

THE BETTER SEX DIET | A PERFECT UNION 

HOW THE BEST  
MAN WINS

WWW.MENSFITNESS.COM

# Men's Fitness

EXERCISE • NUTRITION • ADVENTURE • SPORTS • SEX

[MF EXCLUSIVE]

## THE UFC WORKOUT II

SEE *REAL* RESULTS  
(NO MATTER HOW FIT YOU ARE NOW!)

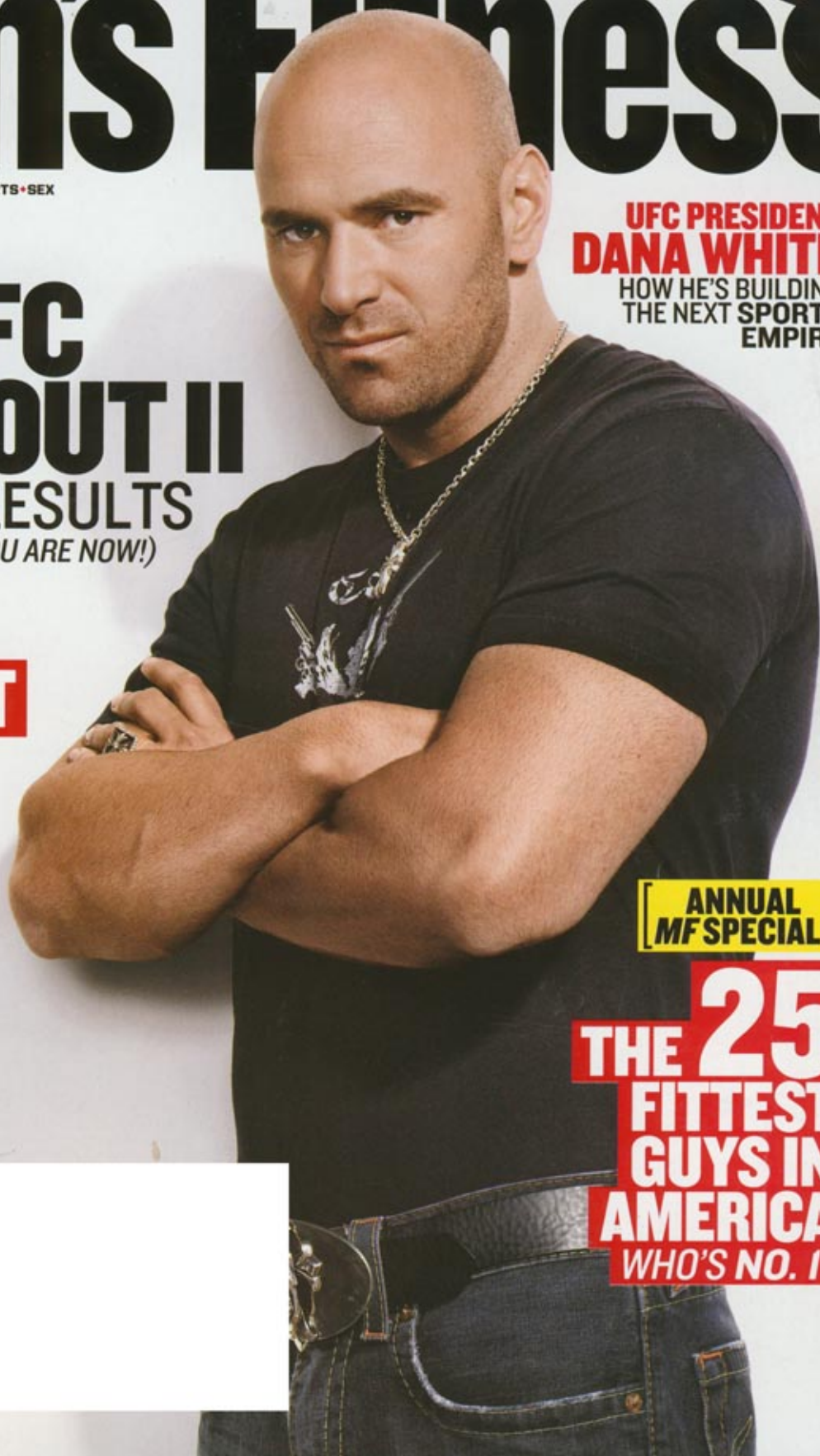
UFC PRESIDENT  
**DANA WHITE**  
HOW HE'S BUILDING  
THE NEXT SPORTS  
EMPIRE

**LOSE THAT  
GUT!**

TRIM INCHES  
OFF YOUR WAIST  
IN 4 WEEKS!

ANNUAL  
MF SPECIAL!

THE **25**  
FITTEST  
GUYS IN  
AMERICA  
WHO'S NO. 1?



# Improve Your Site!

SCREW ROUGHING IT—LUXURIZE YOUR CAMPING TRIP WITH THESE BEEFED UP BASICS | **By Noah Johnson**



2



1



3



4

## 1 | OUTDOOR RESEARCH DRYCOMP VERTEX SACK PACK

Protect your gear with OR's 100% waterproof sack, and your skivvies will stay dry whether you're caught in an unexpected summer downpour or neck deep fording a river. This pack is ultralight, padded for comfort, and big enough to stow a weekend's worth of stuff. **\$80 @ outdoorresearch.com**

## 2 | SIERRA DESIGN VERDE 20 SLEEPING BAG

Made from 95% recycled material, the Verde 20 is the greenest way to snooze—next to sleeping in the bush. The bag's liner is treated to help reduce moisture buildup and prevent the growth of bacteria (eliminating that funky campsite smell most bags get over time). **\$180 @ sierradesigns.com**

## 3 | LIGHT MY FIRE SPORK XM

This super durable, heat-resistant piece of cool campsite cutlery now comes in a whole slew of colors and sizes, giving you more options for keeping things civil while living in the woods. **\$4 @ lightmyfireusa.com**

## 4 | EUREKA! N!ERGY TENT

Bring on the power without a noisy generator. The N!ergy tent comes wired with three 12v DC outlets powered by a rechargeable battery that can be juiced up by a running car. Use it to run all of your camps "necessities", like stereos, laptops, iPods, fans, and mattress pumps. The tent comes in three different sizes; the largest can accommodate up to 10 campers. From **\$160 @ eureka!tent.com**