

» YOUR SUMMER BODY STARTS TODAY p.70

Oxygen

ROBERT KENNEDY'S
AUSTRALIAN WOMEN'S FITNESS

10 FAT-BURNING
POWER
FOODS

+ 4 Mouth-watering
recipes p.62

**HAVE YOUR
ALCOHOL &
DRINK IT TOO!**

**WANT
FAST
RESULTS**

Try this supplement p.80

**EAT YOUR WAY
TO HAPPINESS** p.58

**YOUR ALL NEW
CARDIO PLAN
TO MELT FAT** p.96

MEET OUR
COVERGIRL
JUSTINE
SWITALLA
p.28

Go Backless!
4 MOVES TO
MAKE IT
EASY



NO. 42
KICK YOUR TRICEPS • YOUR BEST NON-MEAT PROTEIN SOURCES • CARDIO PLAN TO MELT FAT
AUGUST/SEPTEMBER 2010

www.oxygenmag.com.au

AUS \$7.95 • NZ \$9.95

ISSN 1838-2517



9 771838 251001