

### Chin Up, Soldier

Learn how to do a proper military chinup. To perfect your form, Olympic strength coach Charles Staley suggests you focus on quality tension, not reps. "Simulating a chinup on a lat-pulldown unit, perform 10-15 sets of one rep with one-minute rests using about 90% of your maximum weight," he says. "Pull up with maximum speed." Maximum speed? Was Keanu Reeves in that?

### Mix It Up

Learning how to make a cool mixed drink does at least two things for you: It gets you off the boring beer habit and it keeps your home bar well-stocked, which seemed to do wonders for extremely short-guy Tom Cruise in *Cocktail*.



### Hover Above Her

If you need to scratch that Luke Skywalker jones, build a hovercraft. A real one that will actually lift you off the actual ground. Instructions for building can be found at [masci.com/amateur/hovercraft.html](http://masci.com/amateur/hovercraft.html). (Ed. Note: Not recommended for use in international travel, crossing borders, etc.)

### Shoes Wisely

Have you seen how women react to shoes? Image consultant Michelle Sterling agrees: "They're one of the first things a woman notices." So lace up. And you don't even have to buy all new footwear to shine. Just get the old ones polished or, if they're like Fred Durst (read: soleless), pay \$30-\$50 to have them resoled.

### Know When to Hold 'Em

Who doesn't want to go "all-in" in a round of Texas Hold 'Em? Poker is Elisha Cuthbert hot, so pick up the basics at [card-player.com](http://card-player.com) and play for free there or at [partypoker.com](http://partypoker.com). For the real thing you have to, you know, meet other people. (Note to Self: Must meet other people to play poker with.)



### HER BEST YEAR EVER

We asked a random hot actress what would make this her best year ever, and she actually told us. Blanchard Ryan is the star of 2003's offshore thriller *Open Water*, now out on DVD. Her perfect year "would include the Flyers winning the Stanley Cup, spending lots of time in New York, seeing my family more than twice, and working with enthusiastic, creative people on projects I am proud of." Though she didn't come right out and say it, we're guessing a fast fling with a men's-mag staffer would only make Ryan's year that much better!

### Convert to Toplessness

You don't have to have a midlife crisis to rush out and pick up a hot, red, convertible sports car. The Corvette pictured below goes from 0-60 in less time than it took for Ashlee Simpson's career to tank.

### Be a Superset Star!

A noncompeting superset pairs two exercises that don't impact one another (like a leg exercise and a chest press). This ensures that while you work one muscle group, the other can recover, ultimately building twice as much muscle in half the time. (And that means more time to show off your new frame.)

### Get Mad as Hell

And don't take it anymore. In the age of rage, you don't want to be left behind.



## CATCH THE WAVE

Seems like everyone we know is learning to surf, and you can, too.

[Surfing-waves.com](http://Surfing-waves.com) is a comprehensive site with tips and resources, a message board, exercises, equipment, terms, links, and more. Our bet: