

**IS THIS THE NEW BODYBUILDING?** FIND OUT ON P.176

JOE WEIDER'S

# FLEX



**CODY MONTGOMERY**  
**THE FUTURE IS HERE**

THE IFBB'S NEWEST PRO-AT JUST 20

**FASTER GAINS!**

WITH OUR NEW  
**TWO-A-DAY WORKOUT ROUTINE**  
P.78

**EAT YOUR WAY TO SUPER SIZE**

**6-DAY FULL BODY PLAN!**

**BUILD PEAKED BICEPS**  
OUR PROVEN PLAN



OCTOBER 2015

10

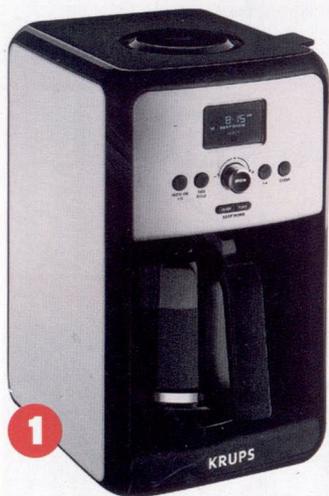
\$6.99US \$8.99CAN

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Display Until Oct 26, 2015

FLEXONLINE.COM

# HIT LIST



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3



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2



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## UPGRADE

Krups Savoy EC314 coffeemaker features a thermosensor that keeps coffee at a desired temperature for up to four hours. What's more, the design is sleek and space friendly.

**\$80,**  
[krupsusa.com](http://krupsusa.com)

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## RECOVER

Sip on Kill Cliff sugarless drinks post-workout to rehydrate and jump-start recovery. Ingredients include caffeine, green tea, taurine, electrolytes, and vitamins B, C, and E; choose from four tasty flavors.

**\$4 and up,**  
[killcliff.com](http://killcliff.com)

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## PERFORM

The first FDA-approved wireless electric muscle-stim device uses radio frequency to power electrodes that recover, relax, and strengthen muscle fibers. It's pricey but worth a look if you're an elite athlete.

**\$1,149,**  
[shopcomex.com](http://shopcomex.com)

4

## GROOM

Combat pit stank naturally with Onnit organic deodorant. Each handmade bar is vegan-friendly, aluminum-free, and void of processed chemicals. After a few semi-rough swipes it should glide on smooth and easy.

**\$10,**  
[onnit.com](http://onnit.com)

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## MONITOR

A 400-pound capacity makes the Escali WB180 Body Composition Scale ideal for bodybuilders looking to keep tabs on body weight, body fat, muscle mass, bone mass, and basal metabolic rate.

**\$60,**  
[escali.com](http://escali.com)

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## WEAR

Sadly, Nike's Free Trainer 3.0 V4s won't boost 1RMs upon first wear. But their synthetic leather/mesh upper, low-profile sole, and diverse colorways can strengthen your style and keep your hooves comfy while you train.

**\$120,**  
[nike.com](http://nike.com)