

GRAND-SLAM MUSCLE PLAN!

**2016
STARTS HERE!**

AUSTRALIAN **Men's Health**

FEBRUARY 2016 \$8.99
NZ \$9.99 exc GST

STRONG & LEAN

THE ONLY 3 GYM MOVES
YOU'LL EVER NEED

HOW TO BURN
4000KJ
... AT LUNCH!

103

LAST-MINUTE TIPS
FOR 11TH-HOUR ABS

NOVAK DJOKOVIC

SMASH YOUR LIMITS!

SUCCESS STRATEGIES
OF THE WORLD NO.1

LUST
**THE PALEO
SEX SECRET**
INVENT FIRE...
IN THE BEDROOM

DETOX
**PRESS REWIND
ON YOUR LIVER**
UNDO FESTIVE EXCESS

MUSCLE
**MASSIVE
SHOULDERS**
TRAIN LIKE A BOXER



ISLAND LIFE

HOLIDAYS. BUSINESS TRIPS. DIRTY WEEKENDS. IF YOU'RE ARMED WITH SOME COMBO STRATEGIES, A FEW BASIC ITEMS WILL HAVE YOU WELL COVERED



- ▶ H&M blazer \$99.95
- ▶ M.J. Bale shirt \$99.95
- ▶ Calibre chinos \$219
- ▶ Tommy Hilfiger belt \$100

PHOTOGRAPHER: James Mills FASHION EDITOR: Maia Liakos
GROOMING: Monika Bunic MODEL: Craig / Area Mgmt



RED ALERT

Trying to stand out from the crowd? Red is a call to action. Researchers at the University of Durham linked the colour to high levels of aggression in a 2006 study of Olympic martial artists. "In many male primates, fish and birds, redness of the skin correlates with testosterone," says study co-author Dr Robert Barton. "Red triggers an unconscious appraisal of the opponent as more dominant." In our book, a red item of clothing trumps sunburn every time.

- ▶ Zara Man shirt \$69.95
- ▶ Sportscraft shorts \$99.99
- ▶ Persol sunglasses \$419.95
- ▶ Tommy Hilfiger belt \$90

THE LINE-UP

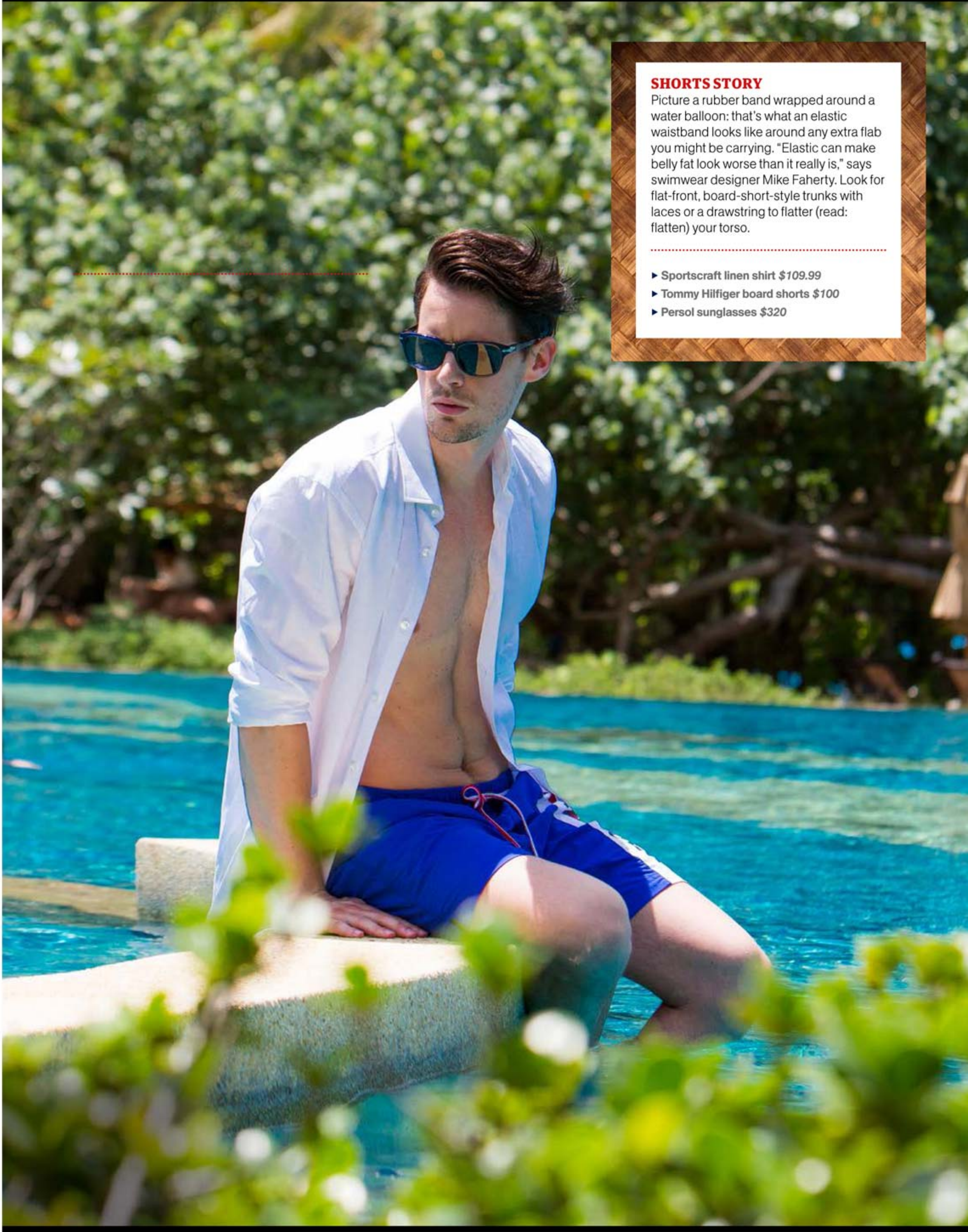
The versatility of the striped Breton shirt is hard to overstate. It became part of the French navy uniform in 1858 – the graphically direct white and navy hoops were said to make sailors more visible if they fell into the sea. But the Breton style is so wearable, civilians hardly needed to be ordered to don it. It works as well with jeans, chinos and shorts as it does under a tailored jacket.

- ▶ Zara Man blazer \$139
- ▶ Ben Sherman T-shirt \$59.95
- ▶ Calibre shorts \$199
- ▶ Trenery loafers \$249



*THE BRETON SHIRT
WORKS AS WELL WITH
JEANS AS UNDER A
TAILORED JACKET*





SHORTS STORY

Picture a rubber band wrapped around a water balloon: that's what an elastic waistband looks like around any extra flab you might be carrying. "Elastic can make belly fat look worse than it really is," says swimwear designer Mike Faherty. Look for flat-front, board-short-style trunks with laces or a drawstring to flatter (read: flatten) your torso.

- ▶ Sportscraft linen shirt \$109.99
- ▶ Tommy Hilfiger board shorts \$100
- ▶ Persol sunglasses \$320

WHITE IDEA

The white shirt is the Swiss Army Knife of your holiday wardrobe. Put simply, it's your greatest multi-tasker. "It can take you from a black-tie occasion to loafing about at the weekend," says Simon Maloney, head of production at high-end shirtmakers Thomas Pink. It's therefore a no-brainer when you're travelling light and every piece has to justify its spot in your carry-on luggage.

- ▶ Sportscraft shirt \$109.99
- ▶ Tommy Hilfiger shorts \$120
- ▶ Ray-Ban sunglasses \$209.95



GREAT STRIDES

Chinos can prove as versatile as jeans, so long as you select the right pair. Avoid anything too baggy or too skin-tight. Your best options are usually straight-leg or slim-fit, as they'll give a more streamlined and cleaner silhouette.

- ▶ Marcs shirt \$139
- ▶ Ben Sherman chinos \$119.95
- ▶ Ray-Ban sunglasses \$209.95
- ▶ Calibre loafers \$269

Shot on location at Rayavadee, Krabi (rayavadee.com)