



BRADLEY ALLEN: PHYSIQUE TAILORED SHIRT

You know the drill: The more you succeed at building muscle, the worse your dress clothes fit. Custom-tailored shirts cost a fortune, but now you can look great with Bradley Allen physique-tailored shirts. They're fashionable yet designed for the wide-bodied, giving you extra room in the areas you need—like the neck, shoulders, and arm length—while tailored for a streamlined midsection without blousing. The website tells you what measurements you'll need to customize your fit. They're machine washable and available in four biz-friendly colours. No more popping neck buttons! Find them at bradleyallen.com.

OPTIMUM NUTRITION: PROTEIN ALMONDS

It's easy to blow your diet when snacking because all too often you're caught unprepared. But Optimum Nutrition's Protein Almonds are a big hit among the *Muscle Insider* staff, and we now routinely carry around bags to snack on or even sneak them into the movie theatre. One bag provides 10 grams of protein with just 230 calories, 16 grams of fat (half saturated) and 14 grams of carbs. The more favourable macros come from ditching the sugary coating typically found in chocolate-covered almonds and instead using a sugar alcohol coating (one gram of sugar and 10 grams of sugar alcohols) mixed with whey protein concentrate and whey protein isolate. Get them in Dark Chocolate Truffle, Peanut Butter Chocolate, Chocolate Jalapeño, Cinnamon Roll, and Espresso. optimumnutrition.com



T. MICHEAL PRO: BRANDED WORKOUT GEAR

Back in the day, just about everyone who wanted to be identified as a bodybuilder wore T. Micheal gear, be it baggy pants, tank tops, or branded sweatshirts.

Those outer-limits colours and styles we saw in 1980s publications have kept up with the times. I may have tossed the old clothing years ago, but imagine my surprise getting in the mail a warm, comfy sweatshirt with updated styling and colours featuring the very same logo I proudly wore in my 20s. The perfect gift for your favourite bodybuilder, T. Micheal now has an online store featuring the same famous gear that was popularized years ago, offering easy ordering and fast delivery with worldwide shipping. tmicheal.com

