

JOE WEIDER'S

# NO TIME FOR THE GYM?

Bodyweight Training You Can Do Anywhere

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# MUSCLE & FITNESS

YOUR ULTIMATE SOURCE FOR TRAINING & NUTRITION



### Freestyle Snowboard

This new freestyle board features Burton's EST bindings and the Infinite Channel System, which allows unlimited stance options for those all-mountain adventures. **\$550, burton.com**

### >> Montague SwissBike TX

Fits in your trunk and your closet, and folds and unfolds in less than 30 seconds (36x28x12 inches folded). Comes with 21 speeds, Shimano gears and a quick-release system that requires no tools. **\$645, swissbike.com**

### >> Igloo Cool Fusion 40 Icy Tunes

The perfect tailgate/ beach/backyard tool. Any MP3 unit can be played through this speaker and amplifier setup. It also

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USA \$6.99 CAN \$8.99

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Display until December 3, 2007

## THE SKINNY ON ABS

Routines, Techniques and Insider Advice **PG. 54**

**SUPPLEMENT GUIDE FOR HARDGAINERS**



**U.S. ARMY LIFE-OR-DEATH COMBAT TRAINING**