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Dominate Everything

College football teams with .500 records go to bowls, TV shows salute fatties burning off chins. Here are some quick tips to help you rise above America's celebration of mediocrity and your fellow man in every pursuit.

Maxim, Apr 2007

Arm Wrestling



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 An advertisement for a Norelco shaving system. It features a blue and silver electric shaver with three rotary heads. Next to it is a small blue jar of shaving cream. The text "Feel Different" is written in a light blue, stylized font. Below the product, it says "Moisturizing shaving system" and includes the Norelco logo and the Philips logo.

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 - 2 Brittany Lee
 - 3 Raquel Alessi
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 - 7 Jamie-Lynn Sigler
 - 8 F--ck Da Eagles Heather
 - 9 Eva Longoria
 - 10 Trish Stratus
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With the right technique, even your wee cap guns could break a few wrists.

1. Set up the fall

Square your hips against the table and clench your opponent's hand. Keep your index and middle fingers over your thumb. Bend your wrist forward as much as possible and, keep your hand as close to your shoulder as you can. This brings your shoulder and back into it, says Todd Hutchings of Monticello, S.C., the number-one-ranked puller in the Inter-national Professional Armwrestling Association.

2. Get into position

Push off your front leg, twist your hips, and use your shoulder and back to push your opponent's hand to the table. For extra leverage, slide your elbow a few inches in the direction of your target. Try not to break wind.

3. Slam it

If your opponent gets a jump on you, keep pulling him toward you, Hutchings says. It opens up his arm for you to push over the top. Add to your Stallionian delusions by driving a semi cross-country with your estranged son.

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A Wedding Toast

Careful, you've been drinking.



1. Congratulate everyone The bride and groom, their families, and the officiants all deserve a little love, says David Pitlik, founder of theperfecttoast.com. Dish the rock.

2. Say thanks

The bride's father is paying your bar tab. Say thank you. Pay particular attention to the bride. It's her day, so flatter her even if she looks like a drag queen fresh out of San Quentin.

3. Tell a story

You're probably not funny. Say something that won't require a punch line, Pitlik says. Focus on your friendship and avoid any tales with anatomical references.

4. Be optimistic

Smart money says this union will only last a year or two, so make something up about your belief in love. Prepare for applause and an incoming volley of bridesmaids' panties.



Your Office

Three easy strategies for ruling the cube farm.

1. Confront your foes

Remember lessons about the schoolyard bully? Approach him when his guard's down or when he's alone. He'll back off.

2. Recruit allies

People who play office politics worry about where they stand. If they have beneficial skills, bring them into your personal fold.

3. Ignore it and sit back

Do your job and let managers deal with the chatter. Career coach Mel Robbins recommends, "You win by being bigger than it."



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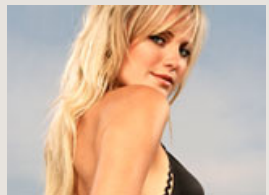
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TODAY'S GIRL



Malin Akerman
Tastier than a Swedish meatball.



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Growing Up on *October Road*

Unnecessary Toughness: Film's Most Ridiculous Fight Scenes

The Boardroom

Presenting to the players? Great! Most people fear that kind of pressure worse than death.

1. Overprepare

Public speaking coach Larry Tracy suggests three steps: Watch yourself on video; present to someone you trust; and present to friends who can grill you.

2. Keep your focus

Don't open with a joke.

3. Make it memorable

You'll be judged on what you say and how you say it. Show some charisma. People rarely remember good presentations, Tracy says. But they never forget a bad one.



Your Local Bowling League



Three easy steps stand between you and rolling automatic turkeys all season.

1. Buy a ball

For \$100 you can get a ball custom-drilled. The more palm the better. You can't outbow a bad fit, and I can't outcoach a bad fit, says Ron Hatfield, a bowling coach in Columbus, Ohio.

2. Use the markers

Line up shots using the dots next to the ball return and the arrows 15 feet down the lane. Right-handers: Put your left foot on the middle dot and aim between arrows two and three from the right gutter. Use a four-step approach, leading with the right foot. If the ball doesn't hit the head pin, adjust your starting position.

3. Make your spares

For pins right of the head pin, move left to start your approach. Imagine a line from your bowling shoulder to the closest pin. Note where your target line intersects the arrows, then aim, fire, and down that pitcher in celebration.

Win a Lovers' Spat

It's almost as easy as making them cry.

1. Let her vent

When she's raging, she's puking, says career and life coach Mel Robbins. When someone pukes, you get out of the way.

2. Ask for more

Ask her what else she has on her mind. Nine times out of 10 she just wants to air out her opinions, Robbins says.

3. Feel it

Couch your defense: When you ask that I stop going out with the guys, it makes me feel that you're insecure.

4. Stay on point

Chicks hate when you argue in tangents, says relationship expert **April Masini** of **askapril.com**. Keep it simple.

5. Don't go on the offensive

Telling her she's annoying or needy or dumb as an Alabama cheerleader all bad tactics.

6. Don't roll over

For women, power is an aphrodisiac, says Masini. Win your spat with solid logic and she'll just want you more.



Salary Negotiations

The meat whistle with the Star Wars ring tone makes more jack. Time to step it up.

1. Know what you're worth

Use online salary tools, HR info, and office-gossip scoops to gauge your asking price. Know the market and your company's position relative to the market, says Ian Christie, president of **boldcareer.com**.

2. Bring evidence

To prove your worth, put your accomplishments on paper. If you struggle to find some praise-worthy accolades, you're going to need more time in the trenches. It's hard to negotiate when you're not holding any cards, says Christie.

3. Get ready for a different reality

Don't be surprised if more responsibilities come with a boost in pay. You can finally add to your 401(k) *and* eat steak regularly, but you'll actually have to work. But if you're not asking for a raise, the guy next to you is.



Golden Tee





Win beers and barroom respect. Well, win beers anyway.

1. Hand skills

Golden Tee is all about finesse over power, says Steven Sobe, three-time Golden Tee national champion. Top players reach most par fours in one shot and all par fives in two, but you don't have to bang your hand on the glass to get there. Pull back on the trackball along the same angle as you want the ball to travel. If the target is off to the left at 10 o'clock, pull back to four o'clock, Sobe says. The angle you roll it forward will determine how the ball reaches the target. In Sobe's example, if you roll forward at 10 o'clock, the ball will fly straight off your club to the target. Roll forward at 12 o'clock, it'll hook to the target. The diagrams on the machine only show the extremes of how you can curve a ball. Go half of what it shows, and the ball will curve half as much.

2. Putt like a man

Never Sally a putt. A firm putt will go in the hole, Sobe says.

Carnival Games

Get the jump on that itinerant carry scum before you die on the Tilt-A-Whirl.

1. Choose wisely

Avoid games where the prizes look old. That's a red flag, says Brian Richardson, author of *The Secrets of Amusement Park Games Revealed!* It's a real book.

2. Shooting stars

Fling softballs into open milk cans using a palm-down, underhand motion to create spin that will make the ball want to slip into the can rather than bounce off. Shoot BBs in a circle around the red star target rather than through it. And lay off the funnel cakes. The sugar will kill your concentration.



Quick Hits

Banish Your Hangover

Forget greasy food, sex, or pulling the trigger they don't work.

The best hangover helper is a 32-ounce Gatorade or sports drink and a standard dose of anti-inflammatory, says Dr. Manie Beheshti, a UCLA internist. Those are the must-dos. A vitamin-B complex and eggs should help, too.

Dominate Your Pals

Stop hitting the same crap-hole bar.

Ask questions that lead your friends to decide for themselves that your plan to visit the other crap-hole bar is best, says Doug Staneart of the Leader's Institute. People support the world they helped create, he says. Coincidentally, that's the only thing keeping 67 percent of all marriages together.

Crush a Belly Flop Contest

You'll need more than a 50-inch waist to take the blue ribbon.

Contestants in Dixie County, Florida's annual Red Belly Day are required to hit the water perfectly flat with their arms and legs spread at 45-degree angles. When it's done right, contest judge Angie Bush promises, You will suffer. Ah, the sweet agony of victory.

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