

MUSCLE & FITNESS Hers

20-MINUTE PLAN
BLAST MORE CALORIES

IFBB BIKINI PRO & INTERNET SUPERSTAR
Ana Delia De Iturrondo's
Sexy Muscle Secrets

THE BODY YOU WANT

Workout Shortcuts
Diet Cheats
Lean-Out Routine

GREAT SEX TONIGHT
P38

Sleek, Tight
ABS
30-DAY ULTIMATE DIET CHALLENGE




13 MICROSOFT UNIVERSAL FOLDABLE KEYBOARD
This Bluetooth keyboard can be synced with most iOS, Android, and Windows phones and tablets. With a razor-thin form factor, it flips open for a full-size, soft-touch workstation. \$100. microsoftstore.com

THE CLIP AIR LESS TABLET CASES WITH MIC & BUILT-IN SPEAKERS
Free beats, lines when you're on the go with these. \$99. scosche.com



14 JAWBONE UP4 FITNESS TRACKER
Everything you need in a beautiful fitness tracker—fitness logging, heart rate, sleep, food log, and smart coach—plus Tap to Play with American Express. \$200. jawbone.com

WATER-PROOF DOOTH CASE
Durable with this unbreakable case, it also takes calls and has speakers for fun. \$99. lifes.com

WATER-PROOF FRÉ & ARMBAND WITH QUICKMOUNT
Completely waterproof, dirt-proof, shock-proof Fré (for iPhone and Samsung) clips right onto the sturdy armband. Its Quickmount system keeps your phone supersecure yet always ready for an instant grab. Fré: \$90. Armband: \$50. lifelife.com



16 FITMARK TRANSPORTER TOTE
This bag brings versatility to a new level with room for your workout gear and prepped meals. It comes with two meal containers and ice packs to keep post-workout fuel handy and fresh. \$110. fitmarkbags.com



18 SAMSONITE OMNI PC 20-INCH SPINNER
This ultralight (5.8 pounds), durable, and effortlessly mobile suitcase is a fit traveler's dream. It's expandable on all sides so you can pack exactly what you need and maybe a little extra. \$150. samsonite.com



17 SEA TO SUMMIT AEROS PREMIUM TRAVELLER PILLOW
Make the trip to see the in-laws or travel to competitions a little more bearable with this ultimate traveler's pillow that inflates and deflates in seconds and fits in a thumb-size bag. \$43. seatosummit.com


