

The Better Sex Diet p.142

TONS OF
USEFUL STUFF

Men's Health

FLAT-BELLY SECRETS

Lose Your Gut in Just 8 Days!

GREAT ABS MADE EASY

MORE POWER INSTANTLY!

BUILD ARMS LIKE THESE!



2,137

NEW HEALTH, FITNESS,
SEX & NUTRITION TIPS!

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The Men's Health Guy
**CHRIS
HEMSWORTH**
How he became the
warrior-god of *Thor*
Chris wears a J.Crew T-shirt

\$4.99 US / DISPLAY UNTIL MAY 24



MAY 2011 MENSHEALTH.COM

You, Action Star

WEARABLE VIDEO CAMERAS CAN MAKE YOU A YOUTUBE STAR. WE TESTED THREE ON A HIGH-FLYING X GAMES CHAMP

Your motivation Instant immortality! Just stitch together your own biking, skiing, or snowboarding highlight reel. (Wear the cam on your body, not on your gear. The footage will be less bumpy.) **Bonus:** education! You'll see all your mistakes and strengths.

Our guy Brian Deegan, 31, freestyle motocross rider and three-time X Games gold medalist, reviews the cams.



See footage from Deegan's test runs at MensHealth.com/deegan.

FOR THE PERFECTIONIST

V.I.O. POV.HD

2½ hours run time per charge; 4.3 hours of video on a 32 GB SD card
\$600, vio-pov.com

What's great "Its built-in screen is a first for me—you can watch the footage to see how well you're filming. The lens itself is tiny, so it mounts well, and its wide-angle lens created incredible scenes."

What's not "The camera, cable, and battery pack/screen combo is bulky. I had to zip-tie the battery pack to my chest. It's probably best for mounting in cars and other larger vehicles."

FOR THE ADVENTURER

Contour HD

Up to 2 hours run time per charge; 16 hours of video on a 32 GB SD card
\$250, contour.com

What's great "It has the highest-quality construction of the three, and snaps easily on and off its rail mount. It's smaller than the GoPro, so it looks a bit sleeker, and at 4.2 ounces, you hardly notice the thing's there."

What's not "The mounting isn't as solid, so the footage turns out a bit jiggly. You might have to use some duct tape to really lock this one down."

FOR THE CAMERA NOVICE

GoPro HD HERO

2½ hours run time per charge; up to 9 hours of video on a 32 GB SD card \$180–\$300, gopro.com

What's great "It's the easiest to use. You just stick it on, push the button, and go. The video quality is outstanding, and it comes with the widest array of mounting options—strap it to your chest, use adhesives, or bolt it to a rail. The case is tough and waterproof."

What's not "You have to memorize the button presses to change the video quality or modes, which can be frustrating when you're in action. There's a tiny LCD screen, and the icons for different modes can be hard to decipher."

ASK TECHLUST

What's the best video-editing software?

TOMMY, DENVER, CO

If you're a beginner with a Mac: iMovie '11 comes free on new Macs or is about \$50 with the iLife '11 multimedia package. It's intuitive, and it now includes better audio editing and slo-mo replays.

If you're a beginner with a PC: Movie Maker 2011 is a free download from Microsoft. The latest update offers more text overlays and special effects, and one-step uploading.

If you need more help: Adobe Premiere Elements 9 (\$100, adobe.com) helps fix shaky footage and bad lighting.

For more gear for guys, visit MensHealth.com/techlust.