



### NBA cancelled = all sports teams cancelled = everything sucks.

Sports give us a place to belong, train and compete. But they also charge our bodies with endorphins. You know how a lot of guys say dope? That's short for dopamine. Which is good.

Which you get from exercise.





## LEARN BODYWEIGHT

## 

NEXT CEN MEN

Your muscles don't need gym machines or free weights to stay in shape. Think parkour strength training. Look up bodyweight exercises and find progressions that take you to the right



Wall dips on a single bar (triceps) Frenchies instead of pull-ups (lats) Air squats into pistol squats (quads) Straight-leg hanging leg raises (abs)







Now is the perfect time of year to pull your old bike out of the garage and burn some rubber. See what parts of your neighbourhood you haven't explored. Ride off-road. Take pics of graffiti.



## "A BIKE IS LIKE A CADILLAC TO THESE KIDS."







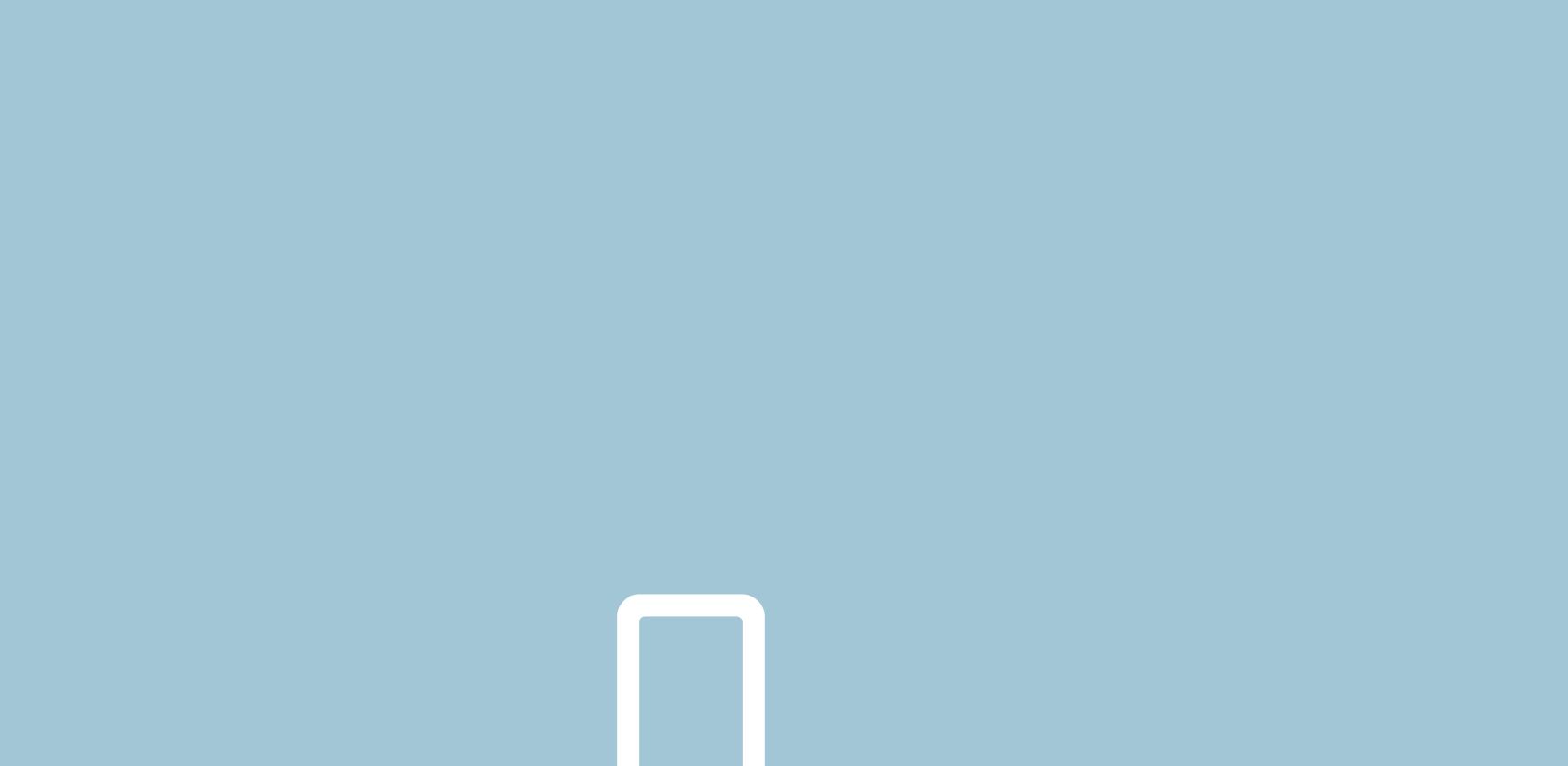


If adults were ever going to be forgiving of you playing on the street, it would be now. You can still practice social distancing while kicking a soccer ball or doing dribbling drills. Take the space that you need.









# GET AN AF





Putting your plan in an app can help you stay on track and motivated to get active even when the weather sucks or your friends want you to join squad. You know

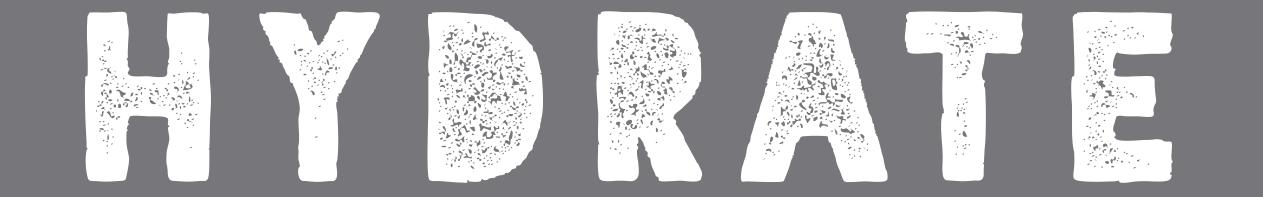
### how it is. Get those Apple Watch circles.

Nike Training Club for training
Strava for cycling
Asana Rebel for yoga
Map My Run for running









NEXT GEN MEN

