

PUNCH LIKE A UFC CHAMP | EAT GUILT-FREE

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Men's Fitness

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By the Holidays!

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"NOW, IT'S ALL ABOUT THE CHAMPIONSHIPS"

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THE SAMURAI WORKOUT

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No-Fail Muscle-Building Fitness Tips

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Ways to Eat Healthier Today (p.96)

LADAINIAN TOMLINSON

- * His Workout
- * His Commitment
- * His Results (p.88)





Looking for a gift she won't forget? Try a hot stone massage.

Spas for Two

YOUR LADY HAS BEEN BEGGING FOR A SPA GETAWAY. HERE ARE THREE EASY WAYS TO SATISFY HER AND RETAIN YOUR MANHOOD. | by Kelly Carter

Spa Toccare Atlantic City, N.J.

Atlantic City ain't what it used to be, thank goodness, and this 54,000-square-foot European-style spa, located in the Borgata Hotel Casino, is one of the city's new highlights. Treat her to the \$275 Borgata Bliss, a 100-minute pampering session that includes a body scrub, hydrotherapy bath, and Swedish massage. While she's lying on the table thinking about you, you can get your workout on in the Pump Room, the Borgata's high-tech fitness center. Afterward, you'll both want to relax in the sauna, steam room, and whirlpool. From there? That's up to you. theborgata.com

The Umstead Hotel and Spa Cary, N.C.

If you want time to get in 18 holes in this golf-obsessed state, then splurge on the five-hour, \$400 "Do It Wright" package to keep her busy while you're on the course. This luxurious 14,000-square-foot spa is nestled against a beautiful three-acre lake. She can enjoy a sugar scrub, massage, facial, mani, pedi, and champagne while you work on your swing. Or, if you want to exert a little more energy, take advantage of the hotel's jogging trail, fitness center with Cybex weight machines, or outdoor heated pool. When she's finished, you can both curl up in one of the private poolside cabanas. theumstead.com

Miraval Resort & Spa Catalina, Ariz.

This all-inclusive resort gives guests a \$110 daily spa credit. While she gets a hot stone massage with hers, use yours at the nearby Golf Club at Vistoso. When the two of you are finished, grab a drink together and enjoy the desert vista—or remind her why she picked you by showing off on the rock-climbing wall, mountain biking, or hiking. If you're really feeling gutsy, go for the Quantum Leap, where you climb a 25-foot pole and jump, or the Swing and a Prayer, where you are raised 40 feet in the air in a harness and swing. Then, after a leisurely dinner, head back to your suite, where she'll show you just how impressed she is. miravalresort.com

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