

MUSCLE 60 DAYS TO A BIGGER AND BETTER YOU & FITNESS

50 CENT

- HIP-HOP LEGEND
- MOVIE STAR
- BUSINESS MOGUL

His Exclusive
Workout Inside!

GRILLING SPECIAL

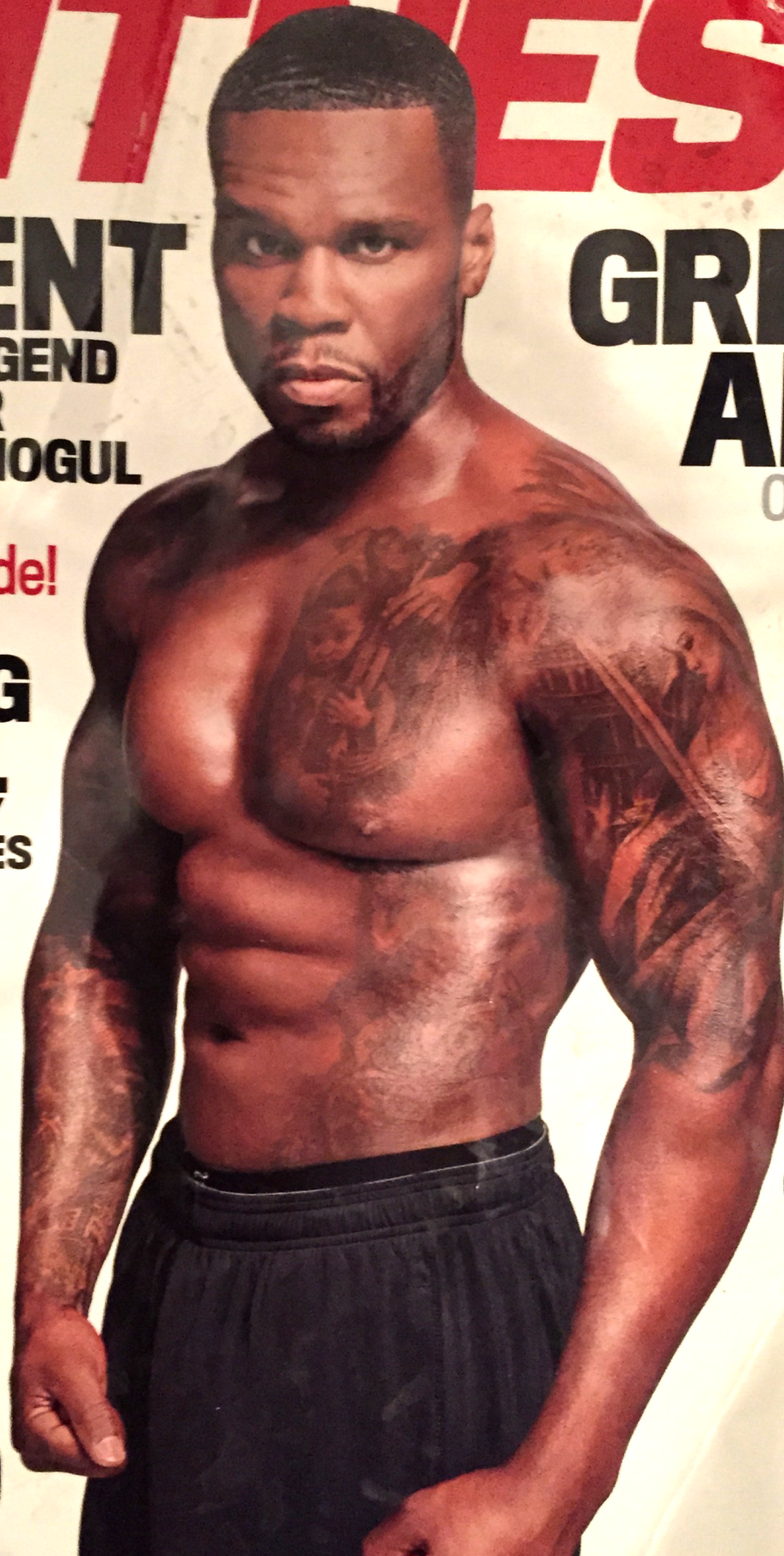
EASY & HEALTHY
SUMMER RECIPES

25

MINUTES
TO MASS
AND CUTS

7-DAY SHRED

YOUR ULTIMATE



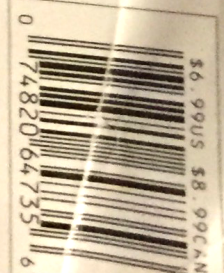
GREAT ABS!


ONE MOVE
IS ALL IT
TAKES

KICK ASS THE UFC WAY

BUILD A MASSIVE CHEST

JULY/AUGUST 2015
Display until August 24, 2015





SORE NO MORE

A 2013 study found watermelon juice reduced post-exercise soreness more than a placebo.

WATERMELON TRIPLE-DECKER BITES

MAKES 15 SERVINGS
COURTESY FRANCI COHEN

Big Red

It's not just the official fruit of summer. Watermelon also packs performance-enhancing citrulline.

BY MARK BARROSO

SEARCH THE LABELS of most pre-workout powders and you'll find a few recurring ingredients, including citrulline, an amino acid that has been shown to increase strength and lower blood pressure. The word *citrulline* is actually derived from *citrullus*, which is Latin for watermelon, where the amino acid is found in great abundance. Get it from supps or from the source, and your body will reap the benefits.

"The kidneys and other organs convert citrulline into arginine," says Franci Cohen, M.S., C.D.N. Arginine, in turn, is a precursor to nitric oxide production. Cohen says 1-1½ cups of watermelon will deliver its payload of performance perks.

"Use watermelon juice for ice cubes or grill the fruit and add to a chicken kabob. Rinds can be pickled, diced, and added to salad."

- 1 watermelon
- 4 cucumbers (skin on)
- 4 oz feta cheese
- 3 tbsp fresh lemon juice
- 2 tbsp agave syrup
- 15-20 fresh mint leaves

1. Slice a watermelon into ½-inch-thick slices. Cut 30 circles out of the slices using a circular cookie cutter (same circumference of a cucumber). Lay discs on a tray. Cut cucumbers into 15 half-inch slices, leave skin on.
2. Spread a layer of feta on each disc.
3. Top each disc with a cucumber slice.
4. Spread a layer of feta on each cucumber slice.
5. Top with another disc and feta.
6. Whisk lemon juice and agave. Drizzle over each bite. Top each with mint leaf.

NUTRITION PER SERVING

169	4g	38g	2g
CALORIES	PROTEIN	CARBS	FAT