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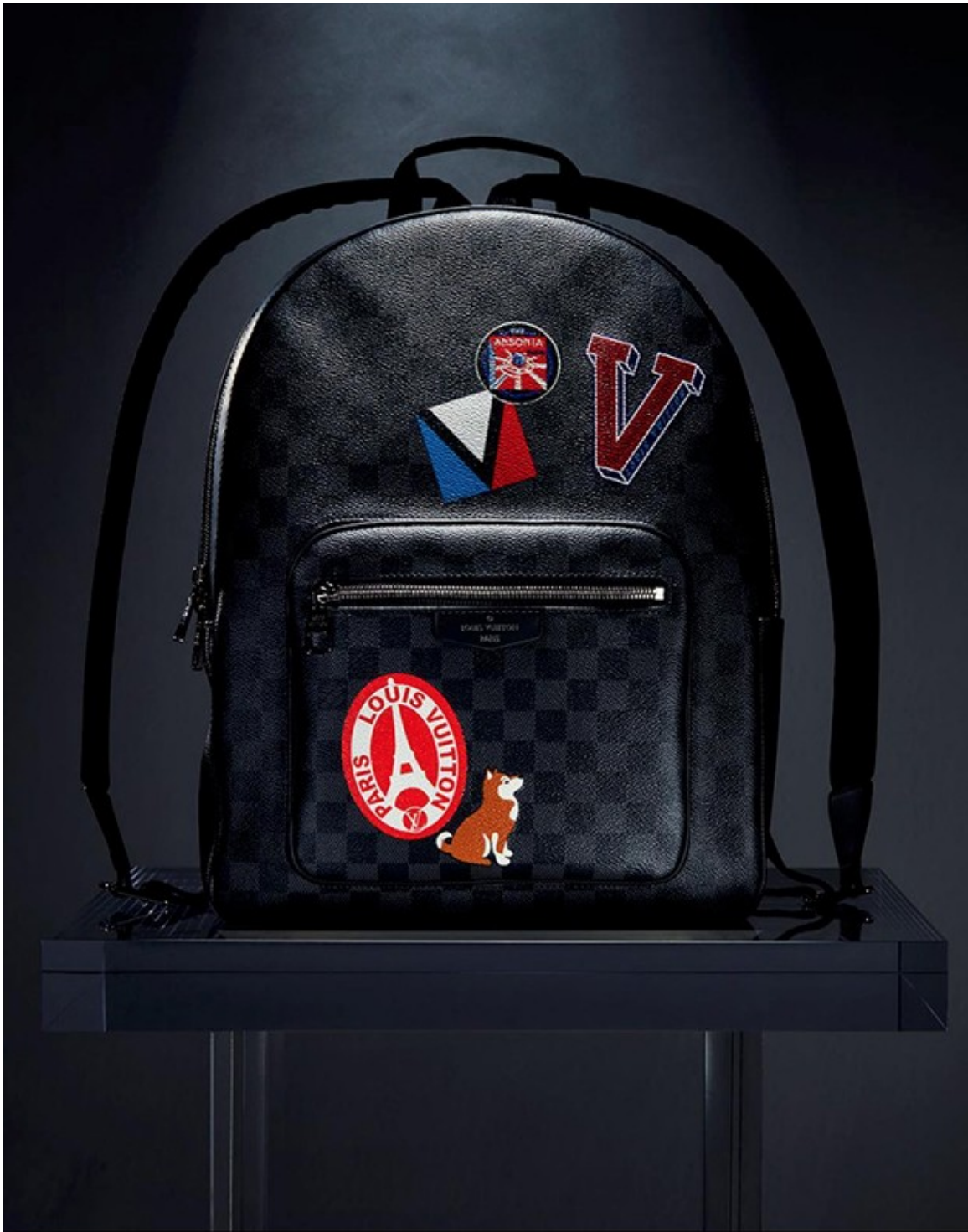
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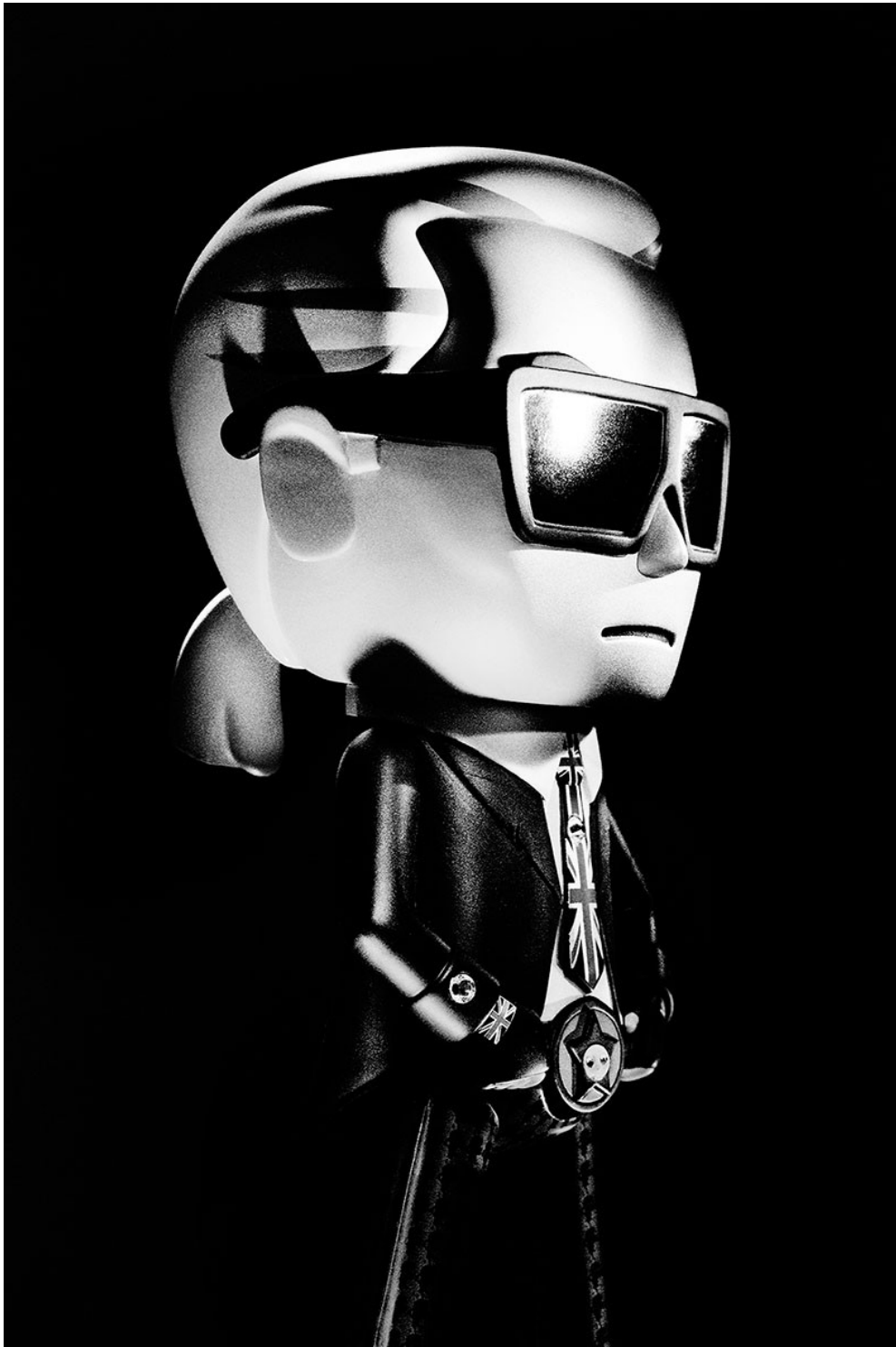
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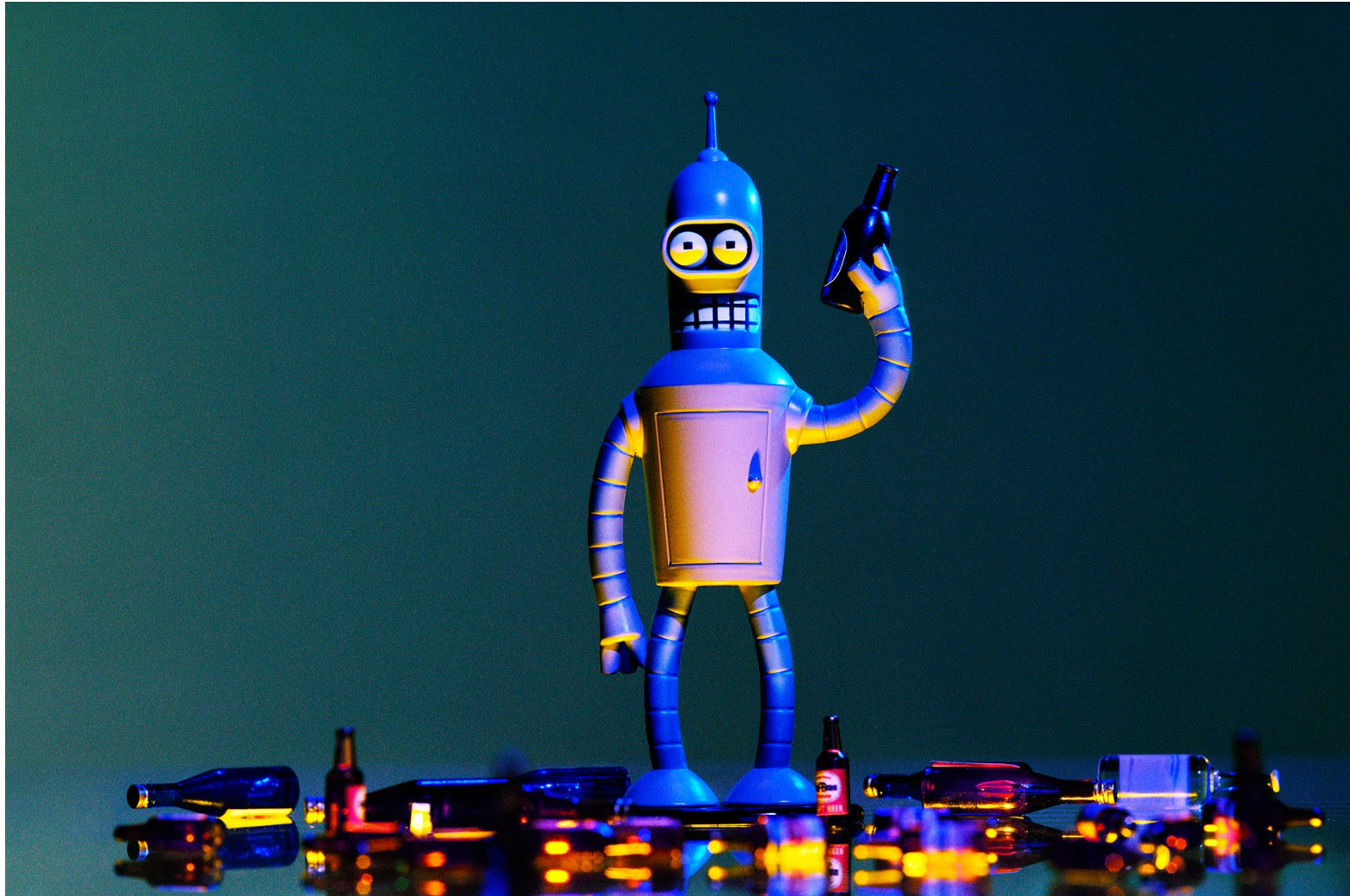
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THE UPGRADE

PACKING A PUNCH

Take your travel uniform from basic to brilliant with these bigb-impact, carry-on-friendly accessories.

1. Jil Sander three-fold bag (Jil Sander boutiques nationwide; \$990). 2. Fendi leather and PVC shoe with metal heel (Fendi, N.Y.C.; \$995). 3. Vhernier rose gold rings (vernier.com; \$6,100-\$10,950). 4. Prada embellished Saffiano leather bracelets (prada.com; \$1,350-\$1,695). 5. Tod's Gemmini suede driving moccasin (tods.com; \$425). **Photo by Adrian Gaut**

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PROP STYLING BY ANDREA HUELSE

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The Upgrade



The Ultimate Multitaskers

A 9 A.M. board meeting back home and martini hour in London—no problem. Be in two places at once—if only in your dreams—with these dual time zone watches.

Clockwise from top left: Omega Seamaster Planet Ocean 600 M Co-Axial GMT (Omega boutiques nationwide; \$8,100); Blancpain Villeret Demi-Fuseau Horaire 8 Jours (blancpain.com; \$44,400); TAG Heuer Carrera Calibre 8 GMT (shop.tagheuer.com; \$4,000); Patek Philippe Nautilus Travel Time Chronograph (212-2818-1240; \$57,300); Baume & Mercier Clifton GMT (baume-et-mercier.com; \$3,350); Jaquet Droz Grande Heure GMT (jaquet-droz.com; \$26,400). —Matt Hranek

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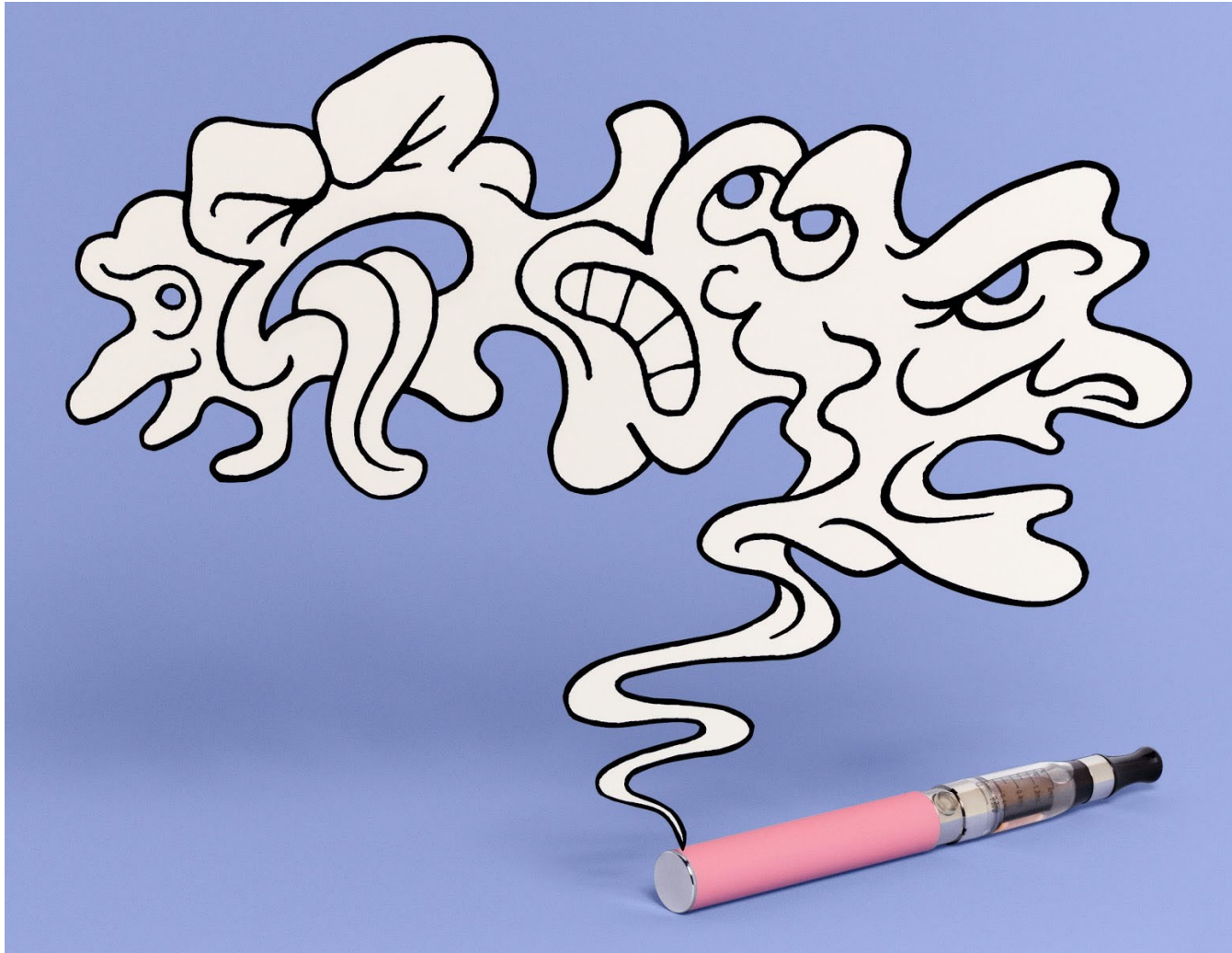
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TRAVEL TECH
 MOPHIE JUICE PACK PLUS OUTDOOR EDITION
 BE PREPARED FOR PATH-DEIFYING ADVENTURES WITH THIS SHOCKPROOF CASE FOR THE IPHONE 4 AND 4S. IT RECHARGES YOUR BATTERY AND ACTS AS A PORTABLE GPS WHEN YOU DOWNLOAD THE APP. \$120

Runway Ready

Airport security agents ask you to remove your shoes, belt, and other shiny objects. With accessories this sleek, we can't blame those guys for wanting to see.

Ferragamo Loafers
 Leave any limited-purpose shoes in your closet. These loafers are easy to slip off, comfortable on a long plane ride, and dressy enough for work. Watch for loafer lifters at the end of the conveyor belt, though.

- BALL WATCH**
\$2,900
- PRADA KEYCHAIN**
\$185
- JOSEPH ABBOUD WALLET**
\$115
- SALVATORE FERRAGAMO LOAFERS**
\$660
- FOSSIL BELT**
\$55

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MH GUIDE TO STYLE

Stylish Stowaways

These easy pieces travel well, even on your short hop to work.

BEFORE YOU LEAVE



Single-ply cotton wrinkles before you're through security. This twofold cotton stays crisp right through a whole day of meetings.

■ THOMAS PINK
TRAVELLER SHIRT \$130

Cotton: lightweight and versatile. Wear a collar under it when you're on the clock, or a T-shirt after hours. ■ ALEX ARMANI EXCHANGE SIGNATURE CARDIGAN \$90

Made to measure and created especially for *Men's Health*! With four zip pockets and a waistband compartment.

■ THE COMMUTER TROUSER FROM J.HILBURN \$225 (\$195 FOR MH READERS)

Folded into a coach seat for six hours? The stretch in these jeans means they won't go baggy after a full day.

■ 7 FOR ALL MANKIND LUXE PERFORMANCE JEANS \$200

These tailored pieces are 100 percent wool to resist creasing. The suit breathes to regulate your body temperature from Nome to Rome.

■ TED BAKER LONDON ENDURANCE SUIT \$750

TURN THE PAGE TO SEE HOW THESE ESSENTIALS MAKE 8 GREAT OUTFITS.



Photograph by SPENCER HIGGINS, styling: Andrea Huelse/Art Department

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MH GUIDE TO STYLE

No Time for Jet Lag

This smart watch can tell time in 26 zones and syncs to an atomic clock. It includes an alarm, power reserve indicator, and second time zone on the face.



CITIZEN
ECO-DRIVE
WORLD TIME A-T
5575

WHILE YOU'RE THERE

5 Ways to Adjust to a New Zone

Time traveling? No problem. Writer Michael Williams explains how he syncs with the sun—wherever it rises.

Everyone—including NASA—has jet lag advice. I fly 125,000-plus miles a year, including overseas, and still go straight into a full day of meetings rested and ready.

1/ Plane time is sleep time. Nap as much as you can on board, in both directions. Don't try to eat bad food or watch bad movies. Sit by the window so seatmates don't bother you. Use an eye mask and noise-canceling headphones. Wheels up, eyes closed.

2/ Drink up. Stay hydrated. That means no alcohol, which will only make you dehydrated and groggy and rob you of relaxing sleep. You don't want to land hungover without the bonus of having earned it with a wild night out.

3/ Make the first day work. Assume local time immediately and fight to stay awake as long as you can. The longer you make it, the easier the transition.

4/ Step away from the bed. If you're in your hotel and it's not close to nighttime: *Never sit on the bed.* If you do, you're done.

5/ Return home right. Force yourself onto your normal schedule. The longer you allow yourself to stay in another time zone, the longer you miss out on life at home.

—Michael Williams is the founder of the men's lifestyle blog *A Continuous Lean*.

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TECH GUIDE // ENTERTAINMENT



62 / PSB M4U 2 HEADPHONES
Wearing these is like duct-taping two of the best speakers you can buy to your noggin. PSB's Room Feel technology delivers natural, rich sound, while active noise-canceling keeps external chaos at bay. And there are grace notes: Cable inputs on both speakers mean you can stop fumbling for the ideal cord placement, and the headphones fold up snugly into an ultracompact travel case. \$400, psbspeakers.com

63 / PARROT ZIK HEADPHONES
So you were born too late to see the Who in concert? Cue up *Live at Leeds*, close your eyes, and transport yourself. The key is these wireless headphones' "spatialized music image," which shifts the sound so the music seems to be streaming in, concert-style, from the space in front of you. Intuitive touch controls let you tap to answer calls, swipe to adjust volume, and slide to switch tracks. \$400, parrot.com

64 ANTHONY GALLO CLASSICO CL-3 LOUDSPEAKERS
These stylish speakers produce insanely good sound. Half-cylinder tweeters spread high frequencies across the room, while clever engineering produces powerful bass. \$1,600, roundsound.com

HiFiMAN HE-400 HEADPHONES
Your days of cranking up the volume till the walls shake may be behind you, but with these cans you can now rock out '90s style without disturbing the peace. At nearly 15 ounces, they are a bit hefty for mobile use, but for at-home listening you can't beat these ears. The planar magnetic driver creates unparalleled warmth and clarity, plus full but not heavy bass. Low power requirements also make them easy to drive, even (if you must) with your iPod. \$400, head-direct.com

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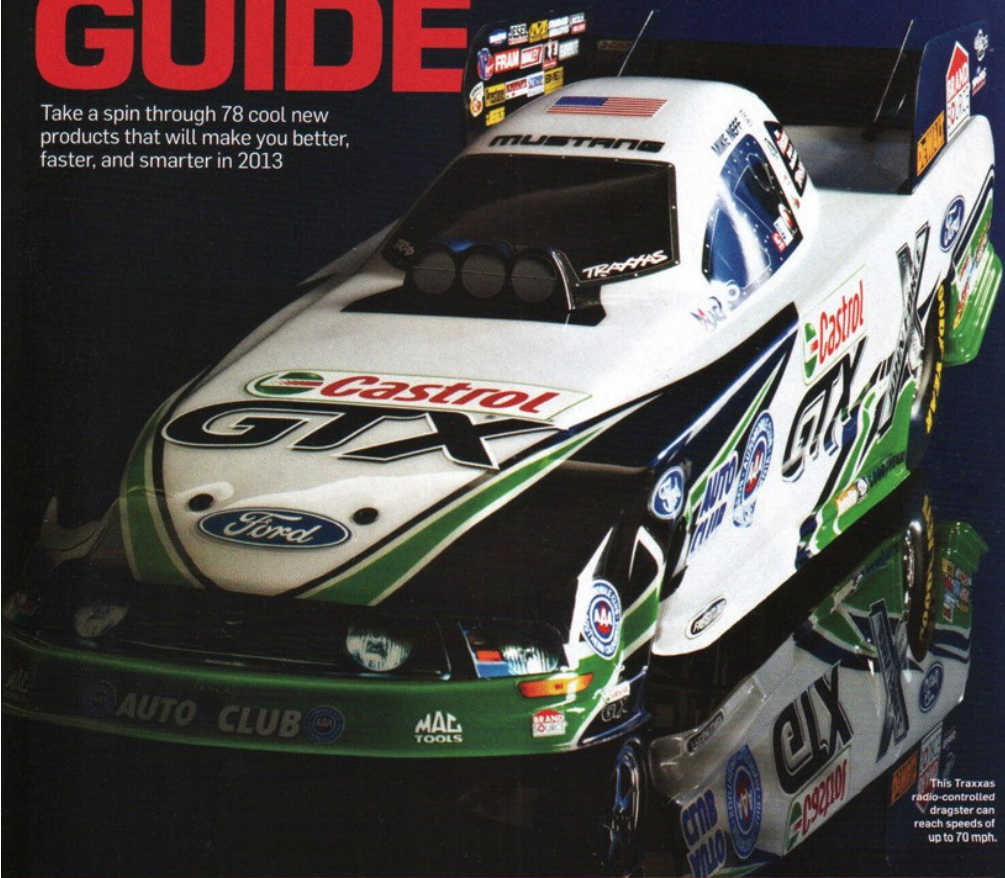
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2013

TECH GUIDE

Take a spin through 78 cool new products that will make you better, faster, and smarter in 2013



This Traxxas radio-controlled dragster can reach speeds of up to 70 mph.

4 / GARAGE

We have 15 *Men's Health*-approved cars for 2013, along with gear every guy needs in his garage. Bonus: NASCAR champ **JIMMIE JOHNSON** shows you how to use your tech like a real man

12 / OUTDOORS

Travel farther, stay out longer, and always find your way back. This back-country gear keeps the adventures coming

18 / CAMERAS

Cellphone, schmellphone. Here are the four reasons you should always have a real camera handy

20 / COMPUTERS

Take your show on the road with these slim, smart tablets and ultrabooks/laptops. The views keep getting better and better

22 / FITNESS

To make the most of your athletic pursuits, add lightness and speed—and fix your posture

26 / AUDIO/VISUAL

Surround yourself with sensational sound and visuals. We begin with an awe-inspiring TV that's out of this world

32 / RECREATION

See that dragster up there? Try shredding a 1/8-scale quarter mile without wrecking it. It's insane. But don't worry—if you can't handle something this hard-core, we have Legos too

34 / PHONES

Yes, the iPhone 5 is in here. And no, it's not the only phone worth owning. Not by a long shot

36 / HOME TECH

Check out the robot that motors through your gutter clogs like a badger, a vacuum that spins at 104,000 rpm, and a 21st-century thermostat from the same man who created your iPod

There's more: For bonus *Tech Guide* content, download the iPad edition of *Men's Health*, or go to MensHealth.com/techlist.

ON THE COVER

Jimmie Johnson, photographed by Peter Hapak. Styling by Brian Boyle, grooming by Lori/Martini Vivat Salon/The Well Group, set design by Riche Owings/Halley Resources. Diesel jacket, \$280, diesel.com. Additional photographs and this page: Adrian Gaut, set design by Andrea Huelse.

CONTRIBUTORS

Editor: Eric Adams
Reporters: Lila Battis, Chris Garcia

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TECH GUIDE // RECREATION

PICK UP YOUR TOYS

This ultrafun gear is ready to help you relax, unwind, or just cut loose.

66 / LEGO TECHNIC 4×4 CRAWLER

You can buy this for your lad—but you'll want to dive into the 1,300-plus-piece epic build yourself. A few hours later, you'll have a crazy remote-controlled rock crawler with 4-wheel steering, 4-wheel drive, and extreme suspension, so you can scampor over even the gnarliest boulders. Or build it to be a straight off-roader—or your own genius twist on either. \$200, lego.com

67 / NINTENDO WII U

The original Wii changed the face of gaming. Now it's Wii U's turn to up the ante with a slew of new features. The controller integrates a touchscreen into the usual array of joysticks and buttons, offering an extra dimension of control. So your map or alternate view is in your hands instead of crowding your screen. The controller also functions as a video chat device and television remote. \$300 to \$350, nintendo.com

68 / SPHERO ROBOTIC GAMING SYSTEM

It glows. It floats. It flashes pretty colors. It's a radio-controlled ball that obeys your commands—and it's awesome. Sphero uses a gyroscope for stability and an accelerometer for control, letting you maneuver it from your smartphone with surprising precision. Play real-world games with virtual controls, or use it as a controller for onscreen play. \$130, gosphero.com

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TRAXXAS FORD MUSTANG NHRA FUNNY CAR

Yes—a radio-controlled car that goes in a straight line. Sound boring? Wait until you light up this beast's huge rear tires. The 1/8-scale dragster contains a wickedly powerful brushless motor and amazingly realistic burnout, staging, and racing modes. Shoot it up to 70 mph—if you can keep it on course. \$500, traxxas.com

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Plexiglas bag, Prada.
\$2,350, at select Prada
boutiques nationwide.

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Metal, crystal, resin, and peacock-detail pendant necklace, **Gucci**, \$1,700, at select Gucci stores nationwide. Leather clutch, **Céline**, \$1,600, collection at Barneys New York. Calf-hair and leather bag, **Givenchy by Riccardo Tisci**, \$1,775, collection at Blake, Chicago. For details, see Shopping Guide.

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Multicolor leather bag,
Reed Krakoff, \$1,190, call
877-733-3525. Leather boot,
Miu Miu, \$960, at Miu Miu
boutiques nationwide. For
details, see Shopping Guide.
Set design by **Andrea Huelse**



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Canvas and leather boot, **Balenciaga**
by **Nicolas Ghesquière**, \$2,175,
call 212-206-0872. Leather clutch,
Giorgio Armani, \$2,415, at Giorgio
Armani boutiques nationwide.

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