BestFit makes ‘Haye’ while the sun shines this spring…

Friday 11 April, 2014

The fourth issue of BestFit, the UK’s latest FREE men’s health and fitness magazine is set to be a scorcher!
With David Haye headlining this issue, readers will have access to secrets about his training, injuries and the psychology of being a former WBA world heavyweight champion, including top tips on how to pack a ‘Hayemaker’ punch!

The magazine is available to download now, and can be viewed across multiple mobile and online devices, including android, iTunes, Amazon Kindle, Blackberry Playbook, and Windows 8.

In the usual BestFit style, the three workouts this month will include:

1. Minimum time, maximum gain: the heavy compound workout
2. Pilates: why every man should do it (and we show you how)
3. The static ‘home’ workout (no equipment needed)

Readers can learn about the latest use of DNA for training, used to calculate a person’s ideal training regime, and also digest the latest and greatest super-foods known to man, along with a list of benefits and recipes.

Regular features include female fitness – the art of pole dancing, 10 sexercises to help in the bedroom department and the all important grooming feature for maintaining the ultimate skin.

Faris Fisher, Managing Director at BestFit, says: “The magazine is going from strength to strength and with some amazing contributors, this month’s issue is going to be no exception.”

This issue will also see the continued coverage of Calum Best’s fitness transformation, along with an interview with TV / Radio presenter, Reggie Yates on the importance of staying fit, healthy and maintaining an active lifestyle.

Compiled by some of the country’s top health and fitness experts, BestFit is the ‘go-to’ magazine for the health and fitness conscious male consumer.

In the next issue:

We interview Tom Daley for our “Around the World” Series and squash world champions Laura Massaro and Nick Matthew.

Also featuring - “Juicing: why you should be doing it”, “Top Food Myths Revealed” and “How To Perfect The Perfect Squat”, with the UK Powerlifting champion.

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