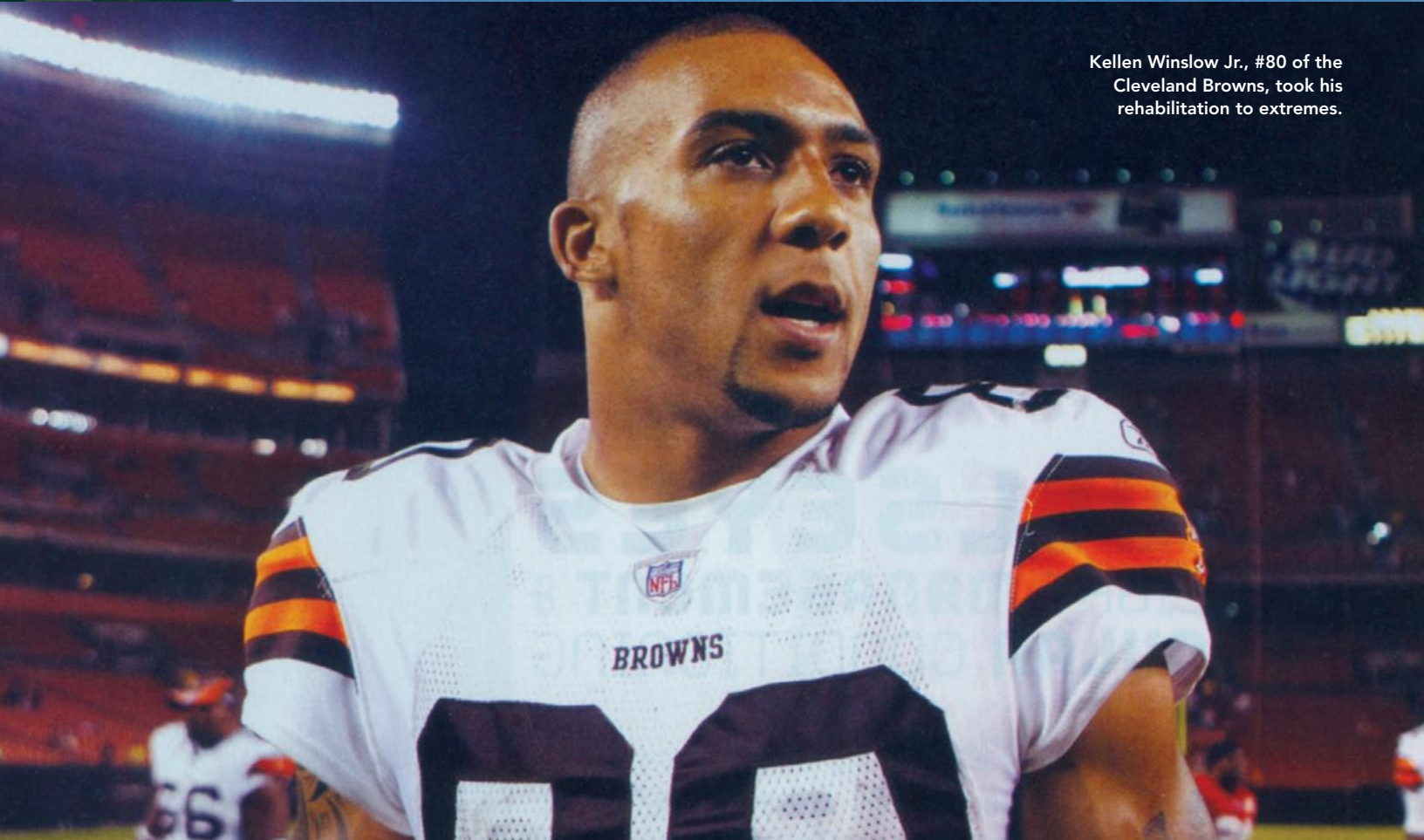


Men's Fitness

EXERCISE • NUTRITION • ADVENTURE • SPORTS

ALYSSA MITLAND: SINGLE AND AVAILABLE (p. 75)



Kellen Winslow Jr., #80 of the Cleveland Browns, took his rehabilitation to extremes.

"Winslow has an extensive routine he does on top of all his regular NFL responsibilities. Chief among his workout tools is a pain-blocking electrotherapy device called the Sportswave® System from a company called Biowave. Each day before practice, Winslow straps himself in, and with contact pads on his body, the device "numbs the brain to the spot of the pain," Winslow says."



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