

NO MORE WHEAT: THE SURPRISING NEW DIET FOR ATHLETES

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# Men's Journal

SPECIAL REPORT

## The Knee

How to Build, Protect & Rehab Your Most Critical Joint

Make the Perfect Burger

## Bruce Willis

When to Hold On, When to Let Go — Lessons of a Happy Man

## Tiger, A-Rod & the Worst Egomaniacs in Sports

by MATT TAIBBI

EXPEDITION  
Climbing Borneo's Forbidden Chasm

GEAR

UPGRADE YOUR HOME

From a sexier stove to a smarter workbench

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▲ **THE KEITH MOON KIT**  
 Plug an iPod into the **Alesis DM6 Electronic Drum Set** and pound along to your favorite songs. Or at least try to. [\$699; [alesis.com](http://alesis.com)]



▲ **A SKINLESS HOG**  
 The **CR&S Duu Concept Motorcycle**, each one custom-made in Italy, lets its sleek guts show. [\$29,000; [crs-motorcycles.com](http://crs-motorcycles.com)]



## THE WISH LIST

WHAT WE'RE COVETING THIS MONTH

◀ **PARTY ON THE SEA**  
 Reel in a trout and then cook it up for nine of your pals on the built-in grill of the **IREV** floating bar. [\$21,995; [motohority.com](http://motohority.com)]

▼ **CLEAN AND GREEN**

The **Andrea Air Purifier** pulls toxins from the air by filtering them through the leaves and roots of any household plant. [\$200; [andreaair.com](http://andreaair.com)]



▶ **RETRO-FI**

VU meters and vacuum tubes meet modern tech in the **McIntosh MXA60 Integrated Audio System**, a purist's desktop stereo. [\$7,500; [mcintoshlabs.com](http://mcintoshlabs.com)]



◀ **SMOOTH SOUNDS**

Leather ear cups mated to a sleek polished-steel headband make the **AIAIAI Tracks Headphones** minimalist modern art. [\$73; [aiaiai.dk](http://aiaiai.dk)]



▲ **COVERT OPS**

Your iPhone not only controls the carbon-fiber **Parrot AR.Drone** — part toy, part Predator drone — but also gives you the quadricopter's view. [N/A; [ardrone.parrot.com](http://ardrone.parrot.com)]