

AUSTRALIAN Men's Health

DECEMBER 2014 \$8.99 NZ \$9.99

20-DAY BEACH BODY!

THE ULTIMATE SHIRT-OFF WORKOUT

BECOME THE TONGMASTER!

Your Killer Grilling Guide p93

IS YOUR PHONE MAKING YOU FAT?

SURVIVE ANY EMERGENCY!

Dumped? Bankrupt? In the Slammer?
We've Got Your Plan B! p78

180 SECONDS TO GET
FITTER, FASTER
AND STRONGER

97 FAST FOOD FIXES

p108

**Mitchell
Johnson**

USE HIS MIND GAMES
TO REAP BIG GAINS

Pacific Publications | yahoo7.com.au/menshealth



THE BEDROOM BEST-AND-FAIREST! MH 2014 SEX AWARDS

MIH ESSENTIALS

Our guide to what's happening and what's new



VIP FITNESS

Get more of the good life with Goodlife Health Clubs' new Active Plus Membership. You'll receive a free annual guest membership to train with your friends on the weekend, you'll look like a pro with a free Goodlife Active pack, and you'll receive discounted entry to the Goodlife Health Clubs' 12 Week Challenge, plus many more member privileges! Visit goodlife.com.au to get started.



SWISS STYLE

The Montblanc TimeWalker Extreme combines masculine technology with sporty elegance – qualities that have made the TimeWalker line one of Montblanc's most successful watch collections. Its salient features include architectural lines, a 43-millimetre case, a narrow bezel and elegantly skeletonised horns. For stockists call 1300 364 810. RRP \$7500



A NEW AGE OF MEN'S GROOMING

A proud winner in the Men's Health Grooming Awards 2014, Gear from Tweezerman produce men's grooming tools that get the job done. The Tweezerman Gear Slant Tweezer (RRP \$29.95) easily gets rid of unwanted hair. With tips hand-filed to a precise 25° angle, these beauts will grab the most stubborn hairs with precision. For stockists visit datelinecity.com

CARRY IT LIKE CRISTIANO

CR7 Underwear by Cristiano Ronaldo features dynamic colours, detailed design elements, clean lines and sleek yet understated aesthetics. A luxury feel and premium quality are integral to the collection. "Fashion and design are two passions of mine," says Ronaldo, "and I have wanted to launch my own brand for a long time." Shop the Collection online at www.cr7underwear.com.au



MAKE YOUR MUSCLES HAPPY

Maximise your workout with Muscle Milk Protein. Available in three delicious flavours, each bottle packs a massive 25 grams of protein. Recovery never tasted better.

RIGHT ON TIME

New from TW Steel is the Slim Line collection. The 10-model collection sacrifices nothing in terms of TW Steel's proud heritage of offering big, bold statement executions, but now cleverly combines the appeal of an oversized watch with a stylish and slender case. Priced from RRP \$399



KEEP YOUR COOL WITH THERMOS

Staying hydrated is critical to maintaining a healthy lifestyle. Only genuine Thermos® brand hydration products can guarantee to keep your liquids cold for up to 12 hours. The range is available at stockists nationwide. Visit thermos.com.au or call 1800 683 363 for more information.



A FIRST IN HANDS-FREE DRIVING

Pioneer has released the very first Apple CarPlay car stereo in Australia, offering motorists unprecedented hands-free control of their iPhone (5 or later). Using Pioneer's touch-screen interface, drivers can now safely make and receive calls, compose and respond to text messages, use Apple Maps for navigation, and listen to music and podcasts, all while driving. For more information visit www.pioneer.com.au