

GREAT GIFTS FOR FITNESS BUFFS THAT WON'T BREAK THE BANK FOR UNDER \$250

Photos of Jersey McIntosh and Elle Patille by paulbuceta.com
Compiled by Sarah Wells, Managing Editor

2009 WISH LIST

GENERATE MORE POWER—INSTANTLY!
17 min: You'll Need to Precede it with One Simple Move

FLASH! LEG PRESS RATED BETTER THAN SQUATS!
Find Out the Truth for Yourself on Page 62

MUSCLEMAG

MAKES MUSCLE CELLS EXPLODE TO NEW MASS!

No Such Thing as a Magic Exercise ... or Is There?

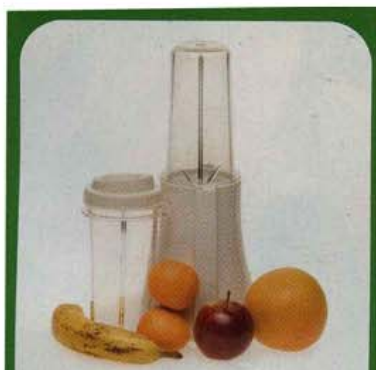
24 BEST FOODS TO BUILD YOUR BODY!

REAL TIME TRAINING
How the Big Boys Do It 10, 24

amusclemag.com

WORLD'S GREATEST WOMEN SPECIAL GREAT PICS!

Gene From Red • The Search of a Scientifically Advanced Exercise Precede to Taking the Industry by Storm



TRIBEST PERSONAL BLENDER

Versatile and portable for today's busy lifestyle, Tribest's Personal Blender ensures that a healthy, delicious protein shake is always right at your fingertips. Two different modes of operation: 1) One touch pulse mode; and, 2) Push and twist continuous mode. The polycarbonate cups are made from the same material as bulletproof glass to make them virtually unbreakable. Available at www.cookware.com, a CSN Store (CSNStores.com); **\$49.99.**



DENI 3-TIER FOOD STEAMER

Healthy cooking made simple with three trays for complete meal preparation. Available at Cookware.com, a CSN Store and (CSNStores.com); **\$47.99**



LIFESPAN: MY BEAT HEART RATE RING

Just slip on this ring and press start. Lets you check your heart rate without interrupting your workout. No straps required. Available at fitnessequipmentandmore.com; **\$35.95.**