

TONS OF USEFUL STUFF

Men's Health

OCTOBER 2000

The Sex Workout
Build muscle in bed

**EAT FAT,
GET THIN**

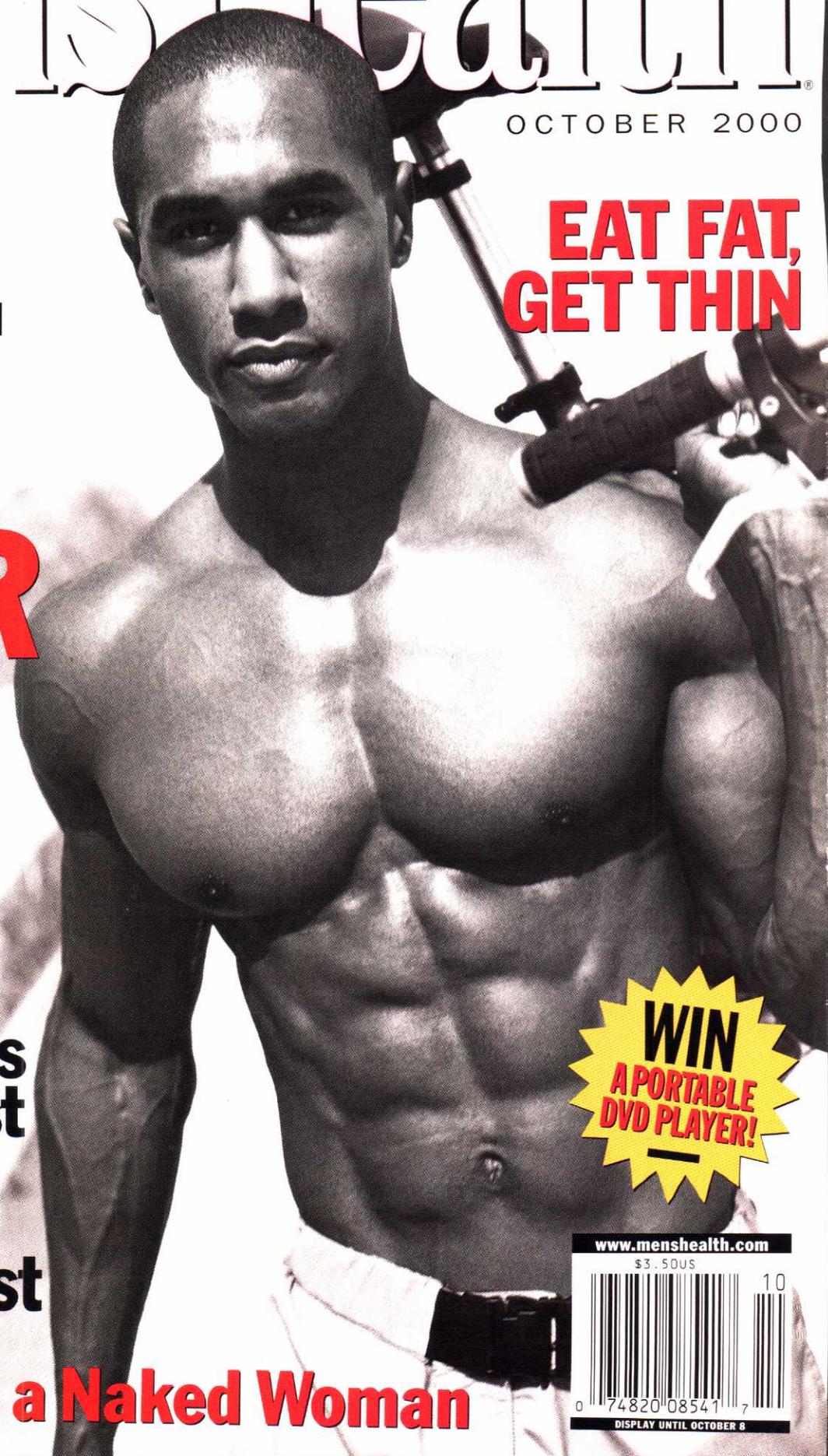
**FIND
YOUR
ABS!**

In 30 minutes
a week

FREE BOOKLET
ADD 2 inches
to your chest

Healthy?
Take Our Test

How to Feed a Naked Woman

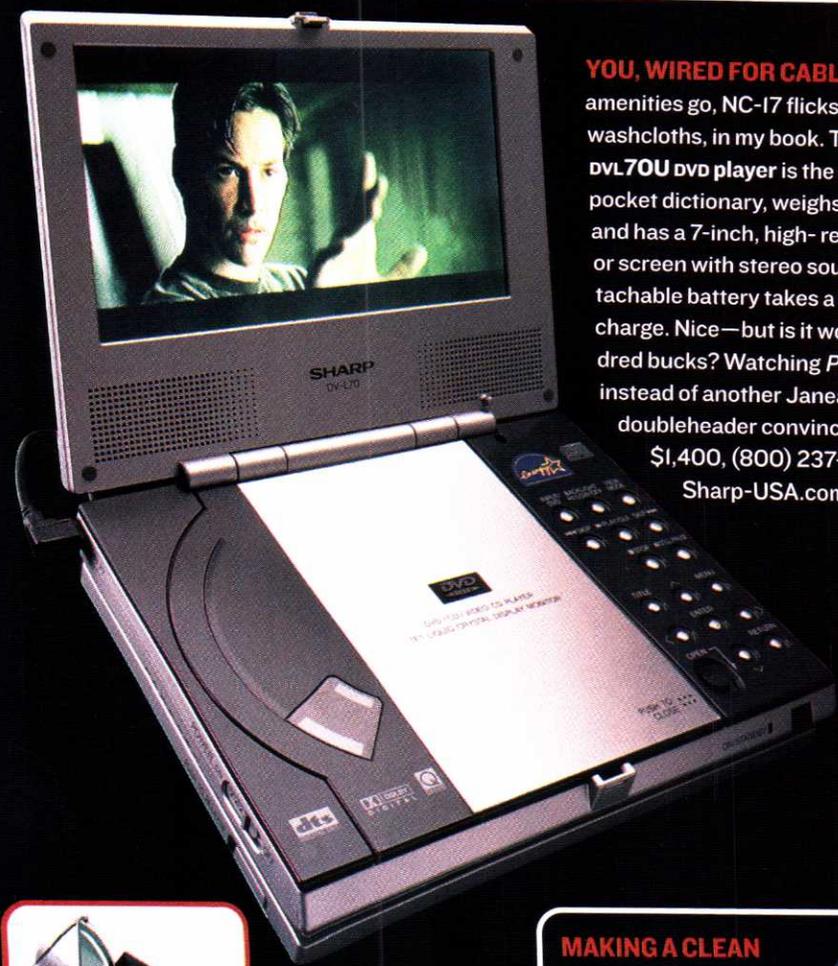


**WIN
A PORTABLE
DVD PLAYER!**

www.menshealth.com
\$3.50US



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DISPLAY UNTIL OCTOBER 8



YOU, WIRED FOR CABLE As in-air amenities go, NC-17 flicks beat hot washcloths, in my book. This **Sharp DV-L70U DVD player** is the size of a pocket dictionary, weighs 2¼ pounds, and has a 7-inch, high-resolution color screen with stereo sound. Its detachable battery takes a 5-hour charge. Nice—but is it worth 14 hundred bucks? Watching *Poison Ivy IV* instead of another Janeane Garofalo doubleheader convinced me. \$1,400, (800) 237-4277 or Sharp-USA.com



LIGHTER ON YOUR FEET

For pounding pavement in khakis, I liked the **Asics Gel-Wentworth Walker oiled-suede shoes**. They're light (13½ ounces each), well cushioned, and waterproof, and they won't get you booted from a four-star joint. \$95, (800) 678-9435 or AsicsTiger.com

Ultimax socks are made of the nylon CoolMax/spandex blend that's used in high-performance running socks. They're also well padded and fast drying. \$13, available at Magellan's at (800) 962-4943, or www.Wigwam.com

At a silly 8 ounces each, the mesh **Reebok 3-D Fliers** are the lightest running shoes we've found. They offered serious foot support but scarcely took up any room in my bag. \$90, (800) 648-5550 or Reebok.com. To keep my shirts clean, I tossed them into an **Eagle Creek Pack-It Shoe Sack**. \$13, (800) 874-9925 or EagleCreek.com ♦



NOTHING SHATTERS ANYMORE

These unbreakable **Randolph Engineering Avion sunglasses** should last longer than my last pair. And the company will replace broken hinges free, forever. \$100, (800) 541-1405 or www.randolphusa.com

I locked more delicate specs in an **Opti-case**; it floats, and you can stand on it without crushing it. \$10, (800) 852-7085 or walkabouttravelgear.com

IT'S NO SWEAT

Ex Officio shirts are made of a breathable cotton/poly blend and have a mesh-lined vent that lets the heat out. I wore one on the flight out, and I arrived looking even nattier than my usual natty self. It kept me cooler in 90-degree weather than my other button-ups. \$54, (800) 644-7303 or Exofficio.com



MAKING A CLEAN

GETAWAY Hang this open **Dopp kit** on a towel rack; everything is an easy grab. **L.L.Bean's Personal Organizer** has eight pockets, a plastic mirror, and a removable mesh compartment you can hang on the showerhead. \$25, (800) 809-7057 or llbean.com



FISH STICKS

When you snap **Sage's vps four-piece fly rod** together, it extends to 9 feet to supposedly give excellent action. But in its default state, it's a 30-inch baton. So while the press was running the September issue, I went out and picked up a couple of cute twirlers. (What else was I supposed to do with this thing?) \$375, (800) 533-3004

