

IT'S BACK! **ULTIMATE OXYGEN CHALLENGE**

Oxygen

TRAIN SMART. EAT RIGHT. BE STRONG.

**TIGHT LEGS
BETTER BUTT**

Build 'em Up Today!

TURN FLAB INTO ABS!

MEET THIS YEAR'S COACHES

(ASHLEY KALTWASSER & CHRISTMAS ABBOTT)

TAKE YOUR WORKOUT TO THE NEXT LEVEL

6

WAYS
To Recover Faster

+ CURB YOUR APPETITE
1 Simple Food

*** CHOOSE YOUR COACH, CHANGE YOUR LIFE
WIN THE COVER!**

JUNE 2016 \$5.99 US / \$6.99 CANADA



Please display until 6/14/16

oxygenmag.com

Give It a Rest

Results aren't just based on how hard you exercise — how fast you recover matters, too. These six products ease and energize so your body is ready for every routine. **By Myatt Murphy, CSCS**

Gimme a Beet!

● From boosting stamina to fighting inflammation, the benefits of beets are many. Beet Performer delivers those perks in a drink that even testers who hate the veggie found tasty! **\$34 for 12, beetperformer.com**



Ache Easer

● Made from a compressive elastic that lets you stay active while wearing it, McDavid's Recovery Knee Sleeve slides on easily and comes with three removable custom-cold packs that let you apply ice right to your joints. **\$50, mcdavidusa.com**



Friend in Knead

● The Eclipse by Acumobility has a tapered shape designed to wrap around your muscles and compress them from a variety of angles. Our testers definitely felt a difference in how it helped with muscle soreness — and made it easier to target stubborn knots. **\$70, acumobility.com**



SPLURGE!

Slumber Hearty

● DreamScience from Oregon Scientific improves your zzz's using a mix of soothing noises that gradually lower in volume and slow down in tempo so you're slowly lulled to snooze, easing you into a deep, restful — and rejuvenating — sleep. **\$100, oregonscientific.com**



SAVE!

Ready to Roll

● The Sof Sole Massage Ball rejuvenates tired and tight muscles from head to toe. Its surface is covered in massaging points, which add an acupressure effect smooth versions can't deliver. **\$8, sofssole.com**

Get a Leg Up

● Lorpen's new compression calf sleeve uses a technology called Nilit Innergy, an innovative yarn that converts your body's thermal energy into infrared rays that increase blood flow and reduce lactic acid, helping your leg muscles recover faster. **\$35, lorpen.com**



48 Hours
Standard amount of rest time recommended before you train a muscle group a second time.