



# NM

NATURAL MUSCLE

**FREE**  
Pick one up!  
MAY 2016

**COVER STORY**  
**SJ MCSHANE**  
SHARES THE UGLY SIDE OF  
**BREAST IMPLANTS**

**DROP THE POST  
WORKOUT CARBS  
RECOVER QUICKER  
AND GET LEANER**

**STRETCH FOR  
SUCCESS**

**SUPPLEMENTS AND  
BANNED SUBSTANCES:  
KNOWLEDGE IS POWER**

**GLOBAL PET EXPO 2016:  
HEALTHY PET TRENDS**

**BENCH PRESSES  
AND KEG STANDS:  
IS ALCOHOL DERAILING  
YOUR PROGRESS?**

**THE SUMMER**  
**6-PACK PLAN FOR THE  
GENETICALLY CHALLENGED**