

MUSCLE & FITNESS

# HERS



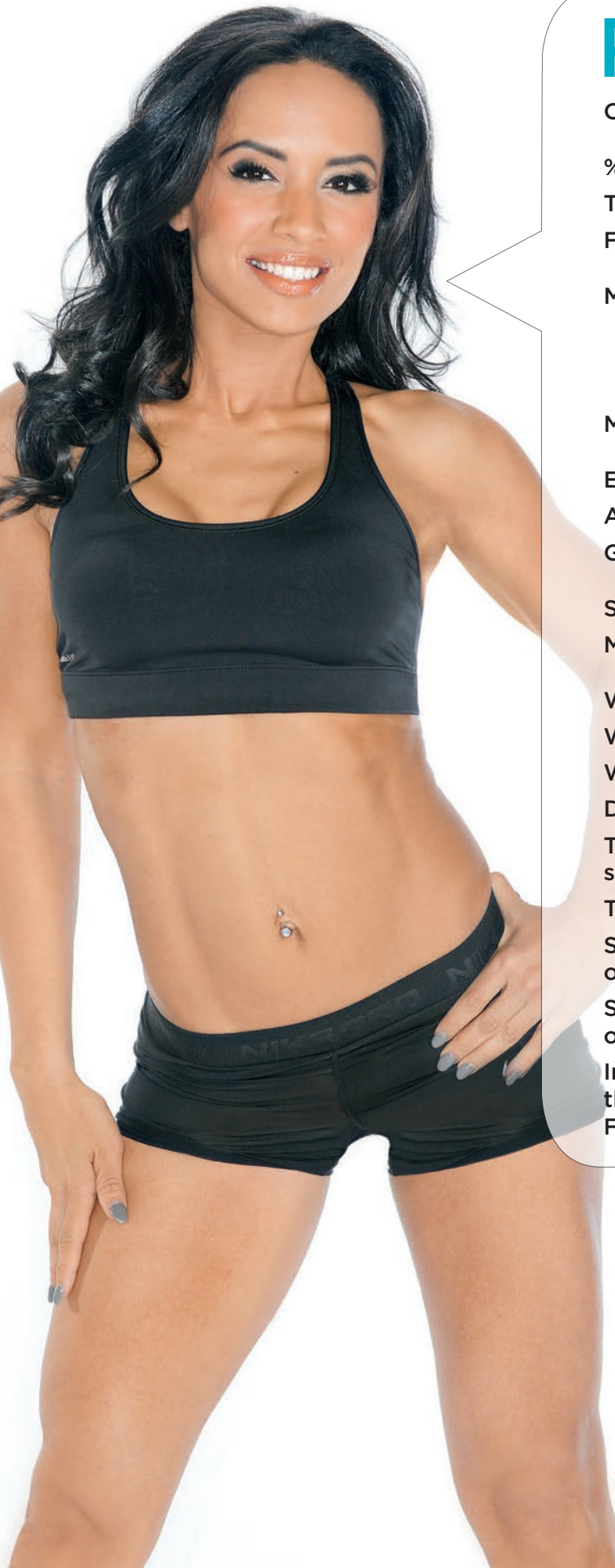
## MEDIA KIT 2018



## LIVING SUPER FIT

The Muscle & Fitness **HERS** reader sees health and fitness not as a lifestyle, but as a dedicated way of life. She's driven, results-oriented and strives to achieve. The **HERS** reader isn't worried about those "last five pounds." She wants to get stronger, faster, more sculpted and looks to Muscle & Fitness **HERS** for the tools to help her achieve more specific, nuanced goals. She craves information about proper diet, balanced nutrition, and supplementation, and approaches her workout with an athlete's strength, focus and determination.

MUSCLE & FITNESS  
**HERS**



## READER PROFILE

Circulation Objective	75,000
% Female	100%
Total Audience	450,000
Frequency	4X
Median Age	36
18-44	76.4%
18-34	46.4%
Median HHI	\$66,864
Education	
Attended College	71.6%
Grad College	82.7%
Single	30.6%
Married	52.0%
Workout 3+ times/week	87%
Workout 5+ times/week	52%
Weight train 3+ times/week	71%
Do cardio 3+ times/week	69%
Take sports nutrition supplements	75%
Take a protein powder	83%
Spend \$25-100 dollars a month on supplements	91%
Spend \$25-50 dollars a month on supplements	67%
Interested in coverage of the IFBB and NPC Figure/Fitness/Bikini Competitions	72%

Source: Publisher Estimate, Online Publisher Survey

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## 2018 ISSUE CALENDAR

ISSUE	AD CLOSE	MATS DUE	ON SALE
SPRING	12/20/17	1/8/18	2/19/18
SUMMER	3/21/18	3/26/18	5/21/18
FALL	6/20/18	6/25/18	8/20/18
WINTER	9/19/18	9/24/18	11/19/18

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# RATE CARD

## 4-COLOR

	1X	3X	6X	9X	12X	18X	24X	36X	48X
Full Page	\$15,840	\$15,305	\$14,545	\$14,235	\$13,930	\$13,580	\$13,230	\$12,870	\$12,370
2/3 Page	\$12,530	\$12,110	\$11,495	\$11,255	\$11,025	\$10,730	\$10,445	\$10,155	\$9,780
1/2 Page	\$10,150	\$9,800	\$9,315	\$9,115	\$8,930	\$8,690	\$8,460	\$8,230	\$7,930
1/3 Page	\$7,190	\$6,740	\$6,410	\$6,270	\$6,130	\$5,975	\$5,830	\$5,680	\$5,460
1/4 Page	\$5,990	\$5,615	\$5,340	\$5,225	\$5,110	\$4,980	\$4,860	\$4,730	\$4,550
1/6 Page	\$4,075	\$3,820	\$3,630	\$3,555	\$3,475	\$3,390	\$3,305	\$3,220	\$3,095
1/8 Page	\$3,230	\$3,030	\$2,880	\$2,820	\$2,755	\$2,685	\$2,620	\$2,550	\$2,455

## BLACK & WHITE

	1X	3X	6X	9X	12X	18X	24X	36X	48X
Full Page	\$12,780	\$12,340	\$11,720	\$11,485	\$11,240	\$10,945	\$10,665	\$10,365	\$9,980
2/3 Page	\$10,110	\$9,745	\$9,275	\$9,075	\$8,880	\$8,650	\$8,420	\$8,190	\$7,895
1/2 Page	\$8,180	\$7,905	\$7,510	\$7,355	\$7,190	\$7,005	\$6,840	\$6,645	\$6,395
1/3 Page	\$5,635	\$5,435	\$5,170	\$5,050	\$4,945	\$4,820	\$4,695	\$4,565	\$4,390

## COVERS

	1X	3X	6X	9X	12X	18X	24X	36X	48X
Cover 2	\$19,820	\$19,140	\$18,195	\$17,790	\$17,420	\$16,975	\$16,525	\$16,070	\$15,460
Cover 3	\$18,715	\$18,065	\$17,170	\$16,795	\$16,445	\$16,020	\$15,590	\$15,175	\$14,600
Cover 4	\$21,080	\$20,365	\$19,340	\$18,940	\$18,530	\$18,060	\$17,575	\$17,095	\$16,460

Bleed 10%

We accept checks, money orders, wire transfers, American Express, Visa, and MasterCard.

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# AD DIMENSIONS

TRIM SIZE: 7 3/4" X 10 1/2"

SIZE	BLEED	TRIM	LIVE AREA	NON-BLEED
2-Page Spread*	15 3/4" x 10 3/4"	15 1/2" x 10 1/2"	14 3/4" x 9 3/4"	14 1/2" x 9 1/2"
Full Page	8" x 10 3/4"	7 3/4" x 10 1/2"	7" x 9 3/4"	6 3/4" x 9 1/2"
Junior Spread	15 3/4" x 5 3/8"	15 1/2" x 5 1/8"	14 3/4" x 4 3/8"	14 1/2" x 4 1/8"
2/3 Page	5" x 10 3/4"	4 3/4" x 10 1/2"	4" x 9 3/4"	3 3/4" x 9 1/2"
1/2 Page Horizontal	8" x 5 3/8"	7 3/4" x 5 1/8"	7" x 4 3/8"	6 3/4" x 4 1/8"
1/2 Page Digest	5" x 7 3/4"	4 3/4" x 7 1/2"	4" x 6 3/4"	3 3/4" x 6 1/2"
1/3 Page Square	5" x 5 3/8"	4 3/4" x 5 1/8"	4" x 4 3/8"	3 3/4" x 4 1/8"
1/3 Page Vertical	2 7/8" x 10 3/4"	2 5/8" x 10 1/2"	2 1/8" x 9 3/4"	2 1/8" x 9 1/2"

MARKETPLACE	NON-BLEED
Full Page	6 1/2" x 9 1/4"
2/3 Page Vertical	4 5/8" x 9 1/4"
1/2 Page Horizontal	6 1/2" x 4 1/2"
1/3 Page Vertical	2 1/8" x 9 1/4"
1/3 Page Square	4 1/4" x 4 1/2"
1/6 Page	2 1/8" x 4 1/2"
3"	2 1/8" x 3"
2"	2 1/8" x 2"
1"	2 1/8" x 1"

**BLEED:** All measurements include standard bleed of 1/8" on each of the four sides.  
**SPREAD ADS:** Spread ad dimensions include a gutter bleed if one exists. We will take a 1/8" gutter grind-off.  
 For all small type, allow 1/4" on each side of the grind for safe visual spacing.

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# CONDITIONS AND SPECS

**MUSCLE & FITNESS HERS** does not accept advertising for hard or specialty liquors, or for tobacco products.

Insertion orders are offers to purchase space from Publisher and shall not constitute binding contracts until accepted by Publisher. Neither advertiser nor its agency may withdraw or cancel any contract or insertion order on or after the closing date of the issue for which insertion is requested. Contracts must be completed within one year from date of first insertion. Short rate will apply if advertiser has not earned the billed rate at the end of the contract period. Rates are subject to change without notice.

Publisher reserves the right to hold advertiser and/or its advertising agency jointly and severally liable for such monies as are due and payable to Publisher for advertising that advertiser or its agency ordered and that was published.

Position requests or other requests appearing on contracts, insertion orders or copy instructions will be treated as requests. Publisher will not be bound by any conditions, oral or otherwise, which conflict with the provisions of this rate card unless authorized by Publisher in writing.

Publisher may reject or cancel any advertising for any reason at any time, whether or not the same has already been accepted for publication and/or previously published. Advertiser and Agency, jointly and severally, agree to indemnify and hold the Publisher harmless from and against any loss or expense arising out of their advertisements, including but not limited to Publisher's expense in connection with the defense against any suit or proceeding arising from the claim that publication of material appearing in advertisements submitted to Publisher for publication was in violation of any applicable law imposed or the rights of any third party.

Publisher shall have the unrestricted right to require any advertising matter to be marked as an advertisement if it deems it advisable to do so. Advertiser and its agency agree not to make promotional, merchandising or other reference to Publisher or the magazine, directly or indirectly, in any way except with the express prior written permission of Publisher for each such use.

Publisher shall have no liability whatever for any failure to publish or circulate all or any part of any issue or issues because of strikes, lockouts, other work stoppages, acts of God, fires, accidents, postal delays or other interruptions of production beyond the Publisher's control. Publisher shall have no liability for errors in key numbers, pubset type, free information numbers or listings, or advertisers index. Publisher shall have no obligation or liability for any change in any advertisement requested after the applicable closing date. Publisher shall have no liability for reproduction quality of advertising print materials that fail to meet the mechanical requirements stipulated in this rate card. Publisher's liability for failure to insert an ad, or for any errors on an ad, shall be limited to a refund of the amount paid for the ad.

All advertising materials will be destroyed after one year unless Publisher agrees to the contrary in writing. If advertiser or its agency request in writing that materials be returned or shipped to a third party, Publisher will return or ship materials at the requesting party's sole liability, expense and risk.

Agency Commission 15%. Invoices payable net 30 days. Pre-payment required on all orders not approved for credit.

## MECHANICAL REQUIREMENTS

**Printing Process:** Web Offset

**Binding Method:** Perfect Bound

Inserts: Full-size supplied inserts are charged at black and white open rate per side, e.g. a single-sheet is charged as two black and white pages. Magna-strip binding extra. Card inserts measuring smaller than a half page are charged at one-half the open rate per side, e.g. a Business Reply Card measuring 4"x6" is charged as one black and white page. Inserts smaller than a full-page are acceptable only with a full page backup ad. Specifications, quantities, shipping information, etc., for all inserts will be supplied by Production Coordinator after space is scheduled. All supplied inserts must be reviewed by the Production Department to determine bindery charges and whether the inserts meet our manufacturing specifications. Rates and production charges for booklets and other special formats available upon request from the V.P. of Sales Operations.

## FILE SPECIFICATIONS

PDF/X1a is the preferred file format. (It's the policy of Weider Publications not to accept native files like Quark or Illustrator.)

- Careful attention must be paid to the proper creation of PDF/X1a files to ensure they will reproduce correctly.
- All high resolution images and fonts must be included when files are saved.
- Use only Postscript fonts - no TrueType fonts or font substitutions.
- Images must be high resolution TIFF or EPS files at 300 dpi.
- Density should not exceed SWOP 300%.
- Images should be CMYK or grayscale only. (Please convert all spot colors and don't submit files with RGB elements.)
- Do not nest EPS files into other EPS files.
- Do not embed ICC profiles within images.
- All required trapping must be included in the file.
- Files should be right-reading, portrait mode, 100% to size with no rotations.
- Files should include standard trim, bleed and center marks. (Crop marks should offset trim by 1/2" so no marks fall into the live area.)
- Ads should be supplied on Mac formatted CD-ROMs with a SWOP certified digital color proof such as an Epson, Kodak, Iris or Fuji. (Publisher accepts no color liability if SWOP certified proof not supplied for color guidance.)

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**SUBMIT ADS VIA EMAIL TO RUSSELL JOHNS:**  
**sales@russelljohns.com**

# CAPABILITIES

## DIGITAL

**M&F Hers online is now part of  
MuscleandFitness.com**

Monthly uniques: 7.5MM

Monthly page views: 45MM+

E-blast list size: 35K+

## CUSTOM DIGITAL ACTIVATIONS

Sponsored digital editions

Social media integration

Sponsored Eblasts and newsletters

Tailored content hubs

Customized and sponsored  
video series

Fully customized training and  
nutrition programs

Gear and supp reviews

## IN-BOOK OPPORTUNITIES

High impact cover integration

Customized training programs

Athlete profiles

Sponsored sections

Custom advertorials

## EVENTS

Olympia Fitness & Performance  
Weekend, Las Vegas

## SAMPLING OPPORTUNITIES

National/local gyms and fitness  
centers

## EXTENDED AWARENESS

Muscle & Fitness

FLEX

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