

LARD PROOF YOUR BODY THE EASY WAY p.86



# MAXIMIZING FITNESS

NO B.S. JUST RESULTS.

FOR MEN

## BLAST 15 LBS OF FAT IN 21 DAYS

START  
NOW!

8 SECRETS TO A  
PERFECT SUMMER p.76

### THE HOTTER SEX WORKOUT

- ▶ STRONGER, BETTER
- ▶ LONGER LASTING  
IN 10 SESSIONS

### IMPROVE YOUR HEALTH OVERNIGHT p.72

### YOU WIN! 21 REPS TO BIGGER ARMS p.24



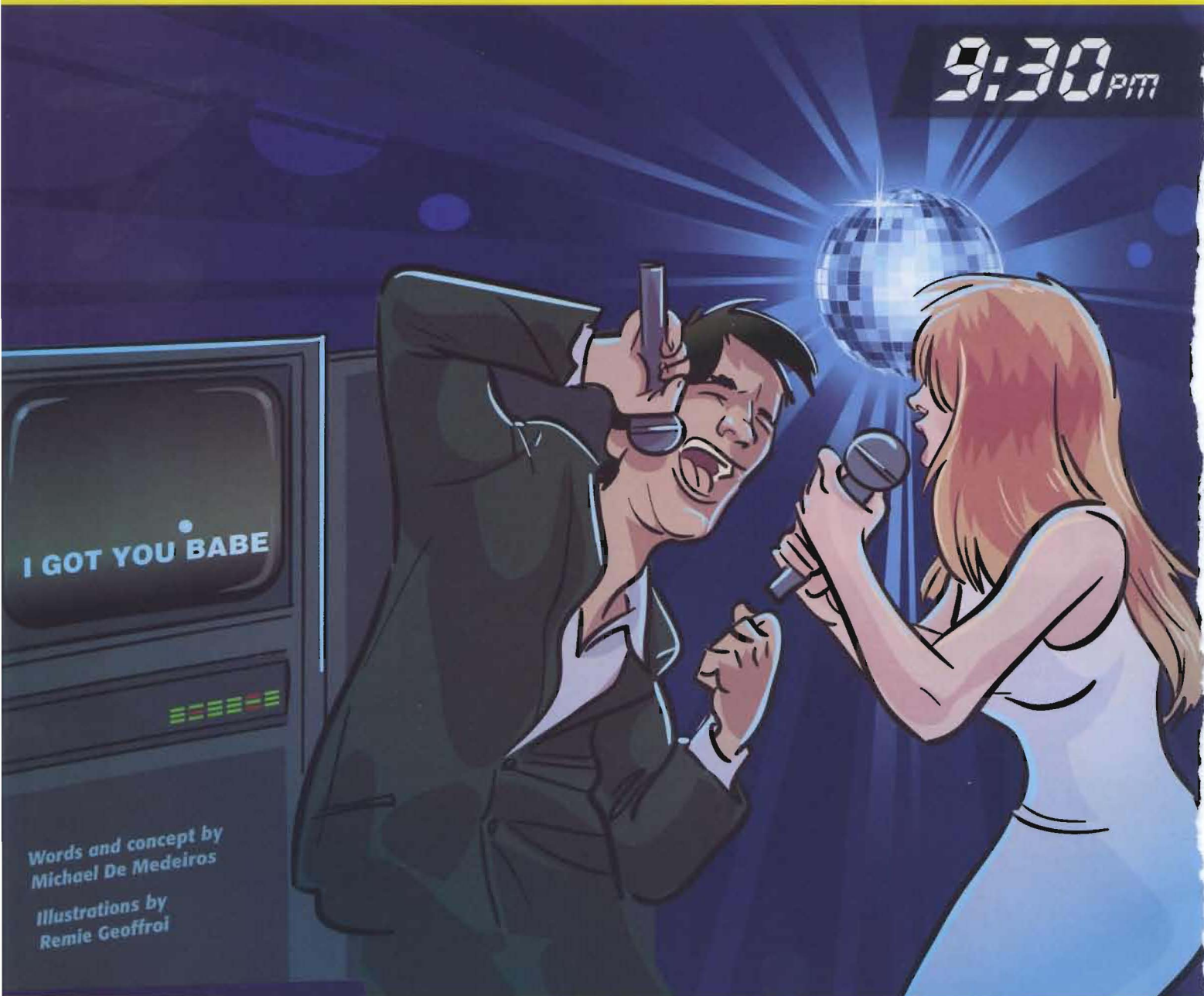
JULY/AUGUST 2008 US \$4.99  
0 74851 08821 0 8 >

WWW.MAGNETMAG.COM DISPLAY UNTIL 09/26/2008

NOW COMING AT YOU  
**6 TIMES  
A YEAR**

# 7 STEPS TO THE PERFECT DATE

SHE SAID "YES!" NOW WHAT? IF YOU'RE AS CLUELESS AS MOST GUYS WHEN IT COMES TO MATTERS OF DATING, THEN YOU NEED LOOK NO FURTHER FOR THE SECRETS YOU'VE BEEN LOOKING FOR.



Words and concept by  
Michael De Medeiros

Illustrations by  
Remie Geoffroi

**THE SETTING:** an unremarkable Karaoke club. Why has *Maximum Fitness* taken you here? Simple. The guy busting out the tunes like he's actually on stage in front of millions of screaming fans is going to be you on your next date. At least, we hope so and

only for your sake because that unbridled enthusiastic—and unafraid—dorky looking guy knows how to take a girl on a great date. And soon, so will you. But how did our hero get to this club? Well it all started much earlier in the day...



It's 6:30 in the morning and most guys are busy counting sheep. Not you. You're the MaxFit guy and you're getting in a strong morning workout. "Few women can resist a guy who looks strong and lean," says celebrity trainer Steve Zim. "It's a fact: you look your best after a solid workout."

With a big date scheduled for later in the evening, the last thing you want to do is let the day go by without upping the ante with a little text flirting. "Sending her a playful, flirty message when she's at work will peak her anticipation; making her think about you when you're not there is also a highly effective passion trigger," says Dr. Paul Dobransky who specializes in helping men get their girl.

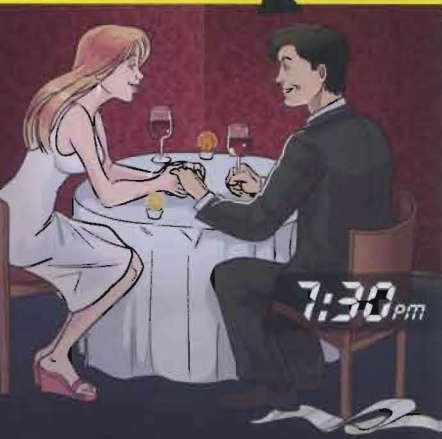


If nothing else, reading MaxFit shows the world that you're more than just an average guy so you know you can't show up to a big date empty handed. It's not something you *have* to do; it's something you *want* to do. But showing up with the same old bouquet of roses she's been getting since she was in junior high may stunt any chance you have at another date. "Roses are red, violets are blue—but they're also boring," says Dr. Sandor Gardos, Ph.D. and sex therapist. A nice mixed floral arrangement is always a good idea. If you want to keep it simple, try some lilies.

Showing up early is a nice touch, but if you're supposed to be there at seven o'clock, don't show up at quarter to. Chances are she won't be ready. Being there on time is critical. Stand at the door, greet her with a smile and don't be nervous (and please don't show up with a cactus!). Also, as Ian Kerner, Ph.D. and author of *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*, told us, there is "no need to talk her ears off at the door—say hello and maintain eye contact."



After favoring her—and an entire troop of visiting Japanese salesmen—with your rendition of "Are you Lonesome tonight?" she joined you on the stage and sang with you. The moral of the story, as Dr. Gardos told us, is that "dinner and a movie is boring!" You'll be glad you listened to this advice and, at the end of the night, she'll show her appreciation for a great date. Just remember, "A first kiss is not a wet kiss," and, Kerner adds, "Don't maul her—start with a peck." If she invites you in or not is something only you'll find out for sure. But be a gentleman: don't kiss and tell—you can thank us later.



You called ahead and made reservations at a nice, dimly lit, but not overly fancy restaurant. This may be the hardest part of the date. What do you do? "Nothing will buy you more points than listening," says Kerner. Try to read her body language. If she's leaning into you as you're talking, she's into you—she may not even notice the toilet paper that stuck to your shoe in the washroom when you excused yourself earlier.

