

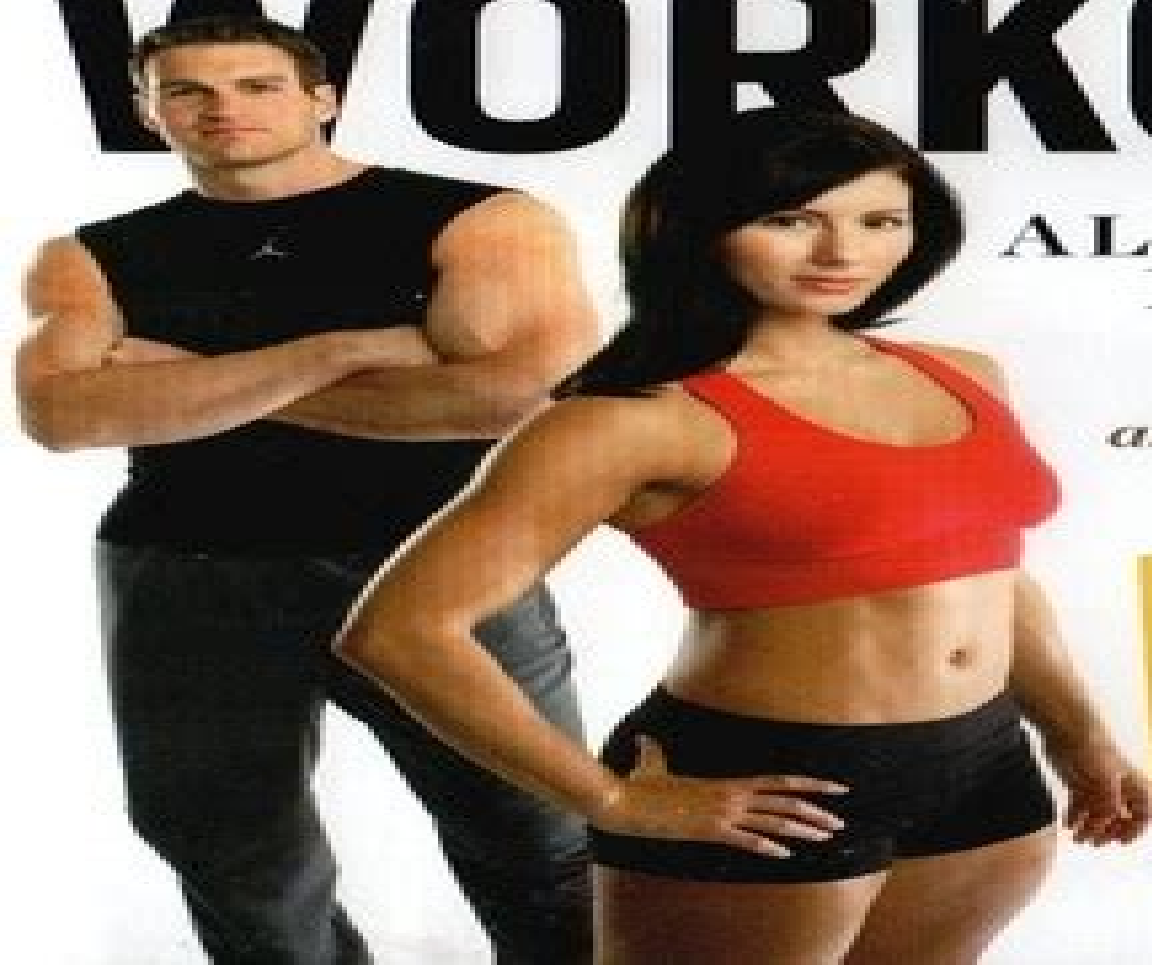
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**THE Men's Health
CIRCUIT
WORKOUT**

**Four Weeks To
A Leaner, Stronger,
More Muscular
YOU!**

**With Dave Jack
and Jenn Widerstrom**

*Featuring
workouts from*

**THE Men's Health
BIG
BOOK
OF EXERCISES**



Men39s Health Circuit Workout

SA Dillow

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the SA Dillow text.

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