

EXCLUSIVE! My #1 Success Secret / By Tim Ferriss

TONS OF USEFUL STUFF

Men's Health

Lean & Fit

**Beach Ready
in 12 Mins!**

P.116

10lbs Gone!

**Flip Off Your
Fat Switch**

P.85

30% MORE ENERGY

P.108

PLUS!

- ✓ 4 Ultimate Power Shakes
- ✓ The #1 Heart Disease Fix
- ✓ The DNA Diet: Skinny Genes!

←|||
GET THIS GUY'S
WORKOUT
P.114

325

BODY HACKS

**Grow Muscle,
Slay Stress,
Beat Pain!**

Gym Free Abs

**Six-Pack
Secrets**

P.58

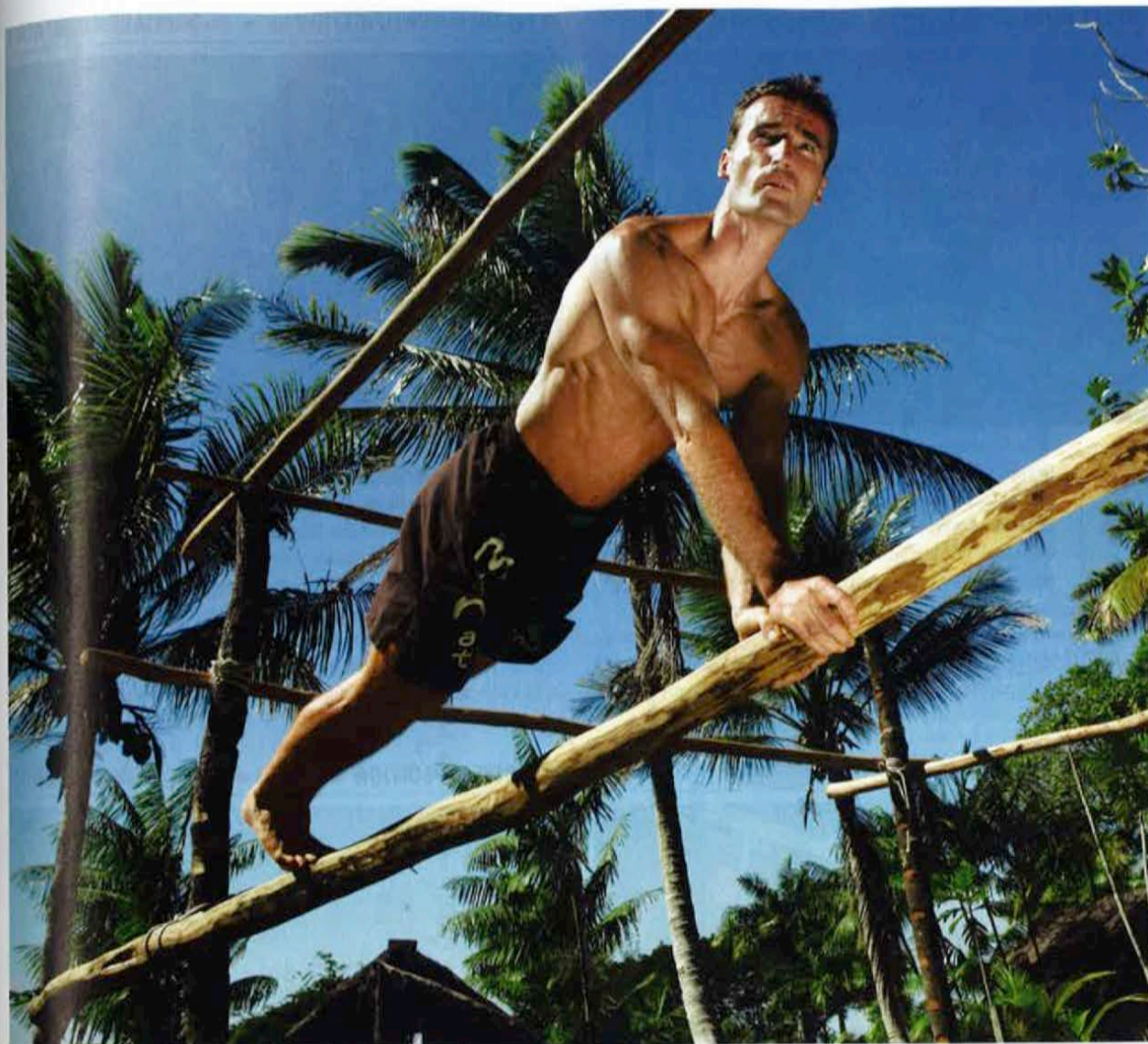
WILDSEX!
IN CARS, HAMMOCKS...TREES?!

P.96

AUGUST 2017
\$5.99 US DISPLAY UNTIL AUG. 08



For a killer core challenge, do Erwan Le Corre's jaguar plank. Balance on something low to start; hold as long as you can. Control your breath.



EDITED BY
PAUL KITA

- ❑ Let Daenerys Targaryen show you how to press
- ❑ Make nachos even better—with fire
- ❑ Learn the limbo from Instagram's Emily Skye

USEFUL

*The Manual
FOR
Enlightened
Living*

STUFF

Get Ripped on These 6 Trips

A BOOK AND A BEACH WORK WONDERS FOR YOUR MIND. BUT WHAT ABOUT YOUR BODY? / BY TYLER GRAHAM

»»» Say you're a hotel owner. Try to guess which aspect of your establishment will likely lose you the most cash this year. Free Wi-Fi? A concierge staff? The pool? Nope. It's the gym. Guests rarely use the pricey equipment even if they plan to do so, a recent Cornell survey found. So why not make fitness the focus of your next vacation? We've got a dozen great ideas to send you home tired and happy.


► **USEFUL STUFF**

CATEGORIES

 STRENGTH

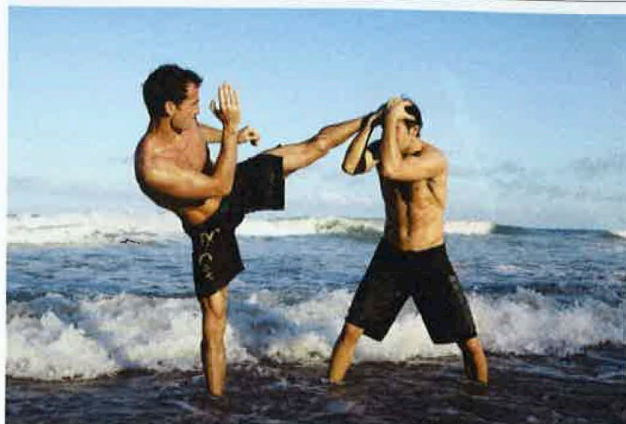
 MOBILITY

 WEIGHT LOSS

 RELAX

 SPEED

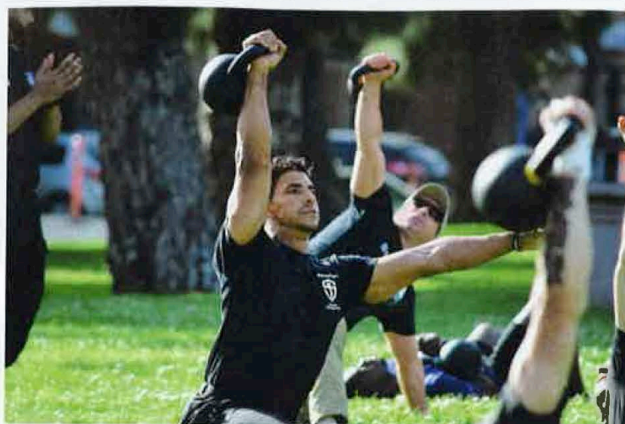
PRIMAL MOVEMENT |||→ **MovNat (Nationwide)**



Erwan Le Corre founded this school nearly a decade ago, basing it on the principle that real fitness is practical fitness. MovNat replaces treadmills and weights with ocean waves and fallen trees. Le Corre's course will help you relearn squatting, crawling, jumping, and swimming—and your definition of fit. *From \$200, movnat.com*

DIY DRILL Learn the bear crawl: Get down on your hands and feet, your knees nearly touching the ground. Keeping your core tight, crawl forward 20 yards. Repeat twice.

KETTLEBELL CERTIFICATION |||→ **Strong First (Global)**



Not just any dumbbell can coach kettlebells. Here it takes three nine-hour days of training to cover six moves. Pavel Tsatsouline, the Russian special forces instructor who introduced the kettlebell to the West, handpicks your teachers. *\$1,600 for a three-day seminar, strongfirst.com*

DIY DRILL Strengthen your kettlebell swing with the 300-rep workout: Perform 50 two-arm swings, then 25 single-arm swings per arm. Repeat 3 times. Focus on exploding through your hips, as if you're trying to leap.

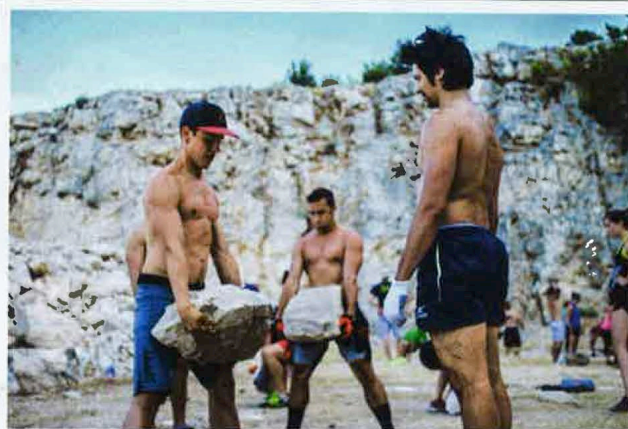
FITNESS BOOT CAMP |||→ **EXOS (Phoenix, AZ)**



Train like an NFL star at the EXOS Performance Lab. The program features personalized meal plans and nutrition guidance; morning plyometrics, speed, and agility drills followed by compression recovery; and afternoon strength, power, and endurance training. Return home with new PRs and a 12-month individualized strength training program. *\$3,500 for five days, teamexos.com*

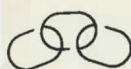
DIY DRILL The Farmer's Walk Challenge: Grab two dumbbells totaling half your weight. Walk 100 meters. Or try.

CROSSFIT EXPEDITION |||→ **Anywhere Fit (Western U.S.)**



You'll book this 10-day trek, but you won't know where you're going or what you're doing. Except this: Each day includes one or two workouts of the day (WODs) and a challenging expedition, such as hiking or rafting. It's great for testing your intestinal fortitude, but admittedly not for control freaks. *\$2,500, anywherefit.com*

DIY DRILL Try the grueling WOD known as Invisible Fran: Do 21 body-weight squats followed by 21 pushups. Then do 15 of each, and then 9 of each. Don't say it sounds easy.



Welcome to the Alley Oop, a chained, page-by-page list of recommendations from recommenders. First up...

TRIATHLON TRAINING |||→ HITS Tri-Camp (Nationwide)



Experts study video of your running, pedaling, and paddling and even conduct a motion-capture bike fitting. "Often, swim stroke analysis is the 'aha' moment for athletes, because they feel like they're doing one thing in the water, but it's not actually happening," says organizer Nick Gough. *\$1,500 for five days, hitsendurance.com*



DIY DRILL Get a friend to film your swim. Your whole body should be close to the surface. Doing 15 minutes of kicking drills will help you raise your legs and increase your speed.



RUNNING CAMP |||→ Eric Orton Academy (Jackson, WY)



The top of every morning starts at the bottom of a mountain. Don't worry: You'll start slow with mobility and conditioning work. "Foot strength sets the foundation for everything you do as a runner," says Orton, author of *The Cool Impossible*. Make this the backbone of your own training, even if you can't partake in Orton's programs. *\$600 for a three-day camp, runningwitheric.com*

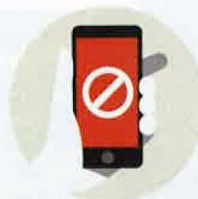


DIY DRILL Stand barefoot on one foot for 30-second intervals daily. Work up to the balls of your feet, heels elevated.



6 MORE LIFE-CHANGING TRIPS

If you need a vacation (you do, by the way), the real question is: Which kind? These adventures aim to fix what's nagging you. Your souvenirs: energy and serenity. BY JEN MURPHY



YOU COULD USE LESS SCREEN TIME Prairie Mountain Folk School, Joseph, OR

Stow the phone and hone your skills. The school brings in blacksmiths, woodworkers, and other artisans to teach one- to 11-day classes on everything from forging steel to building cabins. *From \$40, prairiemountainschool.com*



YOU TWO DESERVE A DIRTY WEEKEND Twin Farms, Barnard, VT

Escape to this hotel set on 300 acres. Splurge on a cottage for the fireplace. Plan a picnic for the trails or a twilight canoe. Then it's drinks by the fire, a private dinner, and a late-night skinny dip. *From \$1,500/night, all inclusive; twinfarms.com*



YOU'RE STUCK IN THE BREAKUP BLUES DuVine Cycling + Adventure Co. Napa + Sonoma Wine Country Bike Tour

Sweat out the heartbreak on quad-taxing Cali roads. You'll ride 18 to 58 miles a day along the coast. Then enjoy insanely great food and the best wines in the country. What ex? *From \$3,595, duvine.com*



YOU HAVEN'T SEEN OLD FRIENDS Sailing in Maine

A weeklong charter lets you and a few friends live the seafaring life while exploring Maine's pristine coastline. Captain Marshall Frye, a native Mainer, and his crew do the heavy lifting (and cooking) while you sip Dark 'n' Stormys on deck. *\$7,000, sailingcollective.com*



YOU NEED SOME PEACE AND QUIET Cumberland Island, GA

Hop a ferry from St. Mary's to Cumberland Island National Seashore, where you can clear your head on 50 miles of hiking trails. Reserve a campsite and shop in advance; nothing is sold on the island. *From \$12, cumberlandislandferry.com*



YOU WANT SOME FAMILY BONDING Multisport trip to Costa Rica

Monkeys, sloths, toucans, iguanas, frogs? Check. Cartoon-bright colors? Check. Rainforest. Ocean. Biking, ziplining, surfing, whitewater rafting. Plus, kid-friendly guides. *From \$3,000/person, all inclusive for five nights; backroads.com*