

27 INTIMATE TIPS TO MAKE HER WANT YOU MORE

MALAYSIA  
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100% USEFUL!

# Men's Health

MALAYSIA'S NO. 1 MEN'S LIFESTYLE MAGAZINE

www.mens-health.com.my

AMAZING NEW ROUTINE

## STRONG MUSCLE FAST!

TOTAL-BODY WORKOUT  
IN JUST 4 MOVES

HOW HEALTHY  
IS YOUR FOOD?

BUILD YOUR HEART  
TO LIVE LONGER P50

YOUR SECRET  
FAT-BURNING  
SOURCE P37

5 GET RICH TIPS!

MH WOMAN  
*Stephanie  
Chai on how  
to sweep her  
off her feet*



## BOSS HUGO BOSS

**Ergonomic and high-tech**

Stretch-knit polo shirts, slim-fit trousers modelled after jogging pants and classic chinos with a slight O-shape leg for an ergonomic fit, the Boss Green Spring 2014 collection is all about comfortability. Besides, intelligent functionality, from integrated UV protection to reflecting zippers, remains the biggest bonus in every look this season.

[www.hugoboss.com](http://www.hugoboss.com)

## LA MARTINA

**Meeting of two cultures**

Unique floral prints paired with rigorous tweeds, La Martina "Coleccion Privada" capsule collection perfectly marry the British and South American culture. Well-worn polo jerseys decorated with colourful contrasting patches and waistcoats with front in tradition English style but back in blue oxford cotton as if made from reused shirts are just some examples. [www.lamartina.com](http://www.lamartina.com)

## JEEP SPIRIT

**Around the world**

The new "Rugged Nomad" collection is created for both adventure seekers and urbanites who aspire to see more of the world through travelling. It features everything from jeans and cargo pants with improved materials and better fittings to shirts and tops refreshed with new prints and colours, which are great for layering.

[www.facebook.com/JeepApparelMY](http://www.facebook.com/JeepApparelMY)

## CAMEL ACTIVE

**Back to its roots**

Themed "Tracing Heritage", outdoor elements define the latest camel active collection. The combination of distinct materials, Asian-inspired patterns and striking designs give it a versatile style. Once again, it successfully demonstrates the core essence of the brand, which is natural casualness with a special twist and functional urbanity combined to form a characteristic style for the modern man. [www.camelactive.de](http://www.camelactive.de)