

# MAX HOT PICKS



## WD-40 FOR YOUR JOINTS

Having achy joint issues? Nothing has been proven more effective than glucosamine and chondroitin in helping joints feel better in no time. Get Max Muscle's superb Joint Relief Formula and get back in the game.

[www.maxmuscle.com](http://www.maxmuscle.com)



## EASY ACCESS

Forget trying to hold onto your phone when you're on the bike, treadmill, elliptical or pushing a stroller. Texthook conveniently allows you to snap your smart phone securely in place and will attach snugly to any handlebar.

[www.thetexthook.com](http://www.thetexthook.com)



## FOR MOM TOO!

For the mom who longs to resume her workout regimen and lose the last of the baby weight, BOB Stroller Strides Stroller is a high-performance model that allows her to cross-train with her tiny passenger in tow. [www.bobgear.com](http://www.bobgear.com)

## SIZE MATTERS

Are you a 'hardgainer' looking to pack on muscle with a quality protein made just for you? Look no further than Max Muscle's Gourmet Gainer, which comes in three delicious flavors! [www.maxmuscle.com](http://www.maxmuscle.com)



## MARGARITA TIME

Margaritas are a favorite summer indulgence, but one that can pack on the pounds. A regular 8 oz. margarita has about 540 calories and 50 carbs! But Zilch Sugar Free Margarita Mixer has 0 carbs, 0 sugar and 0 sodium. Now that's a reason to toast! And a box of 10 is only \$4.99!

[www.zilchmixers.com](http://www.zilchmixers.com)



## OMEGAS IN A BOTTLE

Forget that oily taste and texture or swallowing large capsules to get your healthy fats. Omega Swirl is an Omega-3 Sensation with the taste and texture of a fruit smoothie. Omega Swirl flax and fish oil supplements are the freshest, best tasting and most nutritious, naturally.

[www.barleans.com](http://www.barleans.com)

## HEALTHY SNACKIN'

Odwalla's Dark Chocolate Chip Walnut bar with 35 percent of your daily fiber is scrumptiously delicious and it's good for you, too! With a mix of chocolate, chewy, nutty goodness, it's a great way to get fiber and Omega-3 fatty acids on-the-go.

[www.odwalla.com](http://www.odwalla.com)



# MAX

SPORTS FITNESS

GET  
PUMPED!

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**THE  
SCOOP**  
ON DIET  
SODAS  
*(Are They Bad  
For You?)* pg. 21

**8** HOT  
PRODUCTS  
THAT TOTALLY  
**CHILL!**

**(50  
WAYS  
TO BE A  
FIT MOM**  
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**FREE!** Compliments of:

MAY 2011

www.maxmuscle.com

## TRIM & TONE

With This  
**KILLER**  
Kettlebell  
Workout

**5**  
Tips To  
Flatten  
Your Belly  
- STAT!  
*(Celebrity Trainer Tells How)*

**SIZE  
MATTERS**  
HELP FOR  
'HARDGAINERS'

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