

# SPORTS

## STYLE

A man in a pinstriped baseball uniform is the central figure. He is holding a baseball bat over his right shoulder. He is wearing a dark jacket over the uniform. The background is dark and moody.

### **SPECIAL**

**MICKEY MANTLE**  
**PROFILE: BASEBALL**  
**WAS HIS DREAM**  
**BY DAVID HUTCHINS**

**N.Y. Yankees &**  
**Cleveland Indians**

**New Fashion Preview**

**PLUS-**  
**LATEST BASEBALL**  
**WORKOUT FOR**  
**BETTER ABS**

**BASEBALL**  
**PLAYMATE**  
**OF**  
**THE YEAR:**

**TULLY TRUE**

**Drew Waters**

**New Rookie Sensation**

# essay

A man wearing a white cowboy hat and a white button-down shirt is riding a brown horse. The background is a clear blue sky with some blurred greenery and a building in the distance.

June 2009

## THE MAN ISSUE

THE BEST  
PLACES  
TO GET A  
**BEER!**

STARRING

FRIDAY NIGHT LIGHTS!

**DREW WATERS**

THE **20**  
GREATEST GUY  
MOVIES EVER

THE **WAR!**

THE BATTLE TO BECOME

THE GREATEST TENNIS

PLAYER EVER

Women of Fitness Swimsuit Special



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# Men's Fitness

The fat you should eat

## More Muscle

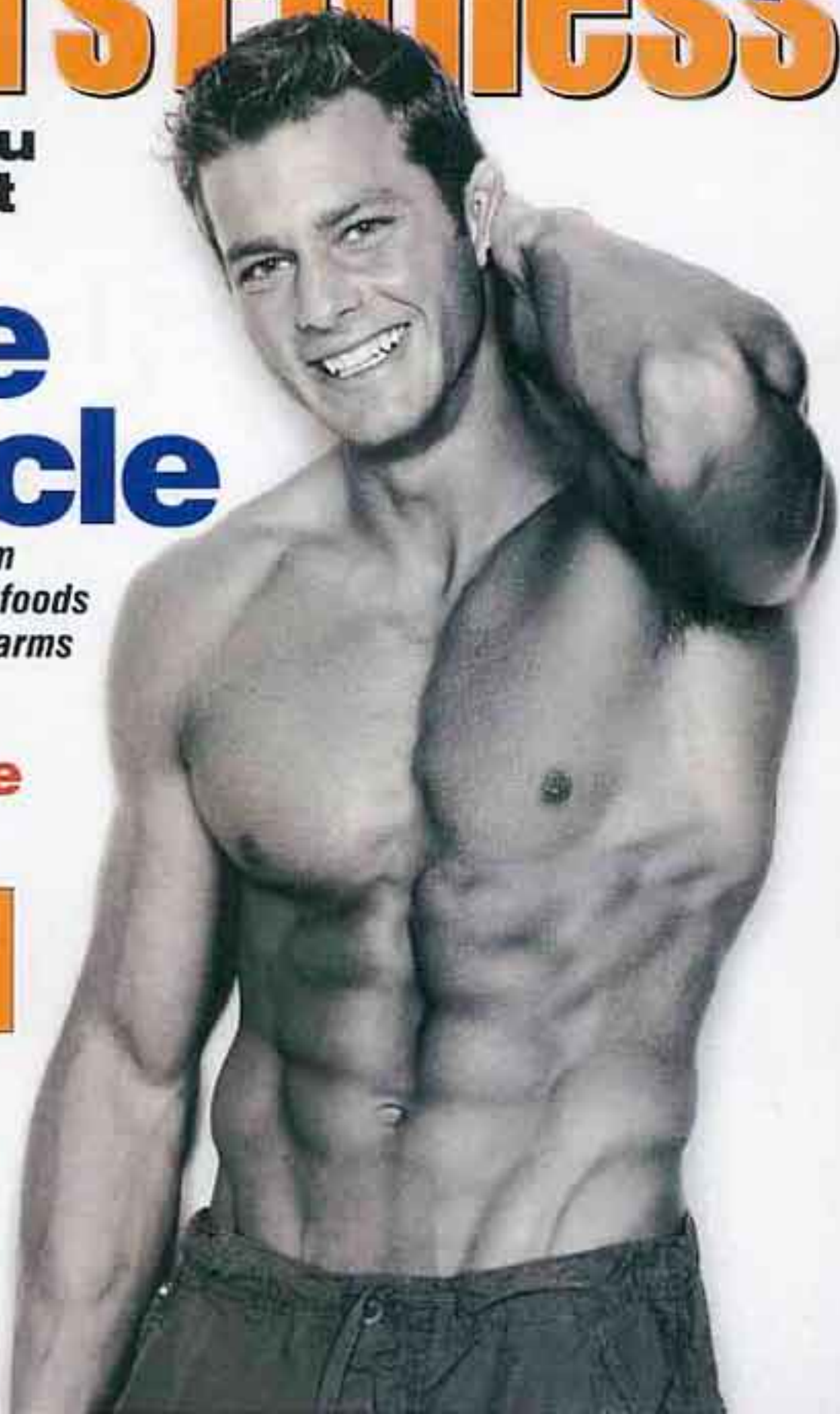
- 25-exercise program
- 10 muscle-building foods
- 6 moves for bigger arms

Boost your testosterone naturally

Fuel her fire  
10 hot tips

Eat like an athlete Page 88

USA \$3.95/CANADA \$4.95



when performance counts

MAY 2000

# Men's Fitness

**SAVE TIME**

## Complete 25-minute workouts

New whole-body plans  
for the busy man

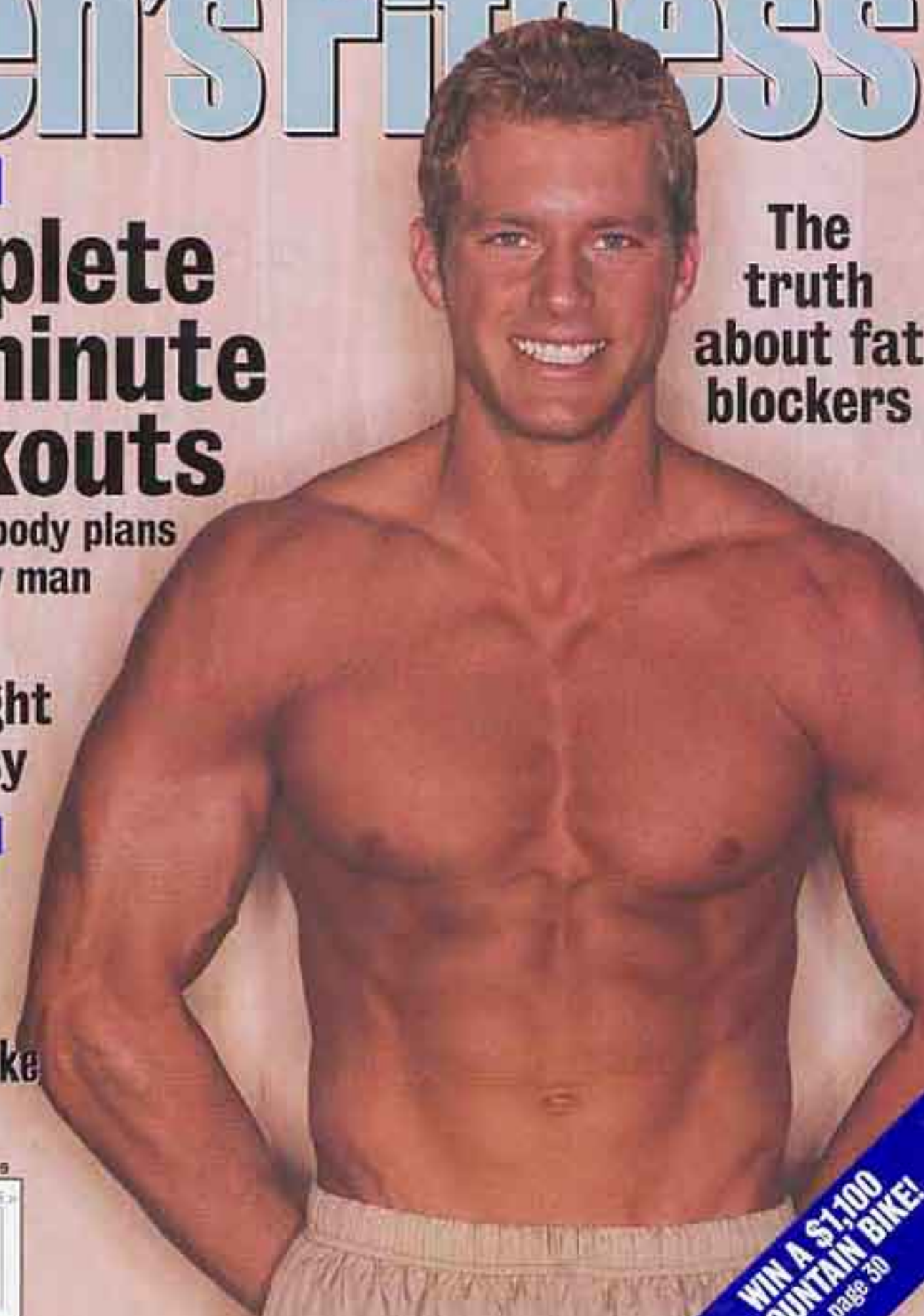
**LOSE POUNDS**

### Eating right made easy

### I survived SWAT training (barely)

### Mountain bike like a pro

### The truth about fat blockers



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page 30