

MAXIM



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WHAT GUYS WANT

Ultimate Hangover Helper!

Adam Richman's Greasy Morning-After Masterpiece

Skid Mark Alert!

In Search of the Coolest Car Ever Made

Meet America's Sexiest Girl Next Door

P.52

2013 Hometown Hotties Champ!

PLUS

Mel Brooks
Porn Bloopers
Radioactive Beer!



One day we'll grow to be full-size words.

30 ROCK'S SEXY ASSISTANT

Katrina Bowden

Your Dream Girl's Back—Literally!



5,000 Women Want You!

(To Know What They Want in Bed)

Gulp!

We Hit the Craziest Bars in the World

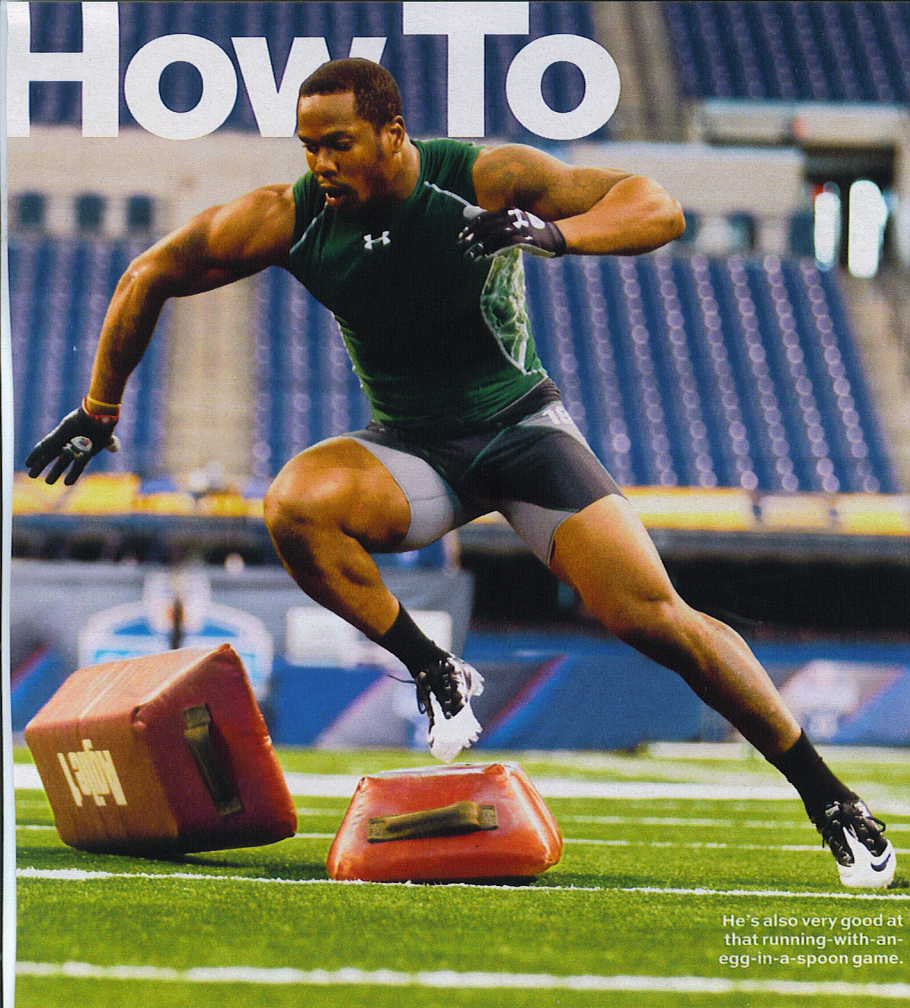
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How To

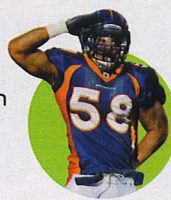


He's also very good at that running-with-an-egg-in-a-spoon game.

Train Like a Linebacker

Hit harder than ever with these workout power moves from Ken Vick, trainer of all-world Denver Broncos linebacker **VON MILLER**.

NFL linebackers need serious strength and power (not to mention a good hug every now and then). Trainer Ken Vick, who's also worked with the L.A. Kings, gives you the key moves from Miller's strength-training regimen to add to your weekly routine. Time to crush!



DAY 1

Add these to your chest-shoulder routine.

Hang Power Clean

Start out holding the bar in front of your quads. Using your legs and hips, jump the weight to your shoulders. Do five sets of three reps at 80 percent of your maximum load.

Dumbbell Bench Press

Lie down on a bench with your feet touching the ground. Position the dumbbells at either side of your chest, with your arms bent. Focus on keeping your shoulder blades back and down for a slow, controlled movement. Do five sets of five reps at your max weight.

DAY 2

Add these to your squat and ab routines.

Bulgarian Split Squat

Stand a few feet in front of a bench. Lift one leg behind you so your toes are on the bench. Lower your body as if you were doing a regular squat, and make sure to keep your heel flat. Do five sets of five reps for each leg.

Front Plank

Lie on your stomach with your arms tucked at your sides. Keep your legs straight and tuck in your toes. With palms down and your core rigid, lift your torso and thighs up. Face the floor and hold for 30 seconds. Do four sets.

Turn Your Copy of Maxim Into Body Armor

Inmate and Gorilla Convict.com founder **SETH FERRANTI** explains how to make yourself stab-proof.



- 1 "In the joint, magazines can be the difference between life and death if someone shanks you. Start by stacking a few together to create two or three layers. The thicker the better."



- 2 "If you don't have tape, rip up bed-sheets and use them to tie the mags around your body. Make sure they're not too bulky: If officers think you have something under your shirt, they'll stop you and find your armor and your shank."



- 3 "Tape or tie the layers to vital areas. You don't wanna get shanked in the nuts! Guys will tape 'em to their back and sides, too, but if you have only one stack, cover your chest."