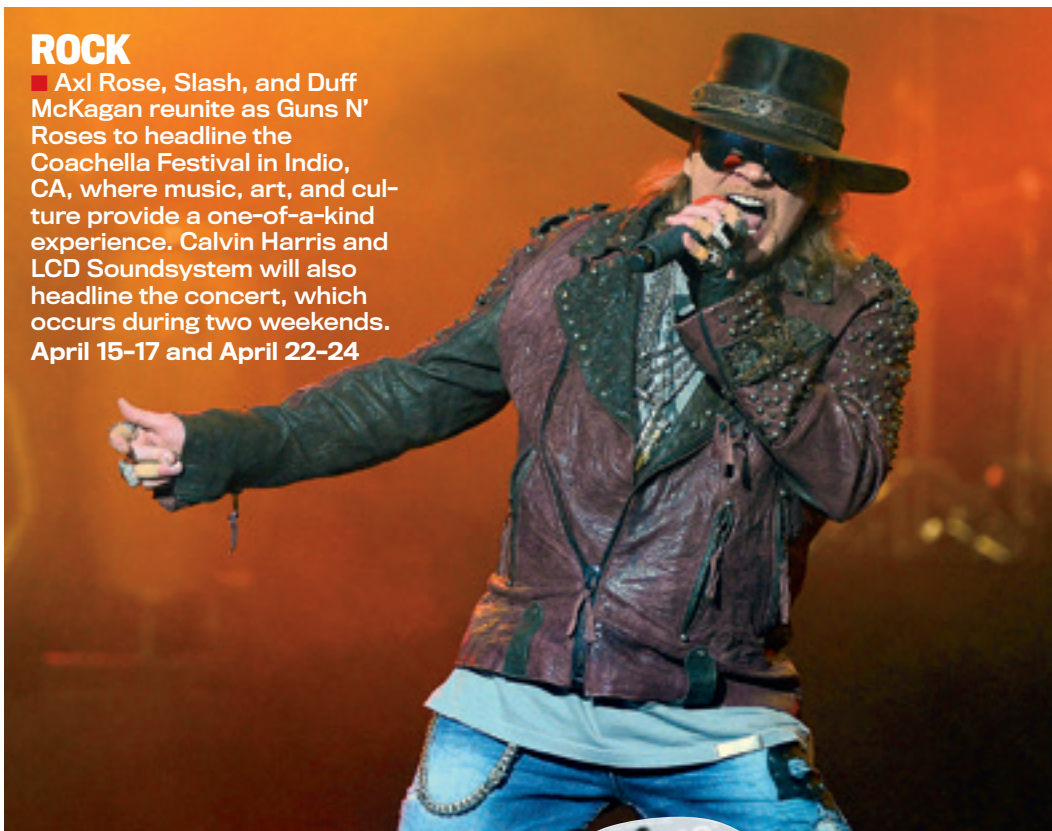


10 THINGS TO KNOW THIS MONTH

HIT LIST

ROCK

■ Axl Rose, Slash, and Duff McKagan reunite as Guns N' Roses to headline the Coachella Festival in Indio, CA, where music, art, and culture provide a one-of-a-kind experience. Calvin Harris and LCD Soundsystem will also headline the concert, which occurs during two weekends. April 15-17 and April 22-24



DRINK

■ Imported from Germany, Egoiste Coffee will meet the needs of any coffee lover. Put the instant Arabica variety in your gym bag, mix with hot water in a cup, and you've got mocha for a pre-workout fix. \$12, egoistecafe.co

TRAIN

■ Perform squats, presses, rows, and more with the CoreBag. This versatile functional training tool gets you moving in multiple planes of motion. From \$75, escapefitness.com





ENERGIZE

■ Creatop, a topical creatine you spray on muscles before training or post-workout, can be used in conjunction with oral supplements for increased energy.

\$40, creatop.com



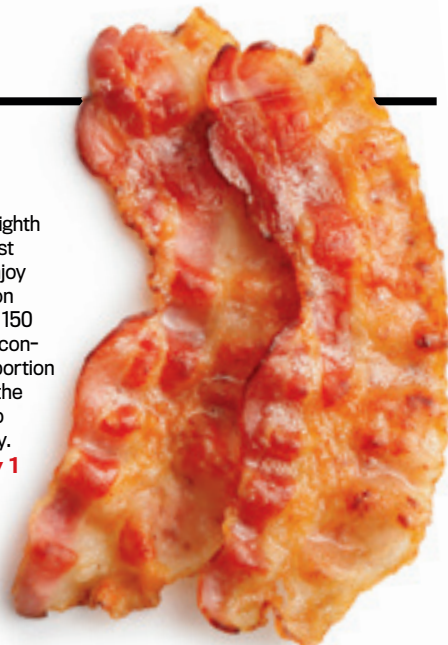
COMPETE

■ Top IFBB bodybuilders head to Rio de Janeiro to compete in the fourth Arnold Classic Brazil. Last year, Mamdouh “Big Ramy” Elssbiay took home the victory. Who will be the 2016 champ? **April 1-3**

GO

■ Head to the eighth annual Baconfest in Chicago to enjoy everything bacon from more than 150 restaurants. Baconfest donates a portion of proceeds to the Greater Chicago Food Depository.

April 30-May 1



WATCH

■ Major League Baseball's 2016 Opening Day picks up right where 2015 left off as the National League champion New York Mets take on the World Series champions, the Kansas City Royals. **April 3**



READ

■ Designed by former Navy SEAL Mark Divine, Kokoro Yoga provides the blueprint for improved flexibility and overall wellness.

April 12



CHEW

■ Made from six vegan, all-natural ingredients, Simply Gum contains zero plastic, aspartame, or anything synthetic. And it's biodegradable!

\$3, simplygum.com

DON'T MISS

■ Wrestlemania 32 explodes at the A&T Stadium in Arlington, TX. With guest Dwayne “the Rock” Johnson and the WWE Championship belt on the line, look for record attendance. **April 3**

