

TUFF

TRAIN SMART. EAT RIGHT. LIVE RIGHT

TUFF

MENS HEALTH AND FITNESS

TUFFMAGAZINE.WORDPRESS.COM

**second
issue
out now**

LEVEL UP

Small choices,
big results

LOCK IN STAY FOCUSED

Block out the noise
and get after it

STRONG BODY STRONG MIND

BUILD DISCIPLINE, BUILD YOURSELF

FUEL TO PERFORM
Nutrition strategies
that power
performance

**BUILT
DIFFERENT**
Train with purpose,
live with intent

**10 HABITS OF
HIGH ACHIEVERS**
Daily habits that
separate the best



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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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