

OUR ULTIMATE CARDIO PLAN, P86

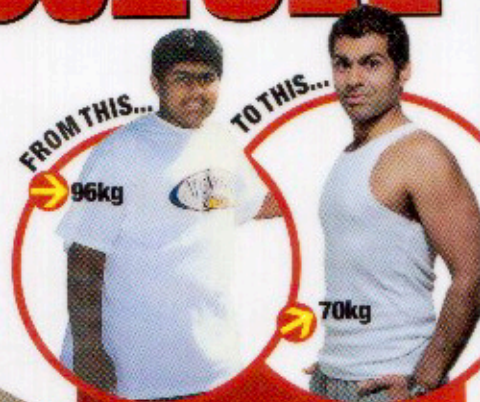
INDIA'S
LARGEST-SELLING
MEN'S MAGAZINE

Men's Health

OBER 2012 | ₹100

nutrition Special 2012

FIGHT FAT WITH FOOD!



CELEBRITY WEIGHT-LOSS!
KARUN CHANDHOK
WENT FROM FATSO TO F1
YOU CAN TOO!

FREE!
2-PAGE
**BIG
MUSCLE
GUIDE**
WITH THIS
ISSUE

LOOK BETTER THAN EVER

SEX TRICKS YOU MUST TRY TONIGHT!

HARD ABS MADE EASY

The Men's Health Guy and
Michelin-starred chef
VIKAS KHANNA
"For women, a guy who cooks equals a
man who can take care of them!" p80

THE BEST EXERCISE YOU'RE NOT DOING! P62

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PLUS! GROOMING TRICKS EVERY GUY SHOULD KNOW! P104