

SMASH YOUR STRESS NOW!

TIPSON P64

MALAYSIA
DECEMBER 2012

100% USEFUL!

Men's Health

MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

www.mens-health.com.my

**STRONGER!
LEANER!
FASTER!**

Blitz Your PB In 15mins

**LOSE WEIGHT...
WITH BEER!**

**CHEAT
YOUR WAY
HEALTHY**

MH GUY
Actor and director
Bront Palarae
on being positive, no matter what



**6
SEX
SECRETS**

TO IGNITE HER DESIRE!

**DRESS FOR
SUCCESS**
YOUR GUIDE TO FORMAL WEAR

**GET THE
COOLEST
GADGETS**
YOUR CHRISTMAS
WISHLIST
STARTS ON P83

**POWER FOODS
THAT TASTE GREAT!**

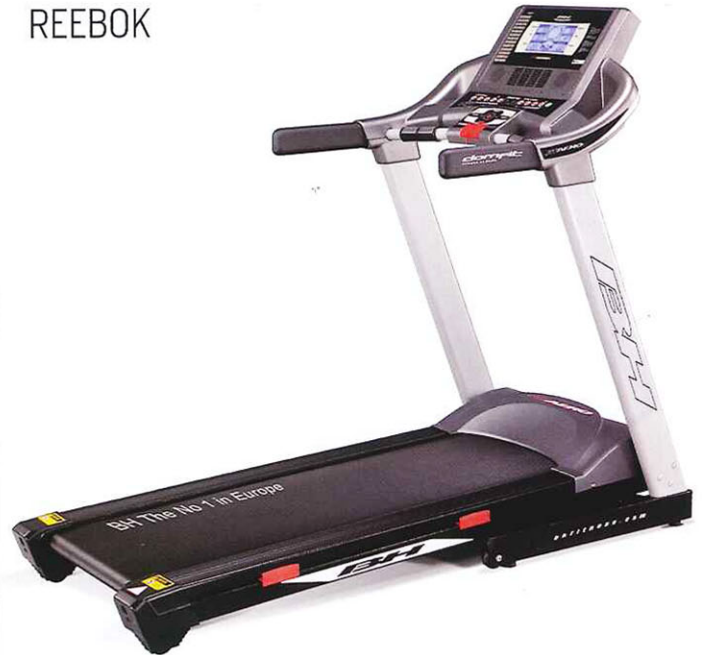


SAMSUNG

**Creative Tablet**

Think of the Galaxy Note 10.1 as a new age sketch pad. The display is aimed at creative types, especially given the inclusion of Adobe® Photoshop® Touch application and the S Pen, which allows the combining of notes and sketches with other digital content in ready-to-use templates and ETextbook. It also features a 1.4GHz quad-core processor, 2GB internal RAM, a 5MP main camera, high-standard graphics and fast performance. Other features includes Smart Stay, All Share® Play and Pop Up Play. www.samsung.com/my

REEBOK

**Running Man**

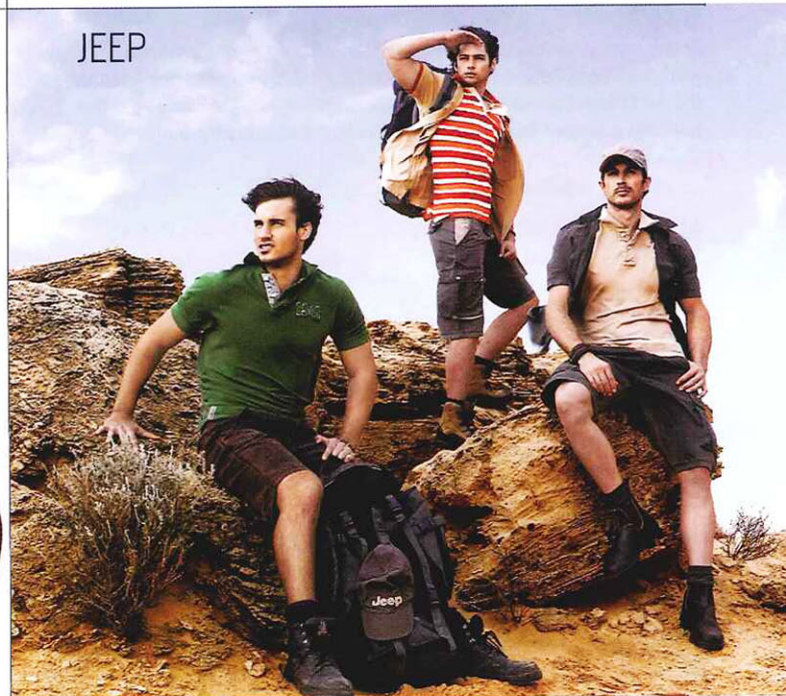
If you're working too hard to hit the gym, then try the new Reebok ZR10 treadmill. It goes up to 18km/h, features a running deck of 135x45cm that can support up to 120kg, inclines up to 15% and boasts 24 pre-set workout programmes. It also features cushioning inspired by Reebok ZigTech technology, and features two built-in speakers and MP3 connectivity. www.fitnessconcept.com.my

BEATS



You don't have to be a professional DJ to enjoy quality music. In collaboration with two-time Grammy Award-winning producer and world-renowned DJ David Guetta, Dr Dre presents the Beats Mixr headphones. Designed with sound quality, they work just as well in seriously loud, noise-polluted environments. DJs take note that the ear-cup can be rotated up to 180 degrees. Available in black and white at RM1,000. www.beatsbydre.com

JEEP

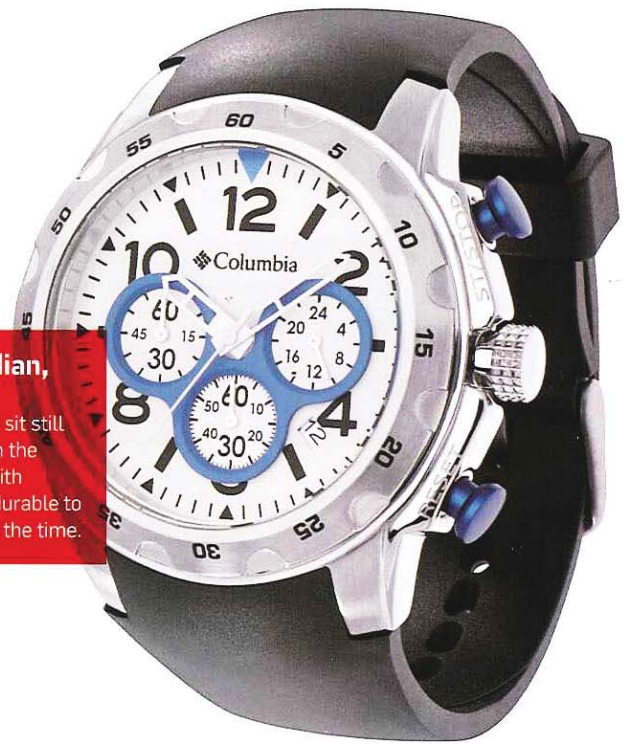
**Back to Basics**

Load up on your casual wear – you'll need to show some muscle come holiday time chores. Designed for the rugged, adventurous soul, Jeep Totally Vintage Collection 2012 features basic tees, classic checked shirts as well as trendy jackets, all in classic shades to slip into your existing wardrobe. You'll also find modern shorts, Bermudas, jeans and cargo pants in similarly subdued tones. Prices range from RM49 to RM259.90. www.allthingsjeep.com



Skechers GoRun, RM379.

Light, comfortable and available in a multitude of striking colours, the Skechers GoRun shoe purports to encourage the mid-strike running stride.



Columbia Meridian, RM369.

For the guy who can't sit still and needs to be out in the great outdoors, but with something light and durable to keep him in tune with the time.



Ermengildo Zegna holdall bag, RM5,900.

Big enough to haul everything you need for the beach and is water resistant, in case you get too close to the water.

Kiehl's Basic Travel Set, RM114.

One or more of your family and friends may not be too fastidious about cleansing. This combination could bail you out.



Jeep Slim Cut, RM189.90.

Get some casual denim for your trip, comfortable and stylish enough for you to hit the local clubbing scene.



Sony EX-5R Compact System Camera, RM2,699.

The EX-5R captures images like a DSLR and has an interchangeable lens for a digital camera. Handy if you want to travel light without compromising the quality of your pictures.