

MUSCLE & FITNESS

Hers

Free!
GET-LEAN
WORKOUT
POSTER

**Alexa
BLISS**

From IFBB
Bikini Pro to
WWE
Superstar
p24

**BURN
MORE
CALORIES**

219 Exercises
to Torch Fat

**BIKINI
BODY
BLUEPRINT**

Sculpt a Sexy Figure
in Just 12 Weeks! p132

**Clean Eating
Secrets** p112

**YOUR BEST
BOOTY EVER** p96



SEPTEMBER/OCTOBER 2016

\$5.99US \$6.99CAN



Display until October 17, 2016

HOT LIST

Our favorite new gear, tools, and services to meet your healthy-living goals



STYLE
CONVERTIBLE UPBRA BRA

Hello, cleavage! This miracle-working bra holds a sexy secret close to your chest. The bra has a customizable strap system underneath the cups that allows you to pull them closer together, so you get the perfect cleavage in seconds. It's also convertible, adjusting from straps to strapless, and stays in place better than most strapless bras. The inside of the bra reveals not only generous, natural-looking padding but also a featherweight, cloth-covered membrane on which your breasts sit elevated. This Editor's Choice intimate is an essential addition to your wardrobe. It comes in nude, black, and white. (\$97, [upbra.com](#))



GEAR
WEIGHTLIFTING HUGE BICEPS KEY RING

This double-sided key ring is from the Amazon.com Bodybuilding Store, which stamps this and other iron-pumping symbols into everything from hats and T-shirts to backpacks. (\$13, [amazon.com/shops/bodybuilding](#))



INSPIRED BY CHEERLEADER STYLE AND SPIRIT, THIS GLITTERY PACK BRINGS SERIOUS FLAIR.

GEAR
REBEL DREAM BAG

You're a star and we know it, so why not show it off with this sparkly backpack that also means business? The high-sparkle Rebel Dream backpack has an expandable sneaker storage pouch on the bottom, padded laptop case in the back, lined pockets in the main compartment, and even a side

pouch for hair spray or other essentials, plus a water-bottle pouch. It also comes with a cellphone charger, so you're always on. Padded shoulder straps and the ability to stand on its own make this an extra-light and convenient pack for your busy lifestyle. (\$98, [rebeldreambag.com](#))

NUTRITION
APPEFIT

Sometimes, it's time to bulk up; other times, you're in slim-down mode. Appethyl is the trademarked name for an appetite suppression compound extracted from spinach; the powder form from AppeFit is a natural way to help curb hunger without caffeine. Preliminary research shows it reduces cravings and curbs appetite for four to six hours after being consumed with a meal. Available in Apple Punch and Mixed Berry. (\$30, [vitaminshoppe.com](#))

