

# The Nutrition Issue

INTERMITTENT FASTING ON TRIAL / AL DESKO FITNESS FOODS / KETO FOR BEGINNERS

# Men's Health

## ARMS AND ABS

The **Only**  
**4 Exercises**  
You Need  
For Any Body You Want

**Get Shredded**  
In 6 Easy Steps

**Scorch Flab**  
24 Hrs A Day

**Build Muscle**  
In Middle Age

# 15

WAYS TO DO STYLE  
LIKE A GROWN-UP

# 09

TRICKS TO  
BUILD MAX  
STRENGTH

**ALDO KANE**  
COMMANDO & EXPLORER  
ACTION MAN & NICE GUY

THE  
BALD TRUTH  
ABOUT  
**HAIR LOSS**

APRIL 2020