

YOUR ULTIMATE CARDIO WORKOUT p.72

TONS OF
USEFUL STUFF

Men's Health



Go the distance.
Long strides
net big gains.

HIT YOUR STRIDE

The longer your stride, the more effective your workout, say University of Idaho researchers. They found that an extended stride length on cardio equipment can boost oxygen consumption by up to 12 percent and heart rate by 6 percent. At 44 inches, the stride length of the FreeMotion 5.8s is nearly twice that of a conventional elliptical machine, for a calorie thrashing that's easier on hip and knee joints. (\$3,000, freemotionfitness.com)



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GREAT ABS MADE EASY

THE
MEN'S
HEALTH
GUY
**DAVID
BECKHAM**
*"I'm a really
bad loser."*

Mr. Beckham
wears
Armani
in our
Guide
to Style.

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AWAY
STRESS!**
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OR LESS!

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