

20 COOL GETAWAYS! HOT SUMMER ROAD TRIPS

HOW THE BEST  
MAN WINS

20TH ANNIVERSARY ISSUE

# Men's Fitness

EXERCISE+NUTRITION+ADVENTURE+SPORTS

**GET FIT  
BY FALL**

**YOUR PERSONAL  
ALL-SPORTS  
TRAINING  
GUIDE**  
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**MENTAL  
TOUGHNESS**  
**15 WAYS TO WIN  
WITH YOUR MIND**  
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12 PAGES! EXCLUSIVE PHOTOS!

# TIGER!

**HIS SURPRISING WORKOUT:  
HOW HE GOT BIG**

- › **LIFE AFTER EARL**
- › **BEING A DADDY**
- › **RUNNING WITH ELIN**

**THE SECRET TO MORE  
REPS**  
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**GO ALL  
NIGHT!**  
**THE TRUTH  
ABOUT CARDIO**  
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**Plus:**

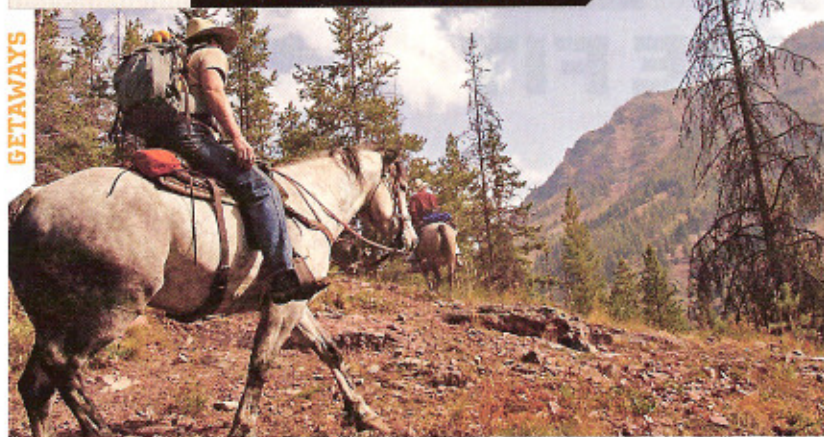
**NUTRITION SPECIAL  
THE PERFECT  
24-HOUR  
MEAL PLAN**  
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**+4  
HIGH-  
CALORIE  
FOODS YOU  
CAN EAT**  
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## LUXURY CAMPING

Indulge yourself like the man you are | BY KELLY CARTER

**T**O GET AN AUTHENTIC, rugged camping experience, you don't necessarily have to rough it in the backwoods. After all, you're a modern man, and there is nothing wrong with embracing the great outdoors while enjoying a little of the lavish life. Encampment at Bull Creek, located in Montana's Lolo National Forest, allows you to do just that. Your stay starts with a 12-mile horseback ride from The Resort at Paws Up, a two-year-old luxury estate in Greenough, to a campsite that is part of the Bob Marshall Wilderness Complex. The camp sits in a wooded valley at the base of the mountains with a running stream and four oversize tents.

### THE LOWDOWN

Bond with the local wranglers during a four-hour ride to your campsite—they'll share stories of the trail's history, and you can boast of your life in the big city. After you arrive, take off your chaps and shower before you sit down for a gourmet meal and a glass of fine wine. That night, you'll sleep in high-end tents filled with luxuries including rugs, real featherbeds, full-size pillows, top-of-the-line bedding, dressers, chairs, and artwork on canvas walls. Instead of chocolate on your pillow, you'll end the night with a shot of bourbon. Although you might want to spend the rest of your stay sleeping on your plush linens, Encampment offers countless other ways to spend your time, including day trips on horseback to a high mountain glacier lake, a guided fishing trek, and wilderness hikes of every difficulty level. Just be sure to wake up early, because the morning often brings visits from local deer, elk, eagles, and mountain goats—and on rare occasions, brown bears. In the evenings, hang out around the campfire, sipping spirits and trading tales about outrunning grizzlies and catching monster fish. The resort is open year-round, but Encampment ends August 28, so jump on it if you want to make it there this summer. [pawsup.com](http://pawsup.com)

### UPGRADE



#### Zodi Hot Tap Portable Hot Shower

The Zodi Hot Tap can heat water anywhere. \$150 @ [ZODI.COM](http://ZODI.COM)



#### Therm-a-Rest LuxuryCamp

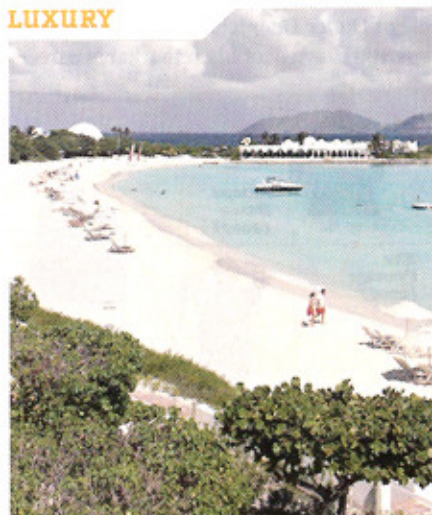
For one of the most comfortable nights you can get in a tent. \$100-\$150 @ [THERMAREST.COM](http://THERMAREST.COM)



#### Jetboil Java Kit

The 15-oz Java Kit brews two cups of coffee in just five minutes. \$110 @ [JETBOIL.COM](http://JETBOIL.COM)

LUXURY



TOP: CORBIS.

## SWEAT DREAM

Active vacationers exercise in paradise on this idyllic isle | BY KELLY CARTER

If Anguilla's pristine beaches and shimmering water don't make you forget about working out, a few rum punches certainly will. But there's no need to neglect your routine, especially if you bunk at the famed **CAP JULUCA**, the resort of choice for the likes of Janet Jackson, Sean Combs, Jennifer Lopez, and Arnold Schwarzenegger. This five-star getaway boasts a new, top-notch fitness center. Bicycles, treadmills, and a full circuit of Cybex strength-training equipment are among the more than 31 state-of-the-art cardio and weight-training machines in the sprawling 2,500-square-foot space. Other perks: certified personal trainers who'll design a program tailored to your goals and all the bottled water you can chug. Of course, there are the usual *MF*-approved activities available: windsurfing, sailing, snorkeling, water-skiing, tennis, and golf. Plus, a 2.6-mile track loops along the property. Cap Juluca is truly a resort fit for a king—or at least a Governor. [capjuluca.com](http://capjuluca.com)

