

TORCH FAT AND SCULPT THE BODY YOU WANT

MALAYSIAN EDITION **RM10**

Men's Health

MALAYSIA
AUGUST 2014

100% USEFUL!

MALAYSIA'S NO. 1 MEN'S LIFESTYLE MAGAZINE

GET FIT NOW!

4 WEEKS TO LEAN MUSCLE

P80

WILD + LOUD

THE SEX SHE SECRETLY WANTS

THE GUT BUSTER

P64

MH GUY
KEITH FOO

"... life is all about progress
and moving on to the
next best thing..."

SMASH NUTRITION MYTHS

... AND BUILD YOUR
BEST BODY EVER!

SPORTS WATCHES

SIX TOP PICKS

P112

WEIGHT-LOSS SPECIAL

SLASH FAT WITH SUPERFOODS → FIRE UP YOUR METABOLISM IN 30 SECONDS → DROP THE POUNDS FAST

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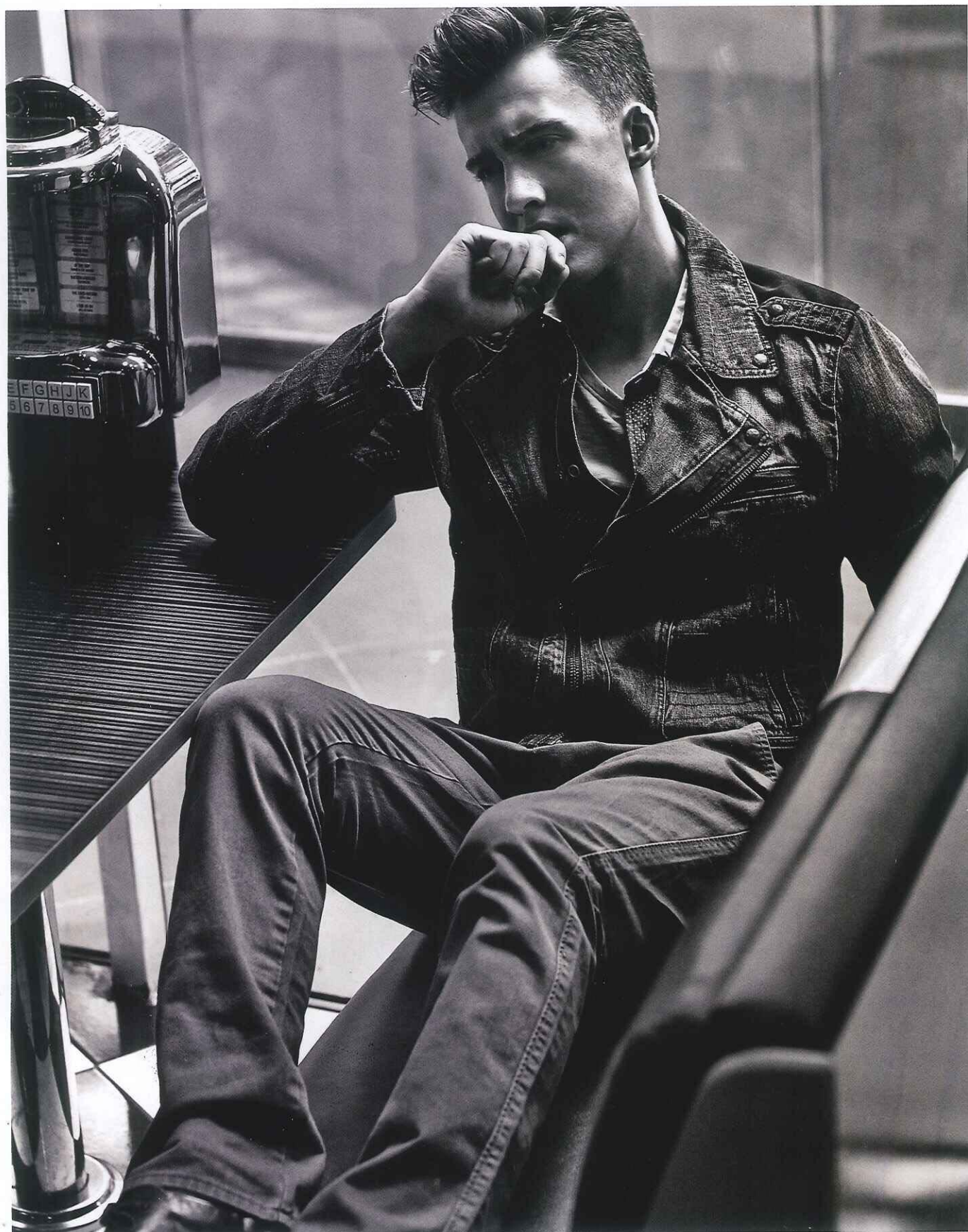
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MH
STYLE

PHOTOGRAPHS: KAHNUN/WYTH STUDIO STYLING: COORDINATION AND ART DIRECTION: SARAH SAW ASSISTANT: SYDRA FARHANA GROOMING: GAVIN SOH MODEL: ADRIAN ZANETTI/ANDREWS MODEL LOCATION: JOHNNY ROCKETS/AVENUE K





GUESS denim jacket; **CAMEL ACTIVE** T-shirt; **JEEP SPIRIT** jeans; **CAMPER** sneakers



UNIQLO T-shirt; GUESS denim vest; JEEP SPIRIT jeans