

GET RED HOT GUILT-FREE SEX TONIGHT!

P64

MALAYSIA
DECEMBER 2013

100% USEFUL!

Men's Health

MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

www.mens-health.com.my

HI-DEF ABS

RIPPED IN JUST 30 SECONDS

LIVE 18% LONGER

9 TOP LIFE-SAVING TIPS ON P48

50 GREATEST ACTION HERO WORKOUTS

6 WEEKS TO GAINING

- ▶ STATHAM'S RAW STRENGTH
- ▶ HARDY'S BULK
- ▶ JACKMAN'S BRUTE FORCE
- ▶ CRAIG'S DEFINITION

BULLETPROOF YOUR BODY

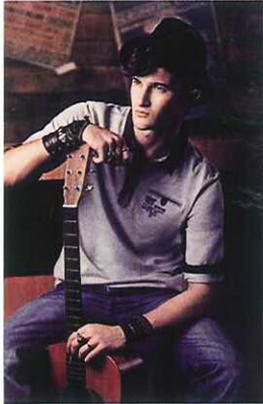
AUNTIE MYTHS DEBUNKED ON P74

WAGE
WAR ON
FLAB
AND DO IT
WITH TAPAU

14
WAYS TO
STRIP
AWAY
STRESS



CHARGERS OUTFITTERS

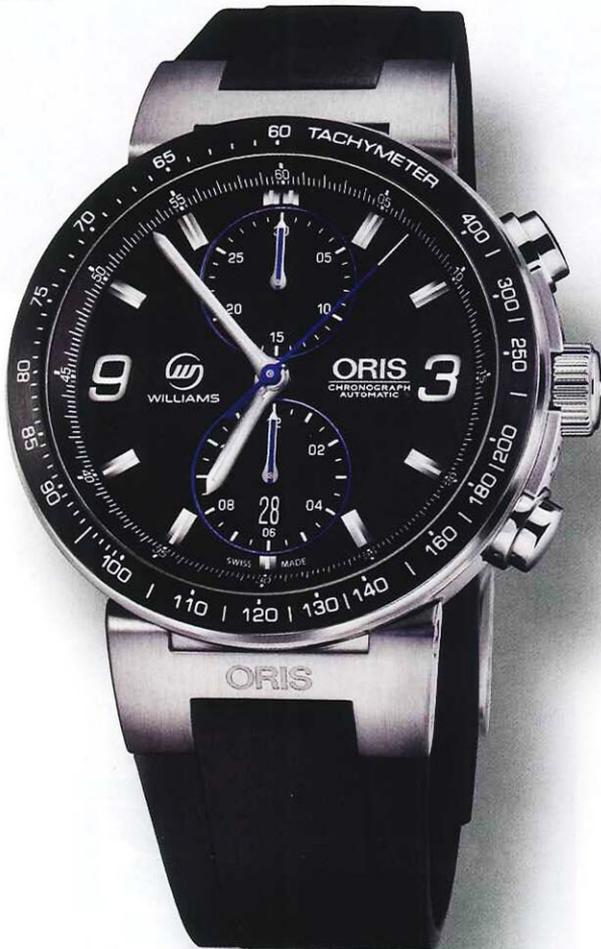


Electric Statement

Designed for daring and energetic youths, the new collection Electric City by Chargers combines a mix of styles that combine vibrant colours and graphics. The collection is said to be inspired by the positive vibes and bright lights of the different cities in the world. You can expect designs such as street art, colour blocking, classic checked and striped patterns in slim cut fittings. The new collection is now available at all leading department stores with prices ranging from RM49.90 to RM199.90.

www.facebook.com/ChargersOutfitters

ORIS



Limited Time

Celebrating the Williams F1's 600th race, Swiss watch manufacturer Oris has released a limited edition timepiece — Oris Williams F1 Team 600th Race Edition — to commemorate the team's milestone. Featuring a multipiece stainless steel case, the timepiece has a tachymeter as top ring coated in black DLC, with the minute recorder at 12 o'clock and hour recorder at 6 o'clock along with the date window. It sports an automatic mechanical movement 774. The watch is limited to only 600 pieces.

www.oris.ch

CLEAR



All-Day Protection

Men lead a different lifestyle from women, making the former more prone to sweat and grease. Clear has released the ClearMen Cool Sport Menthol Anti-Dandruff Shampoo to tackle the issue. It is formulated with Bio-Nutrium 10 with added mint, ginseng and tea tree said to provide a long-lasting 24-hour freshness and protection against dandruff.

www.unilever.com.my

EBENE



Joint Collaboration

The Bio-Ray Foot Massage Socks is part of a healthcare series of Ebene garments that uses Bio-Ray technology to help enhance the supply of oxygen and stimulate the circulation of blood relieving any form of joint discomfort within the area of application. It is claimed that the end effect of wearing these socks is similar to that of getting a foot massage. The socks help prevent athlete's foot, relieve foot cramps, numbness or fatigue. For other applications, Ebene makes knee, ankle and elbow guards too. The sock comes in two colours — black or grey — and retails at RM88 per pair. Consumer hotline: 03-87368122