now, They Get It," November 2009). He's a great fighter with a lot of passion and drive. We may be in completely different fields—I'm studying medicine—but I hope I can someday garner the same type of success and achievement as he's been able to.

—DAVI S., Miami, FL



DURANT'S SUMMER

I was really psyched to see your story on Kevin Durant and how he trained over the summer ("Off-Season Mission: Get Stronger," November 2009). Here's to hoping that hard work pays off for Oklahoma this season.

—REGGIE W., Oklahoma City, OK

WEIGHTY MATTERS

While I found his story inspiring, I couldn't help but question Success Story Heath Smith's weight loss timeline ("No More Shame," November 2009). He claims to have lost more than 100 pounds over the course of just six months when he first started getting fit. I've been trying to drop 25 pounds for almost that long, and am having a terrible time doing it—so I don't see how he could lose four times that amount in such a short period.

—PETER M., Portland, OR

EDITOR'S NOTE: Heath's weight loss is not typical. Normally, a guy will lose a couple of pounds a week. If you're making that kind of progress, you're on the right track. Heath started at 463 pounds—and the bigger you are when you start trying to lose weight, the faster it initially comes off.

VAMP BAIT

I would never, ever watch a *Twilight* movie. Ever. But your sexy shots of Ashley Greene almost made me reconsider ("Dream Woman," November 2009). Luckily, I regained my senses... but damn, that girl is fine.

—ALEX F., New York, NY

C'mon, MF. *Twilight* is a movie for preteen girls and their out-of-touch mothers. Ashley Greene may be hot, but how about covering a girl who's doing something we actually care about?

—TONY R., Austin, TX

COMPLIMENTS TO THE CHEF

As a longtime Pittsburgh resident, I was already a fan of Amos Zereoue from his days of playing with the Steelers. But after trying his recipe in your last issue ("Poisson Braise," November 2009), I have to say he's even better in the kitchen than he was on the field. The grilled swordfish was great, and super easy to make—even for a guy who normally burns toast. Thanks!

—LLOYD D., Pittsburgh, PA



WRITE US!

Send your comments, rants, or ideas to letters@mensfitness.com or mensfitness.com/contact or write us at Letters, *Men's Fitness*, One Park Ave., 3rd Fl., New York, NY 10016. If we print yours, we'll send you a DVD of *Inglourious Basterds*—in stores now. Letters become the property of MF and may be edited.

MOVING? HELP US FIND YOU

Visit mensfitness.com/service or send the change of address to *Men's Fitness* magazine, P.O. Box 37211, Boone, IA 50037-0211.

FREE STUFF!



WIN HOME CARDIO GEAR!

The LS9.9IC LiveStrong Cycle (near left; \$999) is inspired by Lance Armstrong himself and comes with an on-deck computer to track RPM, distance, and speed. Proceeds benefit the fight against cancer. Pair it with the S7100 Vision Fitness Suspension Elliptical trainer (\$2,699), which includes PerfectStride technology for the smoothest, most natural elliptical motion on the market. For more info, check out LivestrongFitness.com or VisionFitness.com.

To win both machines, e-mail us a 20-word-or-less reason why you deserve them (contests@mensfitness.com). Worthiest guy gets the prize.

CLOCKWISE FROM TOP: COURTESY OF UNIVERSAL PICTURES, LIVESTRONG FITNESS, VISION FITNESS