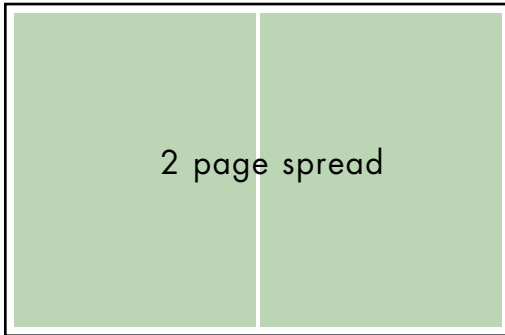


800-632-3934

Advertising Mechanicals...

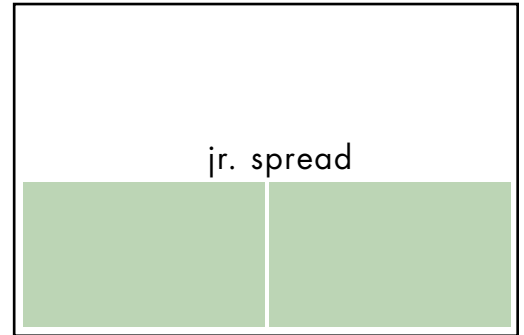
PLANET MUSCLE MAGAZINE



2 page spread



full page



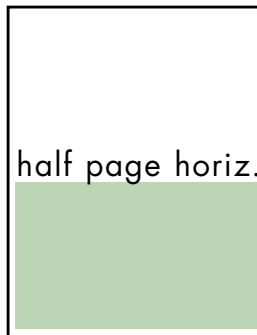
jr. spread

Below are the page sizes for all advertisements being placed into Planet Muscle Magazine.

All measurements are in inches (width by height). All images should be CMYK and 300dpi. PLEASE SEND ALL FINISHED ADS AS PDF OR TIFF FILES.



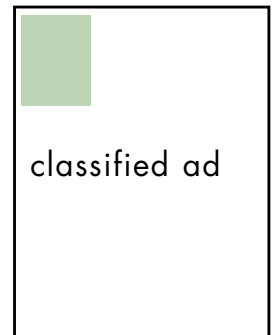
half page vert.



half page horiz.



third page vert.



classified ad

2-page spread (non-bleed):
16.75" x 10.875"

2-page spread (bleed):
17.25" X 11.375" includes .25" bleed.
Keep type .25" within final trim size
(16.75" x 10.875").

Full page (non-bleed):
8.375" x 10.875"

Full page (bleed):
8.875" x 11.375" includes .25" bleed.
Keep type .25" within final trim size
(8.375" x 10.875").

Jr. Spreads (non-bleed):
16.75 x 5.4375"

Jr. spreads (bleed):
17.25" x 5.6875" includes .25" bleed.
Keep type .25" within final trim size
(16.75x 5.4375").

Classified
2.3" x 3.1"

1/2 page vertical (non-bleed):
4.1875" x 10.875"

1/2 page vertical (bleed):
4.4375" x 11.375" includes .25" bleed.
Keep type .25" within final trim size
(4.1875" x 10.875").

1/2 page horizontal (non-bleed):
7.85" x 5.4375"

1/2 page horizontal (bleed):
8.875" x 5.6875" includes .25" bleed.
Keep type .25" within final trim size
(8.375" x 5.4375").

1/3 page vertical (non-bleed):
3.625" x 10.875"

1/3 page vertical (bleed):
3.875" x 11.375" includes .25" bleed.
Keep type .25" within final trim size
(3.625" x 10.875").

Please upload ads to our FTP site:

Hostname: 173.8.243.99

Username: magads.planetmuscle

Password: ever2005

Or, mail ads to:

Planet Muscle Magazine /
Micah Armbruster
6931 S. Yosemite St. Suite 200
Centennial CO 80112

If you have questions, please call or email:

Micah Armbruster

Art Director

micah@planetmuscle.com

800-632-3934