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## 12 Snack Like You Give a Damn

Beachside indulgences, from the totally okay to the if-you-absolutely-have-to, ranked by nutritionists Clarke and Jarosh.

### 1. FROZEN FRUIT

Icy mango slices, pineapple chunks, or cherries are like healthy Popsicles. Freeze any fruit—the less watery, the better it will hold up in a cooler.

### 2. WATERMELON JUICE

The downside to drinking juice instead of eating whole fruit is that you can easily ingest 10 slices of liquid watermelon, where you might chew only three. (Still, it's less sugar than a snow cone.)

### 3. CEVICHE

The fresh-fish, lime-juice, and olive-oil combo

is like the unicorn of snacks: a rare protein-heavy, low-carb find.

### 4. WHITE-WINE SPRITZER

Aim for an 80-20 wine-seltzer mix: You'll keep yourself hydrated and lower the number of calories you'd consume in a full pour.

### 5. LOBSTER ROLL

Mayo plus bun equals a fat-and-carb calorie bomb.

### 6. ICE-CREAM CONE

Sugar trumps waffle because it has fewer calories and holds less ice cream.

## 13. TAN WHAT YOU CAN'T TONE

Bronzing lotion, applied strategically, can help you fake definition. First, exfoliate to make sure the color goes on evenly, says Sosnick [Anthony Logistics for Men makes a Blue Sea Kelp Body Scrub; \$28, [anthony.com](http://anthony.com)]. Apply the bronzer along the center of your muscles, fading it outward. A lighter formula, like a mousse, is easiest to blend. Try St. Tropez Self Tan Bronzing Mousse (\$42; [sttropeztan.com](http://sttropeztan.com)) and stop beating yourself up over those workouts you skipped.

PHOTOGRAPH: DOUG INGLISH/TRUNKARCHIVE.COM.



## 14 Bring Up the Rear

Even if you prefer knee-skimming board shorts, swimsuit styles are skewing tighter. Strengthen those glutes with walking lunges, reverse lunges, or speed-skater lunges, Pasternak says. And when you tire of all of the lunging, add in stiff-legged dead lifts.

## 15 Move Those Legs

If you're skipping cardio but still want a big-calorie burn from your workout, punish your leg muscles, the largest in the body. Try weighted squats (barbell on shoulders), dead lifts, box jumps, and burpees. Keep your heart rate up—and torch calories—by nixing rests between sets.

## 16 Get Tri-Curious

Biceps may get all the love, but the triceps make up about 70 percent of your arm. So giving them extra attention can get you sleeve-busting arm muscles, too. Mathews suggests moves like extensions while standing (French presses) or while lying on a bench (skull crushers).

## 17 Buy a Six-Pack

If you exercise and eat right but still can't finish off the fat covering your abs, a trip to the doctor could help. UltraShape, a noninvasive treatment, ruptures fat cells using ultrasound frequencies, and "your body absorbs the destroyed fat," says Dr. Joshua Zeichner, a dermatologist at Mount Sinai Hospital in New York. "It passes through the system the same way the body eats red blood cells from a bruise." During the procedure, a technician gels you up and moves the device over your abdomen for 30 to 45 minutes. The most you'll feel is a slight tingle. Multiple sessions are required (at between \$800 and \$1,000 each), but patients have reported losing up to three inches off their waists.