

TUFF

TRAIN SMART. EAT RIGHT. LIVE RIGHT

TUFF

MENS HEALTH AND FITNESS

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**first issue
special**

STAY SHARP

Boost energy,
stay focused

BUILD ARMS AND ABS

BALANCING STUDY AND GYM

FUEL BETTER

Nutrition strategies
built for peak
performance

BUILT DIFFERENT

Train with purpose,
Perform for life

10 HABITS OF PERFORMERS

Habits that separate
good from great



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