



NM

NATURAL MUSCLE
MAGAZINE

SEPTEMBER 2015

FREE
Pick one up!

**YOUR WORKOUT
SUCKED!
6 POSSIBLE
REASONS
WHY**

*The Magic of
Grapefruit
Seed Extract*

**TURNING
WEAKNESSES
TO STRENGTHS:
STRATEGIES TO
IMPROVE A
LAGGING
BODYPART**

*MUSCLE-BUILDING
BLACK BEAN
& QUINOA
VEGGIE BURGERS*

**BACK TO
SCHOOL
BACK TO
YOUR BODY**

**PHIL'S
BACK
ATTACK**

**BUILD MUSCLE
& BURN FAT
SIMULTANEOUSLY**

