



11 Ice play

The fastest way to heat up the bedroom: Introduce ice. The Ice Breaker wand (\$24, pureromance.com) eliminates frozen fingers—you simply fill the cylinder with water, freeze it, and trace over her body. Or Herbenick suggests playing fire and ice: Put ice in your mouth, go down on her, take a sip of a warm drink (such as spiked apple cider), and repeat.

SPECIAL LOSE-YOUR-GUT ISSUE!

TONS OF USEFUL STUFF

Men's Health

NEW YEAR NEW YOU!

GET BACK IN SHAPE IN 17 DAYS!

YOUR 2012 WEALTH PLAN!

OCCUPY YOUR WALLET-
WITH CASH!

BIGGER ARMS FAST!

WHAT WOMEN FIND SEXY



Poolside
with a
Red-Hot
Marisa
Miller!

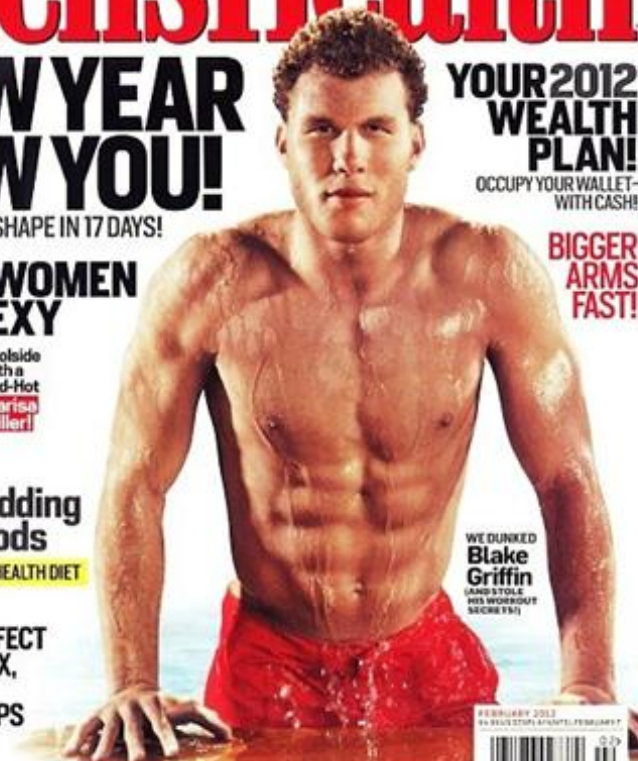
Fat-Shredding Superfoods

ULTIMATE MEN'S HEALTH DIET

365 PERFECT MUSCLE, SEX, NUTRITION & HEALTH TIPS

FYB&G

HARD ABS MADE EASY!



WE DUNKED
Blake
Griffin
(AND STOLE
HIS WORKOUT
SECRETS!)

