



2009

# production specs

**MAGAZINE TRIM SIZE: 7 3/4" W X 10 1/2" H**

LIVE AREAS ARE NOT INTENDED TO BLEED AND MUST BE 1/4" FROM TRIM.

	SAFETY	TRIM	BLEED	NON - BLEED
<b>2-PAGE SPREAD:</b>	15" x 10"*	15 1/2" x 10 1/2"	15 3/4" x 10 3/4"*	14 1/2" x 9 1/2"
<b>FULL PAGE:</b>	7" x 10"	7 3/4" x 10 1/2"	8" x 10 3/4"	6 3/4" x 9 1/2"
<b>1/2 PAGE SPREAD:</b>	15" x 4 7/8"*	15 1/2" x 5 1/4"	15 3/4" x 5 3/8"*	14 1/2" x 4 5/8"
<b>1/2 PAGE HORIZONTAL:</b>	7" x 4 7/8"	7 3/4" x 5 1/4"	8" x 5 3/8"	6 3/4" x 4 5/8"
<b>1/2 PAGE DIGEST:</b>	3 3/8" x 6 1/4"	4 5/8" x 7"	4 7/8" x 7 1/4"	4 1/8" x 6 1/2"
<b>1/2 PAGE VERTICAL:</b>	3 1/2" x 10"	3 3/4" x 10 1/2"	4" x 10 3/4"	3 1/4" x 9 1/2"
<b>2/3 PAGE VERTICAL:</b>	4 5/8" x 10"	4 7/8" x 10 1/2"	5 1/8" x 10 3/4"	4 1/4" x 9 1/2"
<b>1/3 PAGE SPREAD:</b>	14 3/4" x 2 3/4"	15 1/2" x 3 1/4"	15 3/4" x 3 1/2"	
<b>1/3 PAGE SQUARE:</b>	3 7/8" x 4 1/8"	4 5/8" x 4 7/8"	4 7/8" x 5 1/8"	4 1/8" x 4 3/8"
<b>1/3 PAGE VERTICAL:</b>	1 7/8" x 9 3/4"	2 5/8" x 10 1/2"	2 7/8" x 10 3/4"	2 1/8" x 9 1/2"

\* 3/8" total gutter safety on spreads

**PLEASE SHIP ALL MATERIALS TO:**

Melanie Kolbasowski, Production Manager  
Men's Fitness Production Department

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**PLEASE NOTE:  
HI RESOLUTION PDF ONLY**

**CONTACT:** Your **Men's Fitness** sales representative or **Marc Richards**,  
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**Men's Fitness**  
www.mensfitness.com