

Nuts

LINGERIE SPECIAL!

**NEW
ROSIE
SHOOT!**

**KATE
UPTON!**

**KELLY
BROOK!**

**ADRIANA
LIMA!**

**MEGAN
FOX!**

**+ FREE
£10 FOOTY
BET!**

**PLUS!
PREMIER
LEAGUE
FRENZY!**



"We need
more bite
up front!"

ROSIE JONES PRESENTS...

THE LINGERIE ISSUE!

Saucy stars in posh silk bras!

GET RIPPED.

GET LUCKY.

#GETONIT



/monster_supp



/monstersupplements

#GETLEAN

Grenade Thermo
Detonator 100 caps

RRP: £44.99

★★★★

Monster Price: £29.99

#GETBIG

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Mass 2.1kg

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Monster Price: £32.29

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THIS WEEK IN Nuts!



Nuts NEWS

- Behind the scenes at the Hot Shots 2014 calendar shoot!
- Mad escapologist thrown out of a plane, chained up in a box! And survives!
- **Fastest ever Gallardo!**
- Rihanna goes to the carnival
- Skateboarding mice!
- Panesar vs the bouncers
- A quick word with Christopher Mintz-Plasse
- Meet the fat-berg!
- Rude News

CARS!



Nuts REGULARS

- Don't Look
- Pub Ammo – Premier League new season special!

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- Camera Phone Comedy
- Jokes

FEATURES

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- Jonathan Pearce's Premier League 2013-14 preview!
- Premier League players who look like animals!
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- How to tell if your star player wants away
- Kammy's column
- UFC Cockney Brad Pickett
- Nathan Cleverly
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- Who Are Ya?

"Right, the air con's gone – I'll have to take my clothes off. Sorry"

GIRLS!

TAP ON THE PAGE YOU WANT TO READ!



Nuts NEWS

EXCLUSIVE!

Behind the scenes at the *Hot Shots* calendar!

Forces' sweethearts make new dates!



YOU'D THINK it'd be almost impossible to up the sexiness of a troop of *Nuts* girls including Lucy Pinder, Rosie Jones, Kelly Hall, Holly Peers and India Reynolds, but the chaps behind the *Hot Shots* calendar – raising cash for injured soldiers – manage it with the simple addition of automatic weaponry. A strange kind of alchemy, but it always produces calendar gold!

● Loads more pics online at nuts.co.uk/hotshots

WORDS: RORY BUCKERIDGE PHOTOS: JIM LINCOLN VISIT WWW.FACEBOOK.COM/HOTSHOTSCALENDAR

"No, Mr Bond, I expect you to drop me off in Croydon!"



"No. Eyes to the camera, please!"

PERT & PACKING!



"Tight as a drum. Five stars. Next!"

GET YOURS ONLINE!

Buy your Hot Shots 2014 calendar at www.hotshotscalendar.com from 16 Sept, priced £9.99.





"You mean, I get to keep these for ever and ever?"



Nuts NEWS

Tickets to this gun show were selling fast



BOND THEME!

"Sorry. Lucy doesn't do zips"



"I think a 25 per cent tip will more than suffice"



Guns and booze. Really, what could possibly go wrong?



Rosie hit up *Dragons' Den* with her clever bottle holder pitch



Rosie's "model face" was still a bit special



In some ways, Army cutbacks were no bad thing



Lifeguard at the lido took her job very seriously



There was a zero tolerance policy on bombing



Rosie was determined to win the four-length sprint!

POOL PARTY!



The short-sighted gunman rarely missed

PHOTO SHOOT!



"I *really* hope that's
a gun I can feel
down your bikini!"



"One... two... erm,
three? Hang on!"



The keeper's penalty
technique was
maverick, but effective



Nuts NEWS

"Turn me around.
For all that is holy.
Turn me around!"



Nuts' Premier League
was just... better

Skydiving escape!

Man exits chains and handcuffs... and a freefalling coffin!



THEY MUST'VE been on at least beer five when

the genesis of this idea happened. Escapologist Anthony Martin: "Right. I'll escape from handcuffs." "And chains, Tony!" "Right. And chains." "What about in a box?" "Good idea, mate. From handcuffs. And chains. In a box." "That's freefalling at 120mph having been thrown out of a plane at 4,000 metres?" "Barry [sips beer], you could be onto something here!"

WORDS: RORY BUCKERIDGE PHOTOS: PA PHOTOS, AP



1 Handcuffed and chained to the inside of the box, Anthony is thrown from the plane

2 After a minute or so of freefalling, he breaks free from the box



A small parachute – and Anthony's mates – keep the box stable in flight

IDIOT IN HERE!

3 Now free, Anthony opens his parachute and drifts to the ground

4 Some time later, the box hits the deck. It is now dead.



The tombola
prizes were
better than ever

Fastest ever Gallardo!

This Squadra Corse is the final – and most extreme – edition of Lambo's biggest seller

- A lot of supercar peddlers are wheeling out never-ending special finale editions at the moment, with Pagani perhaps taking the idea furthest (will the Zonda ever die, or is it going to require some garlic and a stake?).
- But for Lamborghini, it's understandably hard for them to wave cheerio to the Gallardo,

which is still smouldering in the looks department after a decade in production.

- The Squadra Corse is the name given to this final edition, which takes its name from Lambo's new racing department and uses racks of parts from the Super Trofeo championship track-spec Gallardos.

WORDS: JONNY SMITH



Fiat Punto loved
going to fancy-
dress parties



"Look, I've got a zit, alright?"

- As a result, the Squadra Corse is closely related to pure race cars, making it the most hardcore road-legal Gallardo ever. It's 70kg lighter than the standard Gallardo, it has the same 562bhp as the Superleggera, it'll match the Ferrari 458's 3.4-second sprint to 62mph, and it blasts to a whisker away from 200mph.
- **That huge carbon-fibre rear wing was taken from the Super Trofeo racer, and Lambo tells us it creates three times the downforce of the standard Gallardo.**
- The Italian tricolore stripes within the side air intakes look good but don't help cut weight like the carbon ceramic brakes and forged 19in wheels.
- Other weight savings come from the carbon-fibre seats, door panels, centre tunnel and glovebox handle.
- Lambo has even borrowed a trick from Porsche for this £200k offering, by binning solid interior door handles for fabric pulls. The result is a motor that goes from 0-124mph in 10.4 seconds.
- By 2014, the Gallardo will be long gone, and then it's time to look forward to its replacement – dubbed the Cabrera. This will have 4WD and a V10, just like the Gallardo, with a carbon-fibre chassis tub like its big brother the Aventador. Expect sub-3.4 0-62 and over 200mph top end.



"I was a Frisbee in my previous life!"



Lambo's mum had sewn his name into the door

Rihanna's carnival gig!

**The Bajan star joins
the boozy fiesta!**

➔ **AS FAR** as the costume goes, it's a definite winner. Rihanna appears to have Pritt-Sticked her naughty bits, thrown some feathers and sequins into the air and run through the ensuing downpour. Hey presto – a Bajan carnival outfit!

Rihanna was in her native Barbados to whoop it up on a float at the annual Kadooment Carnival, sipping from a Cockspur Rum hip flask before hitting the tarmac and indulging in some "Dutty Wine" dancing in sparkly Adidas trainers.

Which, in fairness, makes London's Notting Hill Carnival look about as sexy as a doctor's waiting room in Dudley. Can we sub Rihanna in, please? Barbados can have UB40 and a pallet of Reggae Reggae Sauce!

"Have I seen your chicken? No – why do you ask?"

WORDS: RORY BUCKERIDGE PHOTOS: CORBIS



CARNIVAL QUEEN!

Rihanna is a regular at the Kadooment Carnival, which celebrates the harvest in Barbados.

A RUM DO!

No one noticed
Rihanna's sly
"Radcliffe"



One final tug
and the belly
button was clear!

STREET PARTY!

"Three hours I've
been erect, holding
this lot up!"



"Bugger. Which
Herbert biored
on my chest?"

Mad air mice!

Rodents take up skateboarding!



THIS IS Harvey and Pedro. And they are, as you can see, the world's first skateboarding mice.

"They love it," crack mouse trainer Shane Willmott told *Nuts*. "Mice are built to surf and skate because of their low centre of gravity. When they do

fall off, they want to get straight back on board."

The plucky rodents don't do things by half-measures, taking on ramps, half-pipes and even rings of fire on their specially made boards. Then presumably retire to tiny camper vans to get loaded and listen to shouty, hi-energy American rock!



CHEESE BOARD!



"Help! I'm
superglued
to the board!"



"Kick, flip and...
Bail! Bail!"



"Hey! There's the
cheese... wheee!"



It's the news, in cartoons!

This week: England bowler wee-wees on bouncers!

➔ **EVEN WE** had to check a couple of sources because this one seemed too far fetched. But it's the absolutely true story of mild-mannered England spin-bowling ace Monty Panesar who, after having a couple of sherberts at

Brighton bar Shooshh and being asked to leave, proceeded to climb the promenade over the venue and tinkle down on the club's bouncers below.

Think we've been drinking? Here's the short link to the story: <http://bit.ly/1ccVuH2>.

After receiving complaints about hassling a group of ladies, Panesar is asked to leave by Shooshh's bouncers...



The enforcers leap into action and remove Monty from the premises...

He puts his tinkle through the railings and wees on bouncers underneath...



Bouncers stick the cricketer in a private room, taking snaps on their mobiles until police arrive.



A quick word with Christopher Mintz-Plasse!

Kick-Ass 2's bad guy on geese, cussing and weeing!

➔ **Hi Chris! Your *Kick-Ass 2* character wears a stupendous bondage costume. Did you get a kick out of wearing it?**
Yeah, well... everyone else got a kick out of watching me, ha-ha! It looks hilarious, twisted and dark but it was a pain in the ass to wear. Literally.

UFC star Chuck Liddell makes a cameo training your character The Motherfker. Did you pick up any moves?**
He tried, but like my character, I'm terrible at sports. UFC is a little too much for me – it freaks me out seeing people beat the sh*t out of each other.

But there's plenty of that in *Kick-Ass 2*...
It's just a comic book movie. But Chloe Grace Moretz's character's stunt double was thrown into a wall by The Motherf**ker's henchwoman, Mother Russia, and she cracked her head open. She's only like 13 or 14, but she's OK now.

What was it like working – and fighting – with Jim Carrey?
We had one day together on set which made it special. His movies in the '90s like *Dumb And Dumber* are the reason I'm an actor now. Jeff Wadlow, the *Kick-Ass 2* writer/director, was happy with his script but when Jim Carrey wants to improvise it's hard to say no to him. He stays in character between takes so it was very cool to watch.

Were you disappointed at the stance he's taken in choosing not to promote the film because he's subsequently had a change of heart, and now feels it glamorises violence?
It's a bit of a bummer not to have had him with us at Comic-Con but with all the gun tragedies that have happened, I totally respect his opinion.

The Motherfker christens his motley crew of super-villains The Toxic Mega C**ts. Did you have a name for your crew when you were growing up?**
We still call each other "The Chillers" because we just like to hang out together.

The Motherfker has a shark in his lair. If you were a supervillain, what dangerous pet would you have?**
I'd have a flock of geese. It's always intimidating when a flock of those b*stards start running at you. And I'd dress them in red and black fetish costumes – that's enough to freak anyone out!

Did you pick up any Scottishisms from *Kick-Ass* creator Mark Millar?
The drunker he gets, the less you can understand! I've actually been to Scotland because my friends were performing at the Edinburgh Fringe Festival. I'd like to get involved, but it would be scripted comedy. I enjoy watching stand-up but to do it properly is a vocation.



Celebrity fisherman hooked another catch

What does your gran think about the extreme amount of swearing in the movie?
My grandma loves it. She doesn't normally go to see these kinds of movies, so the fact that I'm in them gives her an excuse. She's super-happy for me.

Comic book movies are killing it at the box office right now. Are we reaching saturation point with them?
The third act of every action movie I've seen lately seems to be: "What's the biggest thing we can blow up?" or "How elaborate can the

craziest face-off be?" It's kinda like numbing my brain. I'm over that, which is why I love the more low-key ending to *Kick-Ass 2* – it's a gang fighting a gang which is way cooler. My dad is actually a bigger comic book fan than me. We've got thousands at our house.

Is there any chance you'll be returning for the *Kick-Ass* threequel?
Without giving too much away, I'd be up for returning to sit in a wheelchair like Professor X. That would be the easiest acting job I've ever had in my life.



"Why, Mr John – your new costume is beautiful"

"I hate seeing people beat each other up"
Chris Mintz-Plasse

Is there a chance McLovin, your character in *Superbad*, could return? What would he be doing now?

He'd be a girl-mad, drug-crazed lunatic, f**king his way through college.

You think so?

Yeah – but at the same time he'd be getting straight As!

Now that you're a famous international film star, where's the strangest place you've been recognised?

I've had people follow me into the men's room and while I'm peeing in the stall,

they get their camera phone out and ask for a picture. I'm like, "Dude, my d*ck is out!"

Thanks, Chris. Finally, last time we met, we told you about a *Nuts* reader who'd had "McLovin" tattooed on his forehead. We've heard he's had it surgically removed. How do you feel about that?
I'm very happy for him. He made a bad decision in the first place, but came back to the land of reality in the end!

● *Kick-Ass 2* is in cinemas from 14 August.

Meet the fat-berg!

Bus-sized fat deposit found lurking in a London sewer



PUT ANY food down. Thank you. Now read and weep at the story of the "fat-berg" – a 15-tonne, London bus-sized deposit of fat, discarded food and baby wipes that Thames Water found in a sewer in Kingston, southwest London after residents complained about difficulties flushing loos.

And some poor schmuck is going to have to pull on some wellies and Marigolds, and clear it all up. Now. Anyone fancy a kebab?

"This is going to be great on the roasties"





→

Candice Swanepoel

In Victoria's Secret undies

In 2012, Candice came 10th in Forbes' highest-earning models list. And here she is again, at the coal face.

RUDE NEWS

As the Prem returns, here's our first team of honeys!



←

Billie Faiers

On that Twitter

"Mwwwahhhhhh!" tweeted Billie, with this undies-clad selfie. Foolishly assuming that anyone was looking at her lips.



→

Britney Spears

Out and about, California

"The Bigger The Better" was the message Britney plastered on her boobs. Works on pants, also.



Eva Longoria

On her hols, Marbella

The hat and sunglasses may put some off the scent, but it's impossible to be incognito in that bikini.



BB's Hazel

In the *Big Brother* house

At the time of writing, Hazel was up for eviction, so this is either a snap of goodbye, or a celebration of her continuing survival.



Jessica Wright

On her hols, Ibiza

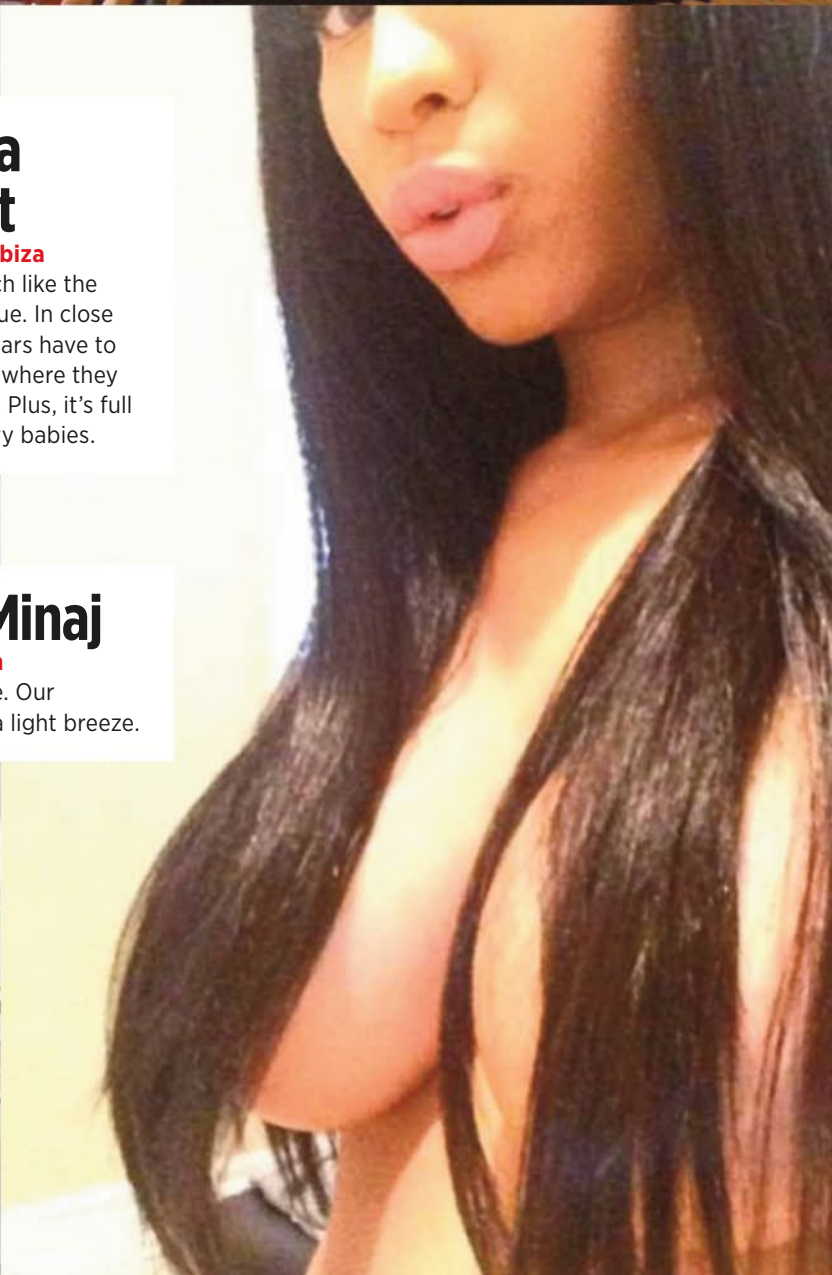
TOWIE is much like the Premier League. In close season, the stars have to take holidays where they can get them. Plus, it's full of cheating cry babies.



Nicki Minaj

On Instagram

A light breeze. Our kingdom for a light breeze.



YOUR Nuts

Your Letters!

POSTAGE PAID
The latest offerings from
our bulging sack!

LETTER OF THE WEEK!

Magnificent collection!

Dear Nuts,
Help! My bloke refuses to get rid of his *Nuts* mags and it's driving me mad!

RACHEL Derby

We'd never ask a man to throw away his *Nuts*, but if he wants to send them to serving soldiers, email pete_cashmore@ipcmedia.com.



"Nuts mags?
Er, no, I haven't
seen them"



"And another consonant,
please, Rachel!"

Sign (bad) language!

Dear Nuts,
Very childish. And obviously very amusing!

AMK via email

You'll get no argument from us there. Top-drawer immaturity indeed!

Nuts vest #1!

Dear Nuts,
Here I am in my *Nuts* gear.
Hope you like it!

JODIE via email

We do like it, Jodie. That's why we make it so small.



"Blasted moths!"



"Our rig's
stealth-bumming
king, Ryan,
strikes again."

STEVIE via email



"Damn, I just
sent it to
Domino's Pizza!"

Nuts vest #2!

Dear Nuts,
This is me in my *Nuts*
vest and shorts.

JESS via email

And rather smashing you look, too, Jess. Remember, ladies, you can bag yourself a similar get-up by visiting nuts.co.uk/giggs. Just don't forget to send pics!



She always
hogged the
finger buffet

The public speak!

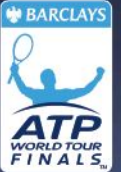
Dear Nuts,
A little message for those naughty people trying to get *Nuts* removed from my supermarket – hands off!

RACHEL via email

Look – even our protestors are the hottest protestors around!

Win! £100
cash!

Readers, here's your chance to appear in the pages of *Nuts* – and get paid for doing it! Just send your letters, hilarious spam pics, pimped pets and Camera Phone Cuties to nutsletters@ipcmedia.com or post them to the usual address on page 68. The sender of the week's best letter wins a fantastic cash prize of £100! Editor's decision is final. Terms and conditions on page 68 apply.



Official Partner

2004 / Australian Open
winner

2007 / US Open
winner

2009 / Roland Garros
winner

2012 / Wimbledon
winner

THE BEST PERFORMANCE IS THE ONE THAT LASTS

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PROGLIDE
POWER



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Gillette

THE BEST A MAN CAN GET™

*Test done in Dec 2010 by Stiftung Warentest.

Don't Look!

The page that makes you go, 'Eurgh!'

"I'll get into those size nines if it kills me!"

**DIGIT
DISASTER!**

ON THE MEND!

'My toe was hanging off my foot'

Mishandling of mower leads to terrifying tearing-off of tootsie!

➔ **HOW MANY** times do we have to tell you chaps to mind your feet when you're mowing the lawn? The latest chap to lose a foot-fight with a Flymo is Matthew Sinn, an 18-year-old student from Peterborough, who more or less had his second toe torn clean off when a spot of lawn-tending got lairy.

"I was doing the grass and as I pulled the mower

back from the edge of the lawn, it went over my foot and cut my toe. Cut it more or less off, in fact! I was only wearing soft-topped plimsolls, and it carved straight through them.

"I could hardly feel anything – I went into a state of shock and started shaking. I hobbled back into the house and told my brother he'd better call an ambulance. There was no pain and not much blood, either – just complete shock."

Incredibly, once Matthew reached the hospital, doctors were able to reattach his mangled toe, but his mower mishap wasn't without cost.

"They had to put a big pin in my toe, and I may never get the feeling back in it because all the tendons and nerves got torn. They're going to assess it when the cast comes off in three weeks. I may not be able to move it again, but at least I still have ten toes!"

"Actually, I'm on the loo"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2013 will win £1,000 in cash!*

Submit your images and contact details to dontlook@ipcmedia.com

WORDS: PETE CASHMORE *EDITOR'S DECISION IS FINAL
TERMS AND CONDITIONS ON PAGE 68 APPLY

Camera phone comedy!

Seen something daft? Snap it, send it in and win £100!

"My local landlord wasn't happy with my gross flouting of the rules!"

SIMON Portsmouth

NO GLASSES ON THE POOL TABLE

"I don't think I'll be eating these crisps for a while!"

MATT Ashford



Win £100!

Email **nutsletters@ipcmmedia.com** or text your pic to **0771 388 8008** (free texts, standard network charges apply*). Best pic** wins £100 cash to spend on lovely things!



"What can you even say about this?"

CHARLIE SMITH

via text

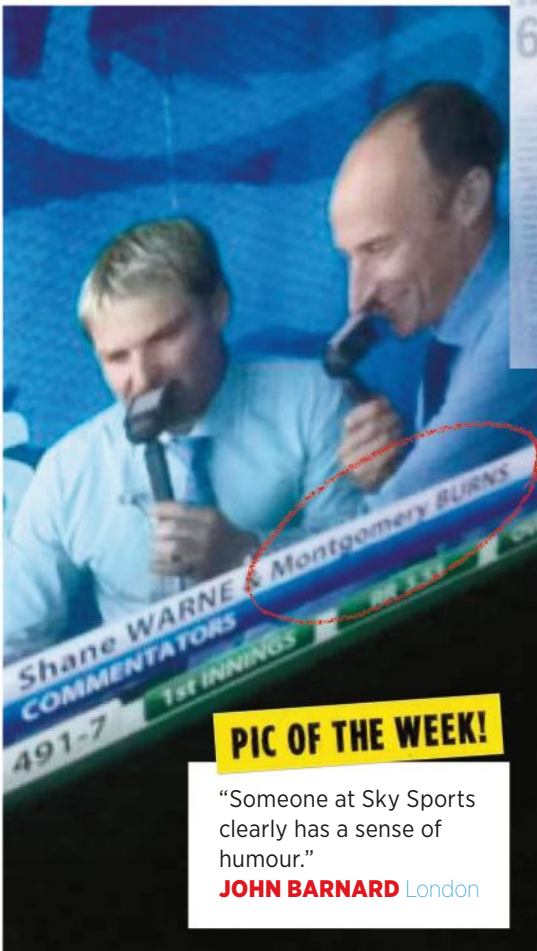


NAFF TATS CORNER

PIC OF THE WEEK!

"Someone at Sky Sports clearly has a sense of humour."

JOHN BARNARD London



"My friends got camel toes. I got a bacon sandwich!"

KESLEY SMITH

via text





Once in a brownish purple moon, I worry that I might be colour-blind!

RUSSELL MOORE *Workshop*

My girlfriend is constantly trying to change me – whether I’ve sh*t myself or not!

PAUL BAFFRON *Middlesbrough*

I was surprised to learn that a member of the French Air Force holds a world record. Then I found out it’s for “longest-serving kamikaze pilot”!

CHRIS GURNEY *Hull*

Ronan Keating’s wife is furious after finding sex texts on his phone. He said, “It’s only words!”

JON AIMES *Stourbridge*



JOKE OF THE WEEK!

Pull the other one

A GUY goes to a female dentist to have a tooth extracted. She pulls out a needle but the man says, “No way! No needles. I hate needles!”

The dentist hooks up the nitrous oxide and the man says, “I can’t do the gas thing. Just the thought of having the mask on suffocates me!”

The dentist then asks the patient if he has any objection to taking a pill. “No objection,” he says. “I’m fine with pills.” So the dentist gives him two.

“What are they?” he asks.

“Viagra,” says the dentist.

“Heck,” the patient says. “Does Viagra really work as a painkiller.”

“No,” she replies. “But it’ll give you something to hold on to while I pull your tooth out.”

ALISTAIR MCGREGOR *via email*



Small talk

MY MISSUS told me about some graffiti she’d spotted in the ladies’ at our local. Clearly written by a bloke, it read, “I’m 12 inches long and three inches wide. Call this number if you’re interested.”

Underneath it, someone had written, “Interested? I’m amazed! But what’s the size of your willy?”

LEE HANNIGAN *Colchester*



Double dilemma

MY BEST mate is a gay agoraphobic. The poor bloke’s been trying to come out of the closet for the past 15 years!

STEVEN BANNISTER
High Wycombe



Arsene about

ARSENE WENGER has said that the recent bid of £40million plus £1 for Luis Suarez was rubbish. The £1 was, in fact, for Stewart Downing.

KEITH MORRIS *Manchester*

Praise be!

HAVE YOU heard about the Jehovah's Witness with Tourette's syndrome? Apparently, he goes around knocking on people's doors on a Sunday morning and when they answer, he tells them to f**k off!

GARY O'SHEA London



Grandad had already filled his colostomy bag



Win an iPad and a DVD!

Send your jokes to nutsjokes@ipcmedia.com. The sender of this week's best joke* bags themselves a 16GB black iPad with Wi-Fi, as well as a copy of hilarious Jack Black comedy *Bernie*, out to own on DVD on 19 August, courtesy of Universal.

FAMOUS BLOKES' JOKES!

Demetri Martin:

"I think statues are great. They show what great people would look like if birds sh*t all over them!"

Milton Jones:

"If you're using public transport, never give up your seat to an old lady. That's how I lost my job as a bus driver!"

Jimmy Carr:

"When I was a kid, I had an imaginary friend. I thought he went everywhere with me. I could talk to him and he could hear me – and he could grant me wishes and stuff, too. Then I grew up and stopped going to church!"

Chris Addison:

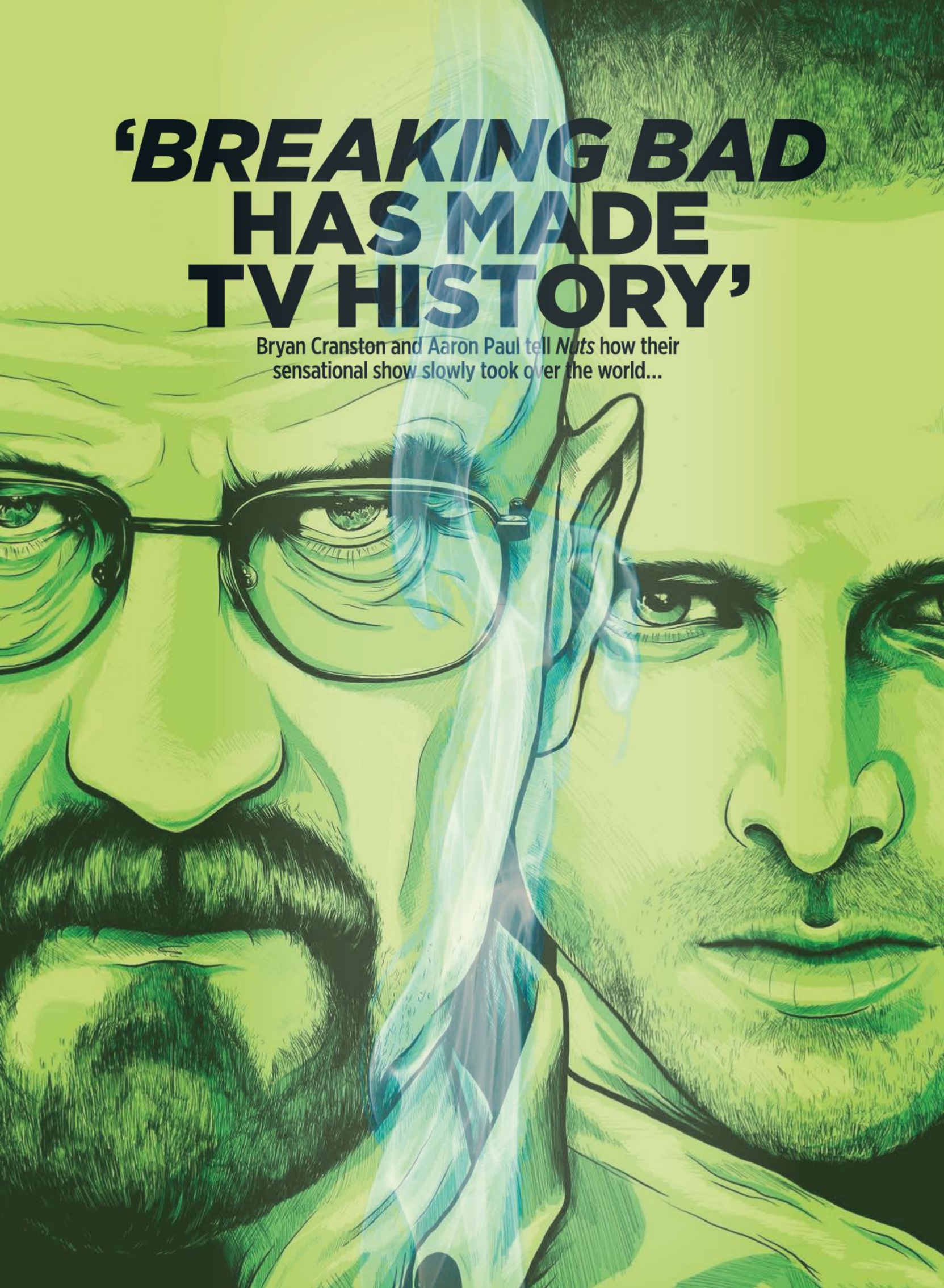
"I think I speak for everyone when I say that I have multiple-personality disorder!"

Tim Vine:

"Off to London Zoo to have breakfast with the tigers. If the keeper starts drizzling me in ketchup, I'll know I'm in trouble!"

'BREAKING BAD HAS MADE TV HISTORY'

Bryan Cranston and Aaron Paul tell *Nuts* how their
sensational show slowly took over the world...





ello chaps! We're a bit gutted that *Breaking Bad* is coming to

an end. How did you both feel after seeing the last-ever ep?

Bryan: I had a big smile. I'm going to quote Dr Seuss: "Don't cry because it's over, smile because it happened." That's the way I felt. We did this and it was great.

Aaron: It was devastating. Bryan and I read the final episode together out loud, at his house. When Bryan read the final description that said "End of series", it was a really intense, emotional experience. We just looked at each other for a solid 15 seconds without saying anything, but both of our eyes were tearing up.

Is it true you've both had *Breaking Bad* tattoos done?

Bryan: I got this tattoo [shows Nuts his right ring finger]. It reads "BRBA", which is the *Breaking Bad* logo.

Aaron: Mine says "No half measures". I remember I was walking around saying how terrible it was that the show was ending, and how we should all get matching tattoos. I said it as a joke but it snowballed into reality very quickly. So straight from the set, we all went to a bar and one of the crew, Robert, is a tattoo artist, so he tattooed all of us.

There's a fair chance that a few people still haven't seen *Breaking Bad* from the start. How would you sell it?

Aaron: It starts out intense and each season gets progressively darker. It's a crazy, violent ride but it's a fun one. When we shot the pilot, we knew we were part of something special, we just didn't know *how* special. I remember thinking, "Holy sh*t, I'm lucky."

Bryan: I had no idea where Walter White [Bryan's character] was going. When I read the pilot, there was no indication of the character's transformation. Vince [Gilligan, creator] told me at our first meeting that he wanted to turn a good man into a bad man, and I realised that, if successful, it would make TV history. And we did.

So what can you tell us about the final series? No spoilers!

Aaron: I'm not going to say anything. The first episode starts with an intense, violent punch in the face, and it never lets up. It's just a constant sprint to the finish line. I think it's perfect. In our past seasons, there's always been an episode or two that's allowed the audience to take a break from all the madness before the intensity starts up again. But there's no room to breathe in the final eight.

It must be insanely intense to film, too. How did you lighten the mood on set?

Bryan: I would walk around in my underwear or less – ha-ha! – to try to make someone break. Usually, it's Anna. I like to crack her up.

Aaron: He's always pulling pranks. There's a scene where Walt shows up to Jesse's house with a gun and says, "Take care of it. Handle it." It's a pretty serious scene and, in one of the takes, Bryan pulled out a water gun shaped like a long penis and started squirting me with it!

Do you have any advice on how hardcore *Breaking Bad* fans can cope with the withdrawal symptoms?

Aaron: There's nothing I can say or do to help with this. I'm still dealing with it. It's going to be a long, tortuous ride for us all, but I'm here with you. Just re-watch it over and over again, and watch it with people who haven't seen it yet. You can almost re-live it through their eyes because you see the excitement in them.

We're wondering, what's the bright blue crystal meth on the show made out of?

Bryan: It's flavoured rock candy. You can eat it! At that 16th hour when we were, like, "Ah man, I'm hungry," the whole cast and crew would all eat it, looking for a little hit to get us through the end of the day's shoot.

Both of your characters are pretty fearless, but what scares you in real life?

Aaron: Lots of things scare me. Bryan Cranston being at the top of the list! Heights scare me. Plane crashes scare me – my wife was in a plane crash and it was terrifying.

Bryan: I'm not keen on climbing mountains. Like those guys who climb up on those pikes and sleep for the night. That's not something I would enjoy.

What other telly box sets are you into at the moment?

Bryan: *House Of Cards* with Kevin Spacey. I need to watch the original from Britain.

Aaron: My wife and I are watching *The Wonder Years* from the start. If you haven't seen it in a long time, it still holds up. That and *Game Of Thrones* – the polar opposite!

You drove to the *Breaking Bad* premiere in the show's RV van. Were you tempted to nick it as a souvenir?

Aaron: I asked for the door and they said, "We'll get back to you." It looks like the RV might go to the Smithsonian Museum for a bit – but that might be something they're telling me so I can't have it. I got the Jesse Pinkman licence plate from his first car.

Finally, what will you miss most about *Breaking Bad*?

Bryan: The cast and crew. But all good things come to an end. You want people to say, "*Breaking Bad* was a good 62 episodes and I'll miss it." You don't want to hear, "*Breaking Bad* – is that still on the air?" We've told

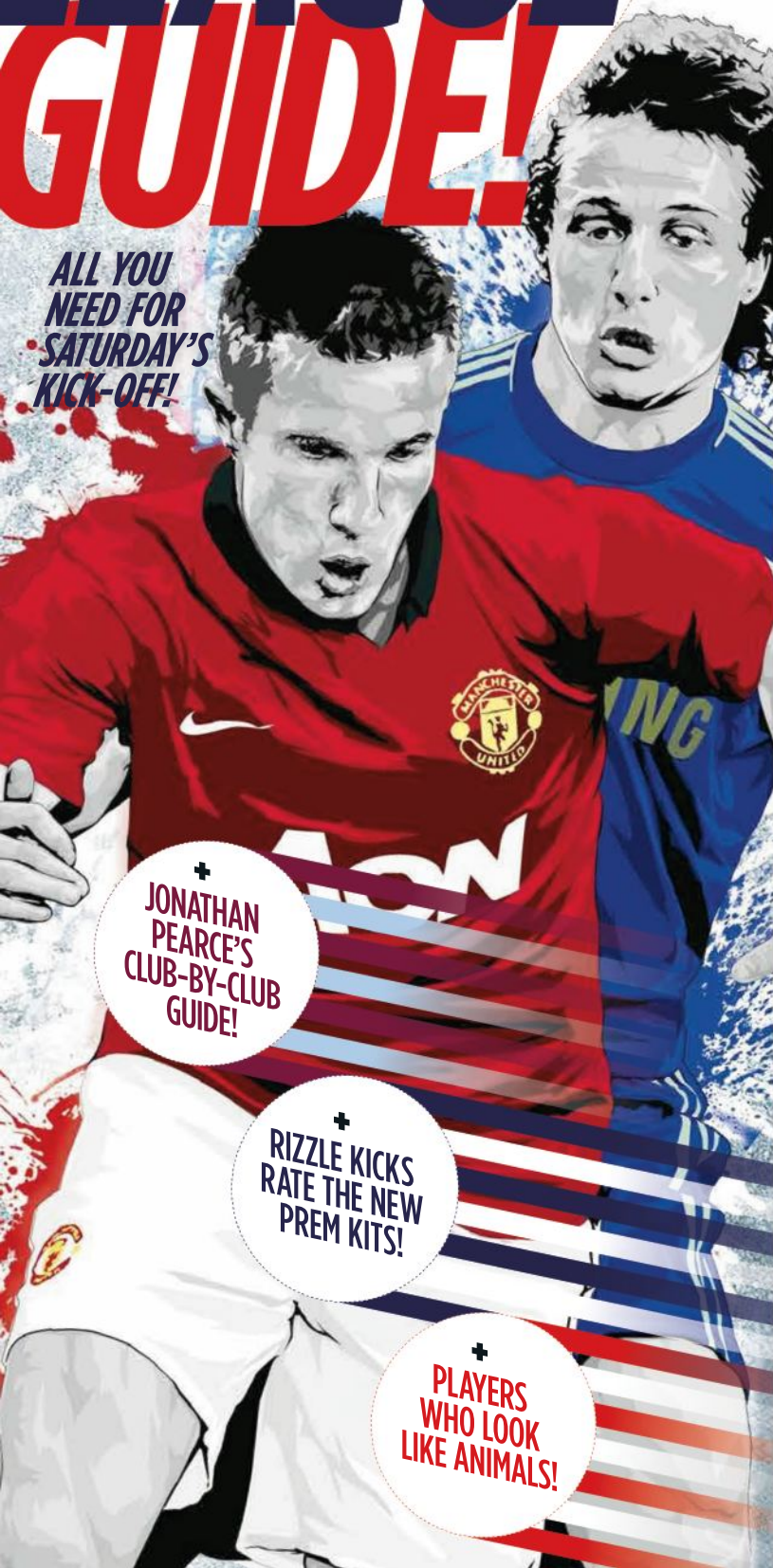
our story and it's time to turn off the lights. ✕

- The final season of *Breaking Bad* is on Netflix UK from 12 August. Seasons 1-5 are available on Blu-ray, DVD and Netflix UK now.



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ALL YOU
NEED FOR
SATURDAY'S
KICK-OFF!



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WHO LOOK
LIKE ANIMALS!



ASTON VILLA

KEY SIGNINGS > Jores Okore (FC Nordsjælland), £4m; Nicklas Helenius (Aalborg), £2m; Antonio Luna (Sevilla); Leandro Bacuna (FC Groningen); Aleksandar Tonev (CSKA Sofia), all undisclosed



MONEY SPENT > £6m

MANAGER > PAUL LAMBERT

STRENGTHS

"Christian Benteke's decision to sign a new deal is a huge boost. His 19 league goals kept Villa up last season. **Gabriel Agbonlahor** and **Andreas Weimann** provided pace in the three-pronged attack. Matthew Lowton is a terrific right-back. Paul Lambert will inspire spirit and belief again, and he's signed some young, hungry players."

WEAKNESSES

"Ron Vlaar remains Villa's only really experienced central defender. The youngsters will make mistakes and lack consistency. They're too reliant on Benteke for goals. Their first few games look tough."



TRANSFERS

→ → → → → → → → → →

"Dutch U21 international Bacuna is a lively winger or attacking midfielder who flashed in a 25-yard cracker in a pre-season friendly at Crewe. Striker Helenius was Danish Superliga Player Of The Year last term after his 19 goals for Aalborg."

PREDICTION

"At last, Villa enter a season with optimism. Lambert's belief in youth is refreshing and there's enough promise in the squad to ensure a healthier campaign. If they can improve their poor home record, they can finish in mid-table."

LEAGUE POSITION: 10th

ARSENAL

KEY SIGNINGS > Yaya Sanogo (Auxerre), free



MONEY SPENT > £0m

MANAGER > ARSENE WENGER

STRENGTHS

"Arsene Wenger is the most experienced Premier League boss. Theo Walcott's growing maturity was reflected in his 21 goals last season. **Santi Cazorla** has clever movement and astute passing. **Jack Wilshere** is a huge talent. Lukas Podolski and Olivier Giroud hit 33 goals last term – Arsenal scored more than in 2011/12 with Robin van Persie."

WEAKNESSES

"Their defence has lacked a leader when under the cosh in big games. Wojciech Szczesny too often makes daft decisions in goal. Podolski waned in the latter part of last term. Key areas need strengthening."



TRANSFERS

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"The Higuain and Suarez sagas have dragged on too long and again fans have been left frustrated. However, Sanogo looked decent in France's U20 World Cup triumph this summer and Wenger insists that he's a star in the making."

PREDICTION

"A Suarez or a Rooney would turn this squad into title contenders. They're not far off but five points from eight games against their main rivals last season needs improving. Their run-in is good, though, and they'll win something at last."

LEAGUE POSITION: 2nd

CARDIFF CITY

KEY SIGNINGS > Steven Caulker (Spurs), £8m; Andreas Cornelius (FC Copenhagen), £7.5m; John Brayford (Derby), £1.5m; Simon Moore (Brentford), undisclosed



MONEY SPENT > £17m+

MANAGER > MALKY MACKAY

STRENGTHS

"**Craig Bellamy** will inevitably hog the headlines but Cardiff are by no means a one-man team. Peter Whittingham has a great left foot, Craig Noone can leave full-backs with twisted blood and South Korean Kim Bo-Kyung has always been praised by compatriot Park Ji-Sung. Manager Malky Mackay is a bright and able sort."

WEAKNESSES

"They lack experience at this level and some players will be found wanting. Bellamy's injury problems are well-known. The club's owners can also be erratic and I fear a dismissal of Mackay if they start poorly."



TRANSFERS

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"**Steven Caulker** impressed for the GB Olympic team last summer but Cardiff fans will recall his Swansea connection and might not forgive early errors. Andreas Cornelius hit 18 goals in FC Copenhagen's title-winning campaign last season."

PREDICTION

"It'll be great to have two teams from Wales in the Premier League. I wouldn't be surprised to see Cardiff get off to a bright start, but back-to-back trips to Arsenal, Man City and Man United at the turn of the year will see their fortunes dip."

LEAGUE POSITION: 19th

Q & A

THEO WALCOTT

Arsenal

H i Theo! Are Arsenal ready to end a painful eight years without a trophy?

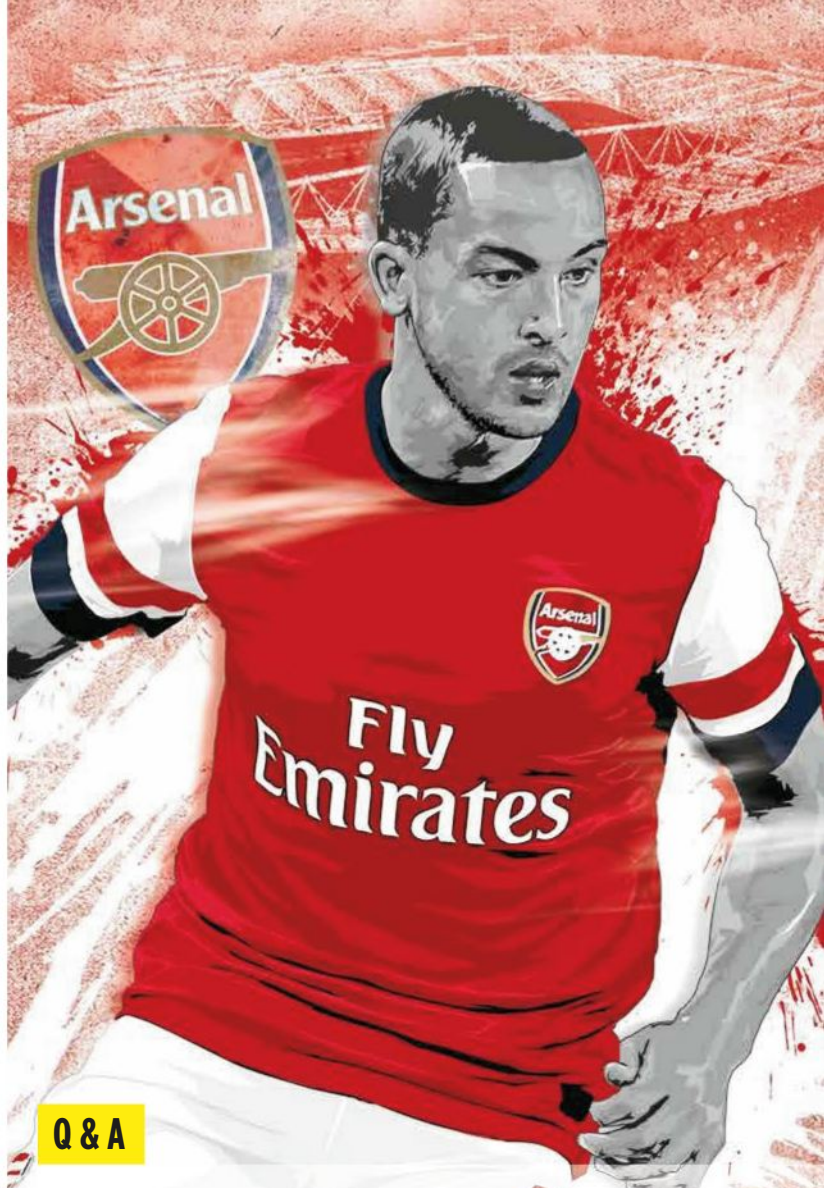
Of course we need to win trophies – that's what we play the game for. I've never won anything at Arsenal but I look at things positively and the way we turned things around after a difficult start last year, and showed the kind of consistency we did, bodes well for this season.

After much speculation, you committed your future to Arsenal last season. Presumably, you think this Gunners squad is going places?

I look at our squad and see the potential to be fighting for the title and genuinely punching our weight. Qualifying for the Champions League is great but we need to be in the mix for winning the Premier League. People don't see the hard work that goes on behind the scenes, and I can promise you that we're incredibly committed – something that brought us results towards the end of last season.

Why are Arsenal so inconsistent?

Of course, it's frustrating when we know how good we can be. We just need to maintain our form throughout the whole campaign, and not just periods of it. Maybe people write us off and we respond to that – I know I do. The spirit in the squad is never in doubt and neither should the quality be. We'll be up there come the end of the season. ►



CHELSEA

KEY SIGNINGS > Andre Schürrle (Bayer Leverkusen), £18m; Marco van Ginkel (Vitesse), £8m; Mark Schwarzer (Fulham), free; Christian Cuevas (O'Higgins), undisclosed

MONEY SPENT > £26m+

MANAGER > JOSE MOURINHO



STRENGTHS

"Jose Mourinho! He'll make sure last season's sloppy defeats aren't repeated. He'll rekindle the fire in the old stagers (Frank Lampard will relish the return of his old boss) and polish the diamonds like Eden Hazard, **Juan Mata** and Oscar. The arrival of Andre Schürrle and the return of Romelu Lukaku give them options up front."

WEAKNESSES

"Petr Cech is no longer impenetrable. **David Luiz** is more suited to continental defending. John Terry is in the autumn of his career. The midfield is often unbalanced. Fernando Torres sometimes lacks spark in the league."



TRANSFERS

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"Dutch Young Player Of The Year Van Ginkel is seen as the next Lampard. The 20-year-old scored 23 in 111 games for Vitesse Arnhem but needs time to settle. Schürrle can raid down either flank and scored 43 goals in 151 games in Germany."

PREDICTION

"It's written in the stars. The second coming of Mourinho will bring the title back. The squad oozes quality in depth and bristles with winners. A huge victory at Old Trafford on 26 August will kick start an amazing title charge."

LEAGUE POSITION: 1st

CRYSTAL PALACE

KEY SIGNINGS > Jose Campana (Sevilla), £1.7m; Stephen Dobbie (Brighton), undisclosed; Dwight Gayle (Peterborough), undisclosed; Jerome Thomas (West Brom), free; Kevin Phillips (Blackpool), free

MONEY SPENT > £1.7m+

MANAGER > IAN HOLLOWAY



STRENGTHS

"The Palace fans are in dreamland after the club nearly went bust, and will treat each game like a cup final. Ian Holloway is a great motivator. Young **Johnny Williams** is a big talent in midfield. Keeper **Julian Speroni** has been a club hero for years. Yannick Bolasie dazzled on the wing last season. Kevin Phillips can still plunder vital goals."

WEAKNESSES

"The long-term injury to goal ace Glenn Murray could prove costly. The defenders lack mobility at this level. Just eight victories in their last 34 games last season suggests they won't win enough to stay up."



TRANSFERS

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"Gayle hit 13 goals for Peterborough in his first season at Championship level, but £6million is a real punt by the Eagles. Campana started just six league games for Sevilla last term but the midfielder did star in Spain's U20 World Cup team this summer."

PREDICTION

"My in-laws – lifelong Palace fans – will disown me but I can't see them winning enough games to survive. There will be a log jam at the bottom. Crucially, though, Palace's sensible owners won't panic and will bring them up again."

LEAGUE POSITION: 18th

EVERTON

KEY SIGNINGS > Arouna Kone (Wigan) £6m; Joel Robles (Atletico Madrid), undisclosed; Antolin Alcaraz (Wigan), free

MONEY SPENT > £6m+

MANAGER > ROBERTO MARTINEZ



STRENGTHS

"Roberto Martinez's positivity will ensure there's no major fall-out from the departure of David Moyes. **Phil Jagielka** is one of my favourite defenders. Leighton Baines and Marouane Fellaini are top drawer and must be kept or replaced with similar talent. It should also be a big year for the highly promising 19-year-old Ross Barkley."

WEAKNESSES

"The defence is ageing and youngsters like **Shane Duffy** need to be given a chance. Baines and Fellaini are likely to leave. Nikica Jelavic needs to rekindle his goal mojo. I'll be sad not to see Phil Neville there."



TRANSFERS

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"Martinez has brought in tried-and-trusted players from Wigan. Keeper Robles will offer cover for Howard. Kone's 13 goals for Wigan suggest he'll score more in a better side. Had Alcaraz not missed five months injured, Wigan would've stayed up."

PREDICTION

"Goodison fans should enjoy Martinez's style of football. He may even play a back five, giving Baines and Coleman more freedom to attack. Keeping Baines is vital, though. If he stays, Everton could pip Liverpool again."

LEAGUE POSITION: 6th

FULHAM

KEY SIGNINGS > Maarten Stekelenburg (Roma), £4.8m; Sascha Riether (FC Köln), £1.3m; Fernando Amorebieta (Atletico Bilbao), free; Derek Boateng (Dnipro), free; Ange-Freddy Plumain (RC Lens), free

MONEY SPENT > £6.1m

MANAGER > MARTIN JOL



STRENGTHS

"The squad is hugely experienced. **Dimitar Berbatov** is sublimely skilful (although his astute thinking is too quick for his fellow players at times). Maarten Stekelenburg is a top keeper. Sascha Riether is one of the best right-backs in the division. Steve Sidwell is fiercely competitive. The new owners will make cash available to keep them up."

WEAKNESSES

"Martin Jol will need to rejuvenate his squad, as a dozen players are the wrong side of 30. Mladen Petric, **Hugo Rodallega** and Bryan Ruiz don't score enough goals. The central midfield can be sluggish at times."



TRANSFERS

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"Dutch keeper Stekelenburg is an excellent shot-stopper. Venezuelan centre-back Amorebieta spent eight rugged, uncompromising years at Athletic Bilbao. Boateng, a schoolboy team-mate of Michael Essien in Ghana, will anchor the midfield."

PREDICTION

"Martin Jol has strengthened wisely so far. The addition of a proven goal-scorer like Darren Bent could take them into the top ten but as it is, they'll be comfortable enough given their experience and home form."

LEAGUE POSITION: 11th

HULL CITY

KEY SIGNINGS > Curtis Davies (Birmingham), £2.25m; Ahmed Elmohamady (Sunderland), £2m; Allan McGregor (Besiktas), £1.8m; Steve Harper (free agent), free; Danny Graham (Sunderland), loan



MONEY SPENT > £6.1m

MANAGER > STEVE BRUCE



STRENGTHS

"Steve Bruce has the experience to get the best out of his players for the huge task of staying up. **George Boyd** has always had the talent to play at this level and now gets his chance. Ahmed Elmohamady had a great promotion season on the right flank. Robert Koren is sound in midfield. Robbie Brady is an exciting young talent."

WEAKNESSES

"Central defence could be a problem. Abdoulaye Faye is now 35 and others have struggled at this level in the past. If Danny Graham fails to rediscover his 2011/12 Swansea form, goals will be scarce."



TRANSFERS



"Elmohamady's permanent signing was prudent. McGregor and **Steve Harper** are experienced keepers, though their best years are behind them. Defender Davies has never been as secure at top level as he should've been, given his talent."

PREDICTION

"Following a tough start, the Tigers will endure a grim season where hard work and compelling commitment will go unrewarded by results. But, like Crystal Palace, they'll spend wisely, regroup and come back stronger."

LEAGUE POSITION: 20th

LIVERPOOL

KEY SIGNINGS > Simon Mignolet (Sunderland), £9m; Iago Aspas (Celta Vigo), £7m; Luis Alberto Romero (Sevilla), £6.8m; Kolo Toure (Man City) free



MONEY SPENT > £22.8m

MANAGER > BRENDAN RODGERS



STRENGTHS

"A younger squad is being constructed around **Steven Gerrard**, who remains one of Europe's best midfielders. Luis Suarez may cut a noxious figure to some but he's a superb striker (though he may not stay). Daniel Sturridge had a good scoring return in his first season. Philippe Coutinho looks a great player in the making."

WEAKNESSES

"Rodgers will need a plan B if Suarez leaves. The defence in front of **Simon Mignolet** may take time to settle and there's no Jamie Carragher. Sebastian Coates isn't Premier League standard."



TRANSFERS



"Aspas scored a total of 61 goals in 233 games for Celta Vigo, but last season was his first in La Liga. Romero also scored regularly in the Spanish second division. This is a step up for both. Mignolet will be a hungry replacement for Pepe Reina."

PREDICTION

"It'll be another up-and-down campaign, as the club remains a work in progress. The whole Suarez soap opera has damaged planning and the central defence looks creaky. Rodgers needs another season before judgement can be made."

LEAGUE POSITION: 7th

Q & A

FRANK LAMPARD

Chelsea

H i Frank! How do the Chelsea lads feel ahead of this Premier League season? There's a huge amount of excitement around the place and also plenty of anticipation. In the past few seasons, we haven't been good enough domestically. We aim to put that right.

Is Jose Mourinho your secret weapon?

I'm not sure he's a secret! Everyone knows what the manager means to this club, so obviously it's brilliant to have him back. There's so much affection for him among the staff and players. He knows what it takes to win trophies and how to get the best out of individuals.

As a veteran, how do you get yourself psyched up for yet another Premier League campaign?

I'm as hungry as ever, don't you worry about that! I have to approach things a bit differently as I get older, but I know I can still perform at a high standard for Chelsea.

You had a great end to last season, breaking Chelsea's all-time scoring record, winning the Europa League and earning yourself a new one-year contract. Happy memories?

I wanted to stay, so to get that sorted was a weight off my shoulders. And everyone was talking about the record for months, so I was pleased to get there. Now I can look forward and hopefully help Chelsea win more trophies. ►





Q & A

VINCENT KOMpany

Man City

H Hi Vincent! Can Man City regain the Premier League crown this season?

We have a team that's very focused, very driven and very hard-working. Last season hurt and we don't want to repeat that.

What went so wrong last season?

We weren't good enough. We set high standards but didn't reach them, and the result was second place. The good thing is that we have players who'll use this as motivation, and also some great signings who'll make us real contenders.

Is it a sign of how far City have come that finishing runners-up in the title race is seen as a bit of a disaster?

Only a few years ago, the club would maybe have only dreamt of such a finish! But at the same time – and it may sound a bit of a cliché – we're now a club that will never be happy with second place. Our quality demands better.

How is Manuel Pellegrini settling in as your new coach?

It naturally took time for us to adapt to his methods and learn from him what he wants. But I think the team now understands his philosophy and is excited by the possibilities.

Which team is your favourite for the title?

You can't expect me to answer that! What I can confirm is that we have the intention of being champions again.

MAN CITY

KEY SIGNINGS > Fernandinho (Shakhtar Donetsk), £30m; Stevan Jovetic (Fiorentina), £22m; Jesus Navas (Sevilla), £17m; Alvaro Negredo (Sevilla), undisclosed



MONEY SPENT > £69m+

MANAGER > MANUEL PELLEGRINI

STRENGTHS

"The disruptive Carlos Tevez has gone and new boss Manuel Pellegrini has strengthened astutely. Vincent Kompany is outstanding. Matija Nastasic can become a top defender, too.

Pablo Zabaleta is one of the best right backs in Europe. Yaya Toure remains a colossus, and Sergio Aguero and David Silva are shining stars."

WEAKNESSES

"This isn't Pellegrini's squad and there will be divisions in his ego-stuffed dressing room until it's finally his. Samir Nasri typifies what can be glorious or corrosive about the club. Joe Hart needs more competition."



TRANSFERS

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"**Fernandinho** gets from box to box with pace. Jovetic has never been a 20-goals-a-season man. Navas has pace and trickery on the right but suffered from homesickness in his earlier career. Negredo was the top scorer in La Liga last season."

PREDICTION

"A kind opening run of fixtures means City could go into the September derby with United top of the table. But Pellegrini's lack of experience in England could ultimately tell, and dressing-room friction could erode flair and form once again."

LEAGUE POSITION: 4th

NEWCASTLE UNITED

KEY SIGNINGS > Loic Remy (QPR), loan



MONEY SPENT > £0m

MANAGER > ALAN PARDEW

STRENGTHS

"The undying support from the fans. Yohan Cabaye is a fabulous midfielder. **Papiss Cisse** will score extraordinary goals. **Hatem Ben Arfa** can unlock defences. Steven Taylor bleeds black and white. Tim Krul is a commanding keeper. They can't possibly have as many injuries as last year and they're free of Europa League strain."

WEAKNESSES

"The appointment of Joe Kinnear as director of football will cause problems, and there are question marks hanging over many of last season's signings. Cisse looked sulky at times and Cheick Tiote's standards dropped."



TRANSFERS

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"They've been pursuing new strikers to partner Cisse for weeks but won't bust the bank. Bafetimbi Gomis hit 20 for Lyon last season. QPR's Loic Remy has flair but flitted around the periphery of games too often in the Rs' relegation fight."

PREDICTION

"Unless new signings arrive and gel quickly, I can see a reasonable start brought about by generous home fixtures being dissipated. I don't think they'll be in relegation trouble again but fans' frustrations will quickly grow."

LEAGUE POSITION: 14th

MAN UNITED

KEY SIGNINGS > Guillermo Varela (Penarol), £1m



MONEY SPENT > £1m

MANAGER > DAVID MOYES



STRENGTHS

"David Moyes is the ideal replacement for Sir Alex. He recognises talent and develops it judiciously. He'll take United to titles in the future. 140 goals in his past 183 club games mark **Robin van Persie** as one of the world's top hitmen. **Michael Carrick** is masterful in pulling the midfield strings and David de Gea has made great strides in goal."

WEAKNESSES

"Rio Ferdinand, Nemanja Vidic and Patrice Evra can't go on forever. The Wayne Rooney saga has been messy. And it's hard to imagine there won't be a short-term dip in fortunes after over 26 years of Fergie."



TRANSFERS

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"Chelsea and Man City have stolen a march on the champs. Wilfried Zaha has tantalising trickery and flashing pace, but his final ball and game-reading need improvement. Varela is a promising right back who played in Uruguay's U20 World Cup team."

PREDICTION

"Outside pressure on Moyes will be intense from the start. He'll cope with it but some of the younger players may not. They could find themselves playing catch up and lacking the legs to close the gap on the leaders."

LEAGUE POSITION: 3rd

NORWICH CITY

KEY SIGNINGS > Ricky van Wolfswinkel (Sporting CP), £8.5m; Gary Hooper (Celtic), £5m; Nathan Redmond (Birmingham), £3.2million; Javier Garrido (Lazio), £1.28m; Leroy Fer (FC Twente), undisclosed



MONEY SPENT > £17.9m+

MANAGER > CHRIS HUGHTON



STRENGTHS

"There are good players throughout the squad. **Ryan Bennett, Russell Martin, Alex Tettey, Anthony Pilkington** and Wes Hoolahan can all hold their own at this level. Chris Hughton also correctly pinpointed the areas for strengthening after three wins from their final five games last season matched the total from the previous 20."

WEAKNESSES

"Norwich have a small squad and one or two players have been found out after two seasons in the top flight. The Canaries will need to be safe before their final four games: Liverpool, Man United, Chelsea and Arsenal!"



TRANSFERS

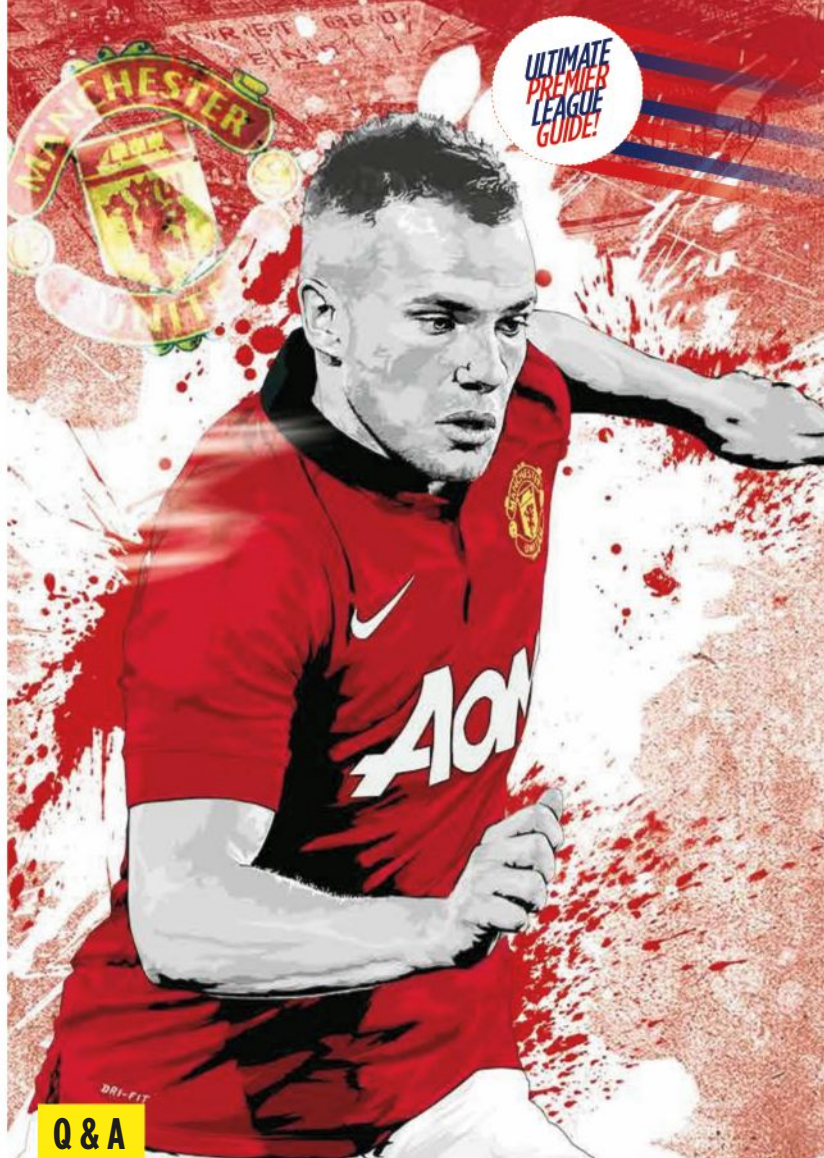
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"Nathan Redmond was England's best player at the European U21 finals. Gary Hooper scored 82 goals in 137 games at Celtic and his partnership with Ricky van Wolfswinkel – so dangerous at Sporting Lisbon – will have the fans licking their lips."

PREDICTION

"Sensible planning should provide a platform for a safer season without any end-of-season relegation fears. Hughton deserves the backing of the club. There may have been boardroom jitters in April, but they stuck by him. Well done, Canaries!"

LEAGUE POSITION: 12th



Q & A

TOM CLEVERLEY

Man United

H i Tom! How much of a culture shock is it to be embarking on a new season without Fergie? It was always going to be different because the man is such a legend, but it's honestly been great. The training might be different but the desire and expectation to win stays the same. We've got a new manager to impress now!

But surely Sir Alex retiring weakens United's air of invincibility? You don't achieve what he did in the game without people saying we'll miss him. That's a tribute to the man and the incredible achievements he made. But we have a new manager who's determined to bring success, and also the good fortune of having senior players used to winning things season after season. They're the example to the younger lads who themselves adopt the same mentality.

You're an England international and Man United regular at a pretty young age. What keeps you grounded? I just play football. I let the rest of the stuff take care of itself. I work hard and appreciate the opportunities I've got. I'm fortunate to be doing this and I never forget that.

So, United for the title? I hope so. It's a new era for the club and everyone is excited. Man United is about good football and winning trophies. Nothing will change in that respect. It's business as usual. ►

SOUTHAMPTON

KEY SIGNINGS > Viktor Wanyama (Celtic), £12.5m; Dejan Lovren (Lyon), £8.5m



MONEY SPENT > £21m

MANAGER > MAURICIO POCHETTINO



STRENGTHS

"Mauricio Pochettino has plenty of talent at his disposal. **Luke Shaw** is a great young left-back. **Jack Cork**, Morgan Schneiderlin and Adam Lallana gave the midfield hard work and balance last season, while Rickie Lambert scored 15 goals and can match that. Prudent strengthening can help establish them as a top-flight side this year."

WEAKNESSES

"They've been over-reliant on Lambert's goals. The centre-backs had worrying moments last season and the keeper needs better protection. Nicola Cortese doesn't seem the most patient of chairmen."



TRANSFERS

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"Wanyama will provide a stern central presence in defence or midfield but needs to watch his card count. Centre-back Lovren should shore up the defence, even though he was sent off three times in his final months at Lyon."

"As long as Rickie Lambert stays fit, they should stay up, although there may be one or two scares along the way. Ultimately, this is a really good footballing team that fully deserves another crack at the top flight."

LEAGUE POSITION: 15th

STOKE CITY

KEY SIGNINGS > Erik Pieters (PSV), £3m; Alex Grant (Portsmouth), free; Marc Muniesa (Barcelona), free



MONEY SPENT > £3m

MANAGER > MARK HUGHES



STRENGTHS

"New boss Mark Hughes may sweep away a few cobwebs. **Jon Walters** is tireless up front and **Peter Crouch** is a unique danger to defences, as long as he gets the right service. Matthew Etherington can provide that. Jack Butland is a good long-term signing. The central defenders will be as tough as ever."

WEAKNESSES

"Hughes has been brought in to introduce more flair to the side, but a change of direction too soon could be dangerous. There aren't enough clinical finishers at the club and a few players look past their best."



TRANSFERS

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"Left-back Erik Pieters proved his fitness for Holland in the summer after playing just twice for PSV following a foot injury. Butland is a giant keeper who has rich, if raw, talent. Centre-back Muniesa comes from the Barcelona talent factory."

PREDICTION

"Hughes will keep them up but it won't be an easy ride. Too many players are past their sell-by date and he needs fresher legs to keep them in the division. I back him to slowly develop things in his own style, though."

LEAGUE POSITION: 17th

SUNDERLAND

KEY SIGNINGS > Emanuele Giaccherini (Juventus), £6.5m; El-Hadji Ba (Le Havre), £380k; Jozy Altidore (AZ), undisclosed; Modibo Diakite (Lazio), free; Cabral (Basel), free



MONEY SPENT > £6.9m+

MANAGER > PAOLO DI CANIO



STRENGTHS

"Paolo Di Canio's unbridled passion. He has the Stadium of Light rocking. New signings will revitalise the squad and provide more ingenuity. Steven Fletcher scores goals even when teams are struggling. He can only improve under the maverick Italian. Seb Larsson can thump a free-kick."

WEAKNESSES

"A big turn-over of players can bring QPR-like chaos. Mignolet will be missed. The Prem will be a shock for the new boys. Di Canio's passion can easily turn to fury and fall-outs with players. **Jack Colback** suddenly seems unwanted but he's a good player."



TRANSFERS

→→→→→→→→→→→→→→→→

"**Jozy Altidore** scored 31 for Alkmaar last season and four in five games for the USA this summer. Central midfielder Ba has potential but he's only played 13 first-team games in France. Cabral will anchor midfield or cover at centre back."

PREDICTION

"The Premier League may prove too big a step up for some new signings, and Di Canio's revolution will bring extreme highs and lows. I can see them creating shocks in high-profile matches but slumping to defeat in the bread-and-butter games."

LEAGUE POSITION: 16th

SWANSEA CITY

KEY SIGNINGS > Wilfried Bony (Vitesse), £12m; Jonjo Shelvey (Liverpool), £5m; Jordi Amat (Espanyol), £2.5m; Jose Canas Ruiz-Herrera (Real Betis), free; Jonathan de Guzman (Villarreal), loan



MONEY SPENT > £19.5m

MANAGER > MICHAEL LAUDRUP



STRENGTHS

"Michael Laudrup is an exceptional manager with a winning mentality and a love of good football. **Ashley Williams** cements the defence. The hard-working midfield has balance, creativity and pace in wide positions. **Michu** would fit in at a top-four side. Bony will allow him to play deeper. European football will attract more good signings."

WEAKNESSES

"Europa League fixtures will stretch the squad. The Swans could struggle to hold on to Williams and, without him, the back four will encounter problems. Opposition defences will be more watchful of Michu this season."



TRANSFERS

→→→→→→→→→→→→→→→→

"Laudrup crucially won his battle with the board for money to strengthen. Centre back Amat did well at Rayo Vallecano last season but picked up 13 bookings. Bony has already shown what he can bring in the Europa League qualifiers."

PREDICTION

"It'll be a challenge for them to cope with domestic and European football, but the squad has been thickened and the Swans can again cause a few shocks. They have potency in attack but the defence will cause concern if Williams goes."

LEAGUE POSITION: 9th

TOTTENHAM HOTSPUR

KEY SIGNINGS > Roberto Soldado (Valencia), £26m; Paulinho (Corinthians), £17m; Nacer Chadli (Liege), £7m; Zeki Fryers (Standard Liege), £3m; Etienne Capoue (Toulouse), £9.5m



MONEY SPENT > £62.5m

MANAGER > ANDRE VILLAS BOAS

STRENGTHS

"The sale of Gareth Bale could provide a war-chest to fund a genuine title challenge. **Hugo Lloris** can become one of the world's best keepers. Kyle Walker pounds forward from right back. **Jan Vertonghen** can only get better after an excellent first year at White Hart Lane, and **Younes Kaboul** and **Sandro** will both be fit again."

WEAKNESSES

"Selling Bale would disrupt the side in the short term and dismay fans who hadn't purred over such a talent since Gazza. The new signings will have to hit the ground running if they're to challenge for the top four."



TRANSFERS

→→→→→→→→→→→→→→→→

"Belgium international **Chadli** will have to fill Bale's boots. He had a decent scoring return for Twente, as Spurs found to their cost in the Champions League three years ago. Former Man United starlet **Fryers** will provide competition at the back."

PREDICTION

"With Bale in the side plus the new signings, they could challenge for everything. If Bale leaves, the immediate rebuilding will cost them ground. Selling Bale would enable them to fight for the title in the future – but not this season."

LEAGUE POSITION: 5th

WEST BROMWICH ALBION

KEY SIGNINGS > Nicolas Anelka (Shanghai Shenhua), free; Goran Popov (Dynamo Kiev), loan; Diego Lugano (PSG), free



MONEY SPENT > £0m

MANAGER > STEVE CLARKE

STRENGTHS

"Steve Clarke is a sound tactician with enough good players to stay in the division. Ben Foster is a top keeper. **Jonas Olsson** is a robust defensive leader. Craig Dawson has potential to be a top centre back. The midfield has genuine talent and will score goals. Shane Long works his socks off up front. **Nicolas Anelka** is very experienced."

WEAKNESSES

"Their slump at the end of last season was ominous. The return of Romelu Lukaku to Chelsea will hurt after his 17 goals proved inspirational. Peter Odemwingie's presence will be irksome to fans."



TRANSFERS

→→→→→→→→→→→→→→→→

"Anelka arrives at his sixth English club at the age of 34, boasting a Champions League winner's medal, titles in three different countries and 204 career goals. Lugano has been a heroic defender at club and international level for Uruguay."

PREDICTION

"I can't see them matching last season's performance and they'll need another good start to avoid relegation concerns. They'll surrender the Midlands crown to Villa but will be safe, especially if they strengthen in January."

LEAGUE POSITION: 13th

WEST HAM UNITED

KEY SIGNINGS > Andy Carroll (Liverpool), £15m; Adrian (Real Betis), free; Razvan Rat (Shakhtar Donetsk), free; Danny Whitehead (Stockport), undisclosed



MONEY SPENT > £15m+

MANAGER > SAM ALLARDYCE

STRENGTHS

"Sam Allardyce has cleverly turned a Championship squad into a competitive Premier League outfit. **Andy Carroll** gives them a bludgeoning spearhead and Kevin Nolan will always profit from his knockdowns. Winston Reid impressed me at centre back last term. I've always admired Mohamed Diame and Mark Noble."

WEAKNESSES

"Jussi Jaaskelainen had a terrific campaign last season, defying his years, but he's 38. New boy Adrian will have to get to grips with the physicality of the Premier League. The midfield can be one-paced at times."



TRANSFERS

→→→→→→→→→→→→→→→→

"The permanent signing of **Carroll** shows their ambition but they need more new strikers. **Razvan Rat** will provide quality and experience at left back. Adrian kept 11 clean sheets after making his breakthrough at La Liga side Real Betis last season."

PREDICTION

"They look solid enough to pick up the points to stay out of trouble, and with the threat of **Carroll** they can kick on and become the fourth London club in the top eight. A good start and home form will be crucial."

LEAGUE POSITION: 8th

PEARCE'S FINAL THOUGHTS...

THE CHAMPIONS > CHELSEA

"Although Chelsea have changed manager again, the return of Jose Mourinho won't create the same sort of upheaval as Sir Alex's retirement has at Old Trafford. Man City still seem to be ego-riddled. Arsenal will only have enough to challenge for the title if they get their transfer targets. Tottenham may trade their chance of the crown for Spanish gold. Mourinho will stop Chelsea losing the silly games. The squad oozes class. It'll be tight between the top five again until April."

CHAMPIONS LEAGUE WINNERS > REAL MADRID

"The arrival of Gareth Bale would add to Real's goal threat, while Carlo Ancelotti is likely to win more friends than Mourinho ever did, making Real a more united club. Barcelona have Neymar but with Puyol no longer a fixture and key players beginning to wane, they're past their best. Bayern Munich were worthy 2013 champions but Pep Guardiola's methods may not be easily adopted and if Bastian Schweinsteiger leaves, they'll lose their soul. PSG and Monaco are throwing money at it. The English teams will again reach the knock-out stages in number, but Real will remind Mourinho of what he failed to win with them."

ONES TO WATCH

"I'm looking forward to seeing the Danish hitmen Nicklas Helenius at Villa and Andreas Cornelius at Cardiff. Nathan Redmond has great potential."

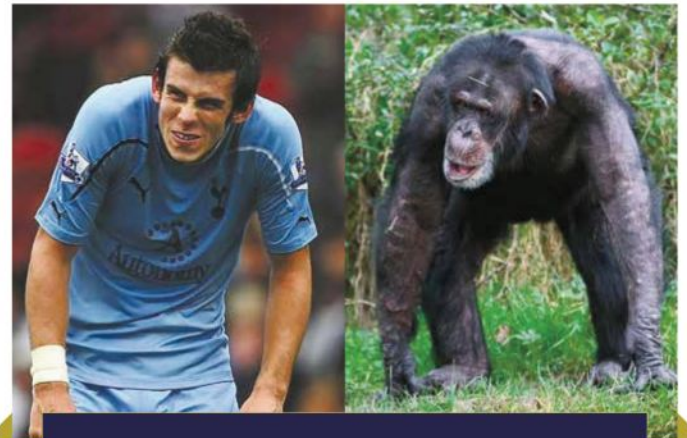
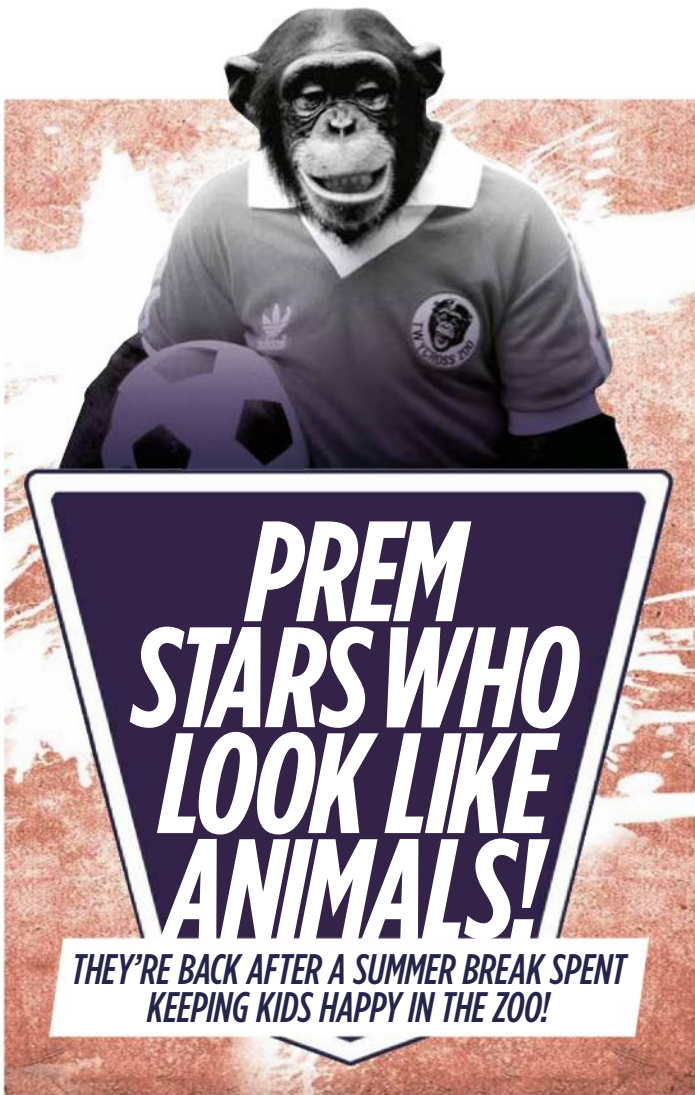
SIGNINGS OF THE SEASON

"If Nicolas Anelka were to score the goals that keep West Brom out of the danger zone, he can take this honour."



JP'S PREDICTION TABLE

- 1 CHELSEA
- 2 ARSENAL
- 3 MAN UNITED
- 4 MAN CITY
- 5 TOTTENHAM
- 6 EVERTON
- 7 LIVERPOOL
- 8 WEST HAM
- 9 SWANSEA
- 10 ASTON VILLA
- 11 FULHAM
- 12 NORWICH CITY
- 13 WEST BROM
- 14 NEWCASTLE
- 15 SOUTHAMPTON
- 16 SUNDERLAND
- 17 STOKE CITY
- 18 CRYSTAL PALACE
- 19 CARDIFF CITY
- 20 HULL CITY





BULLFROG / JOLEON LESCOTT (MAN CITY)



BALD EAGLE / JONJO SHELVEY (SWANSEA)



GRUMPY CAT / JOSE MOURINHO (CHELSEA)



HORSE / LUIS SUAREZ (LIVERPOOL)



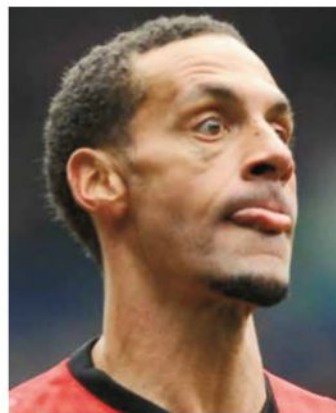
POODLE / MAROUANE FELLAINI (EVERTON)



BLOBFISH / WAYNE ROONEY (MAN UNITED)



SQUIRREL / SANTI CAZORLA (ARSENAL)



GIRAFFE / RIO FERDINAND (MAN UNITED)

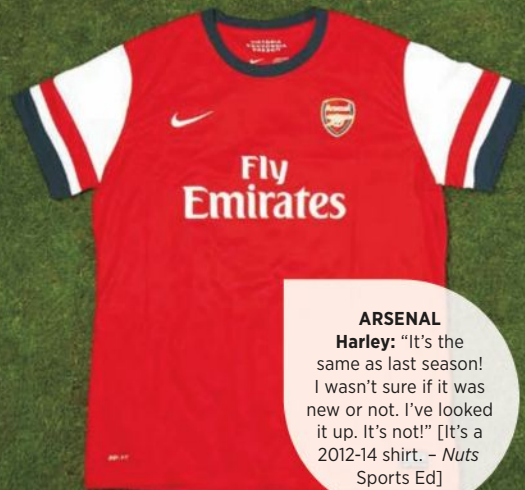


HARLEY

JORDAN

NEW SHIRTS RATED!

STYLE GURUS HARLEY AND JORDAN FROM RIZZLE KICKS RUN THE RULE OVER 2013-14'S NEW KITS!



ARSENAL

Harley: "It's the same as last season! I wasn't sure if it was new or not. I've looked it up. It's not!" [It's a 2012-14 shirt. - Nuts Sports Ed]



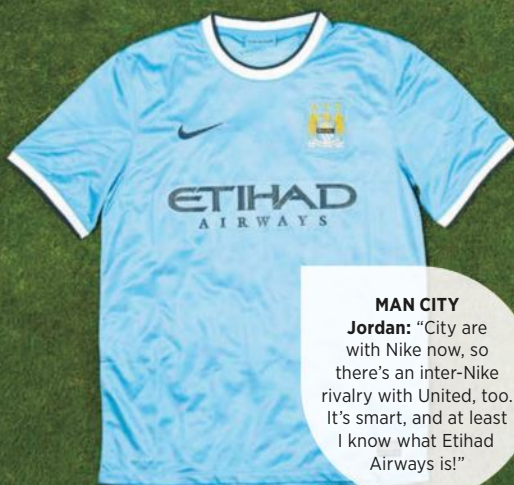
C. PALACE

Jordan: "They're sponsored by GAC! Amazing! I'm going to buy this!" [GAC is a shipping services provider. - Nuts Sports Ed]



LIVERPOOL

Jordan: "What's there to say? It's, er, red, isn't it? Let's move on from this one." [Jordan and Harley are Arsenal fans. - Nuts Sports Ed]



MAN CITY

Jordan: "City are with Nike now, so there's an inter-Nike rivalry with United, too. It's smart, and at least I know what Etihad Airways is!"



JORDAN'S FAVE!

MAN UNITED

Jordan: "I think it's United who edge it in the style stakes. Cesc Fabregas will not be wearing this shirt next season. Not happening."



STOKE

Harley: "I don't know if it's different from last season." **Jordan:** "Stoke don't care about their kit. They're all about the football."



HARLEY'S FAVE!

SPURS

Harley: "I'm an Arsenal fan but this is really nice, sadly." **Jordan:** "HP stands for Huge Penises. They don't own them, they are them!"



SUNDERL'D

Harley: "I have a problem. I don't think red and white kits are nice. But that may be a good thing, making the opposition nauseous."



VILLA
Harley: "It's not the most aesthetically pleasing. I don't mind the colours but the logos and words are very tacky."



CARDIFF
Jordan: "It says 'Visit Malaysia' on it. Opposition players will be thinking, 'Malaysia! That'd be a great place to go on holiday!' Clever."



CHELSEA
Jordan: "They're just doing what they always f**king do, basically! But I liked the promotional shots with the players covered in blue paint."



EVERTON
Jordan: "The Toffees are sponsored by Chang! What's going on here? GAC and Chang? This is f**king great!"



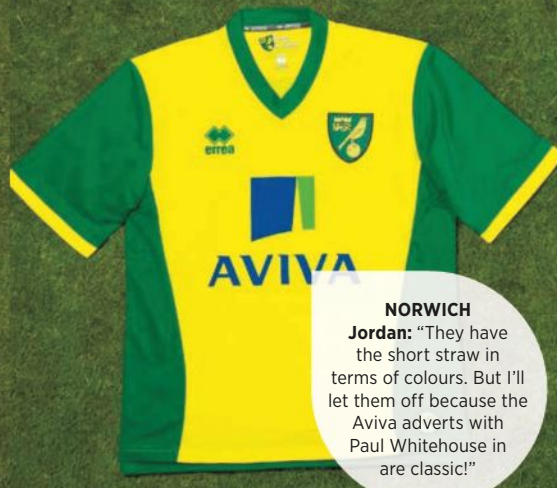
FULHAM
Jordan: "A straightforward black and white number. Hardly groundbreaking. I'm not inspired by this shirt."



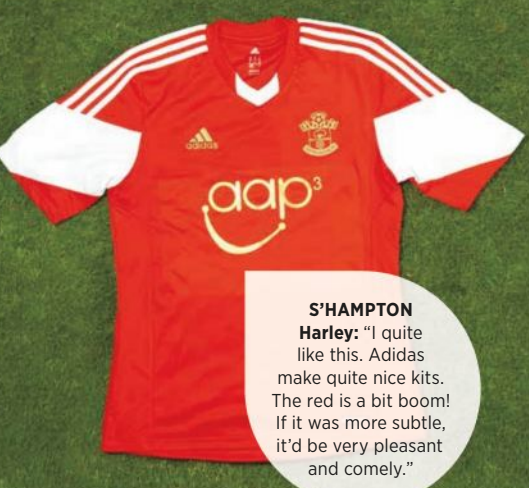
HULL CITY
Jordan: "Hopefully, no fans will be forced to sell their shirt to Cash Converters. There'd be some irony there."



N'WCASTLE
Jordan: "This is hilarious! Players will see the logo and just p**ss themselves! Nobody will want to swap shirts with them!"



NORWICH
Jordan: "They have the short straw in terms of colours. But I'll let them off because the Aviva adverts with Paul Whitehouse in are classic!"



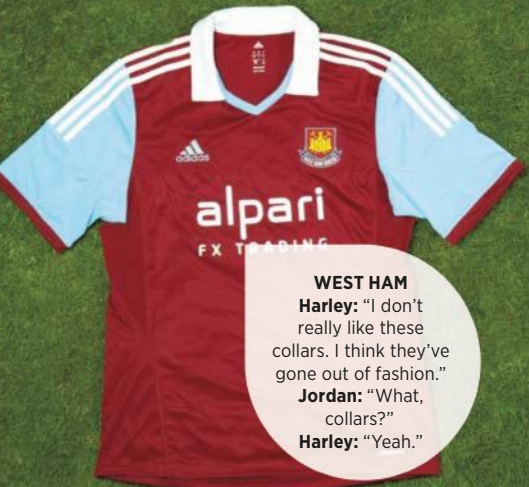
S'HAMPTON
Harley: "I quite like this. Adidas make quite nice kits. The red is a bit boom! If it was more subtle, it'd be very pleasant and comely."



SWANSEA
Harley: "There are lots of Chinese symbols on it."
Jordan: "If you scan it, you're taken to the Chinese government website."



WEST BROM
Harley: "It definitely gives off a vibe of strength. Those blue and white stripes are very thick. Very thick indeed."
Jordan: "Yeah."



WEST HAM
Harley: "I don't really like these collars. I think they've gone out of fashion."
Jordan: "What, collars?"
Harley: "Yeah."

A full-page photograph of two women, Rosie and Nicole, posing in lingerie. Rosie, on the left, has long dark hair and is wearing a black and white strapless bra and matching underwear. Nicole, on the right, has long blonde hair and is wearing a white strapless bra with a large white flower detail and black underwear. Both women are looking directly at the camera. The background is a light, patterned fabric.

ROSIE!

NICOLE!

ROSIE JONES PRESENTS...

The Lingerie Special!

Join *Nuts* to celebrate sexy girls in their saucy smalls!

BETH!

STACEY!



LINGERIE SPECIAL

**“Agent
Provocateur
will always
impress!”**



Rosie Jones

Hello Rosie! Tell us why lingerie is so bloody brilliant...
Hello! Although I love being naked and spend most of my time that way, I think girls look a lot sexier in underwear. It accentuates all the good bits and makes you wonder what's underneath.

Good call! What's the last really sexy item you invested in?

I've bought loads of sexy stuff for my calendar shoot. I got some very small bras and lots of stockings and suspenders.

Which celebs look amazing in a nice bit of lingerie?

Sofia Vergara always looks hot and Kelly Brook, too. I've got a few bits from Kelly's own underwear range that are very sexy and good for big boobies.

Any pointers for the chaps when buying lingerie for ladies?

Check her underwear drawer first so you know her size. Agent Provocateur is always going to impress, and don't be embarrassed to ask the shop assistant for a bit of help.

Which *Nuts* babe would you love to see in sexy lingerie?

I'll say Lacey Banghard because she's so cute and dinky and I haven't seen her for a while. I miss those big bazookas!

We wouldn't have lingerie without the French. What else have our smelly neighbours invented that you love?

French kissing, obviously! And French bread and cheese. Although I actually prefer English cheese. But any cheese is good, isn't it? Except blue cheese. I hate that.

Fair dos! Finally then, what's the most awesome thing you've done recently?

My friends threw a birthday party for me with piñatas and party bags – basically, a kids' party with loads of booze! ►



LINGERIE SPECIAL

**“Lucy Pinder
always looks
amazing in a
bra and pants!”**



Nicole Neal

H i Nicole! How are you enjoying today's lingerie appreciation party?

It's brilliant!

Sexy lingerie always makes you feel more confident. I love being able to hang around with the likes of Rosie, Stacey and Beth in their pants. Amazing!

Would the world be a more peaceful place if people hung around in their undies all day?

When it's hot like this, it feels like a necessity to be walking around in just a bra and pants. I feel sorry for everyone who isn't in just their underwear.

What's the last really sexy item of lingerie you bought?

I bought an incredible sexy latex outfit recently – I just need a reason to wear it now! I got an amazing lingerie set on my birthday, too.

Any pointers for the chaps when buying lingerie for ladies?

Just make sure you know her size. Buy pants that are too small and you're calling her fat, buy pants that are too big and, well... you're calling her fat, too! It's a minefield, so just be confident but well-informed.

Which *Nuts* babe would you love to see in sexy lingerie?

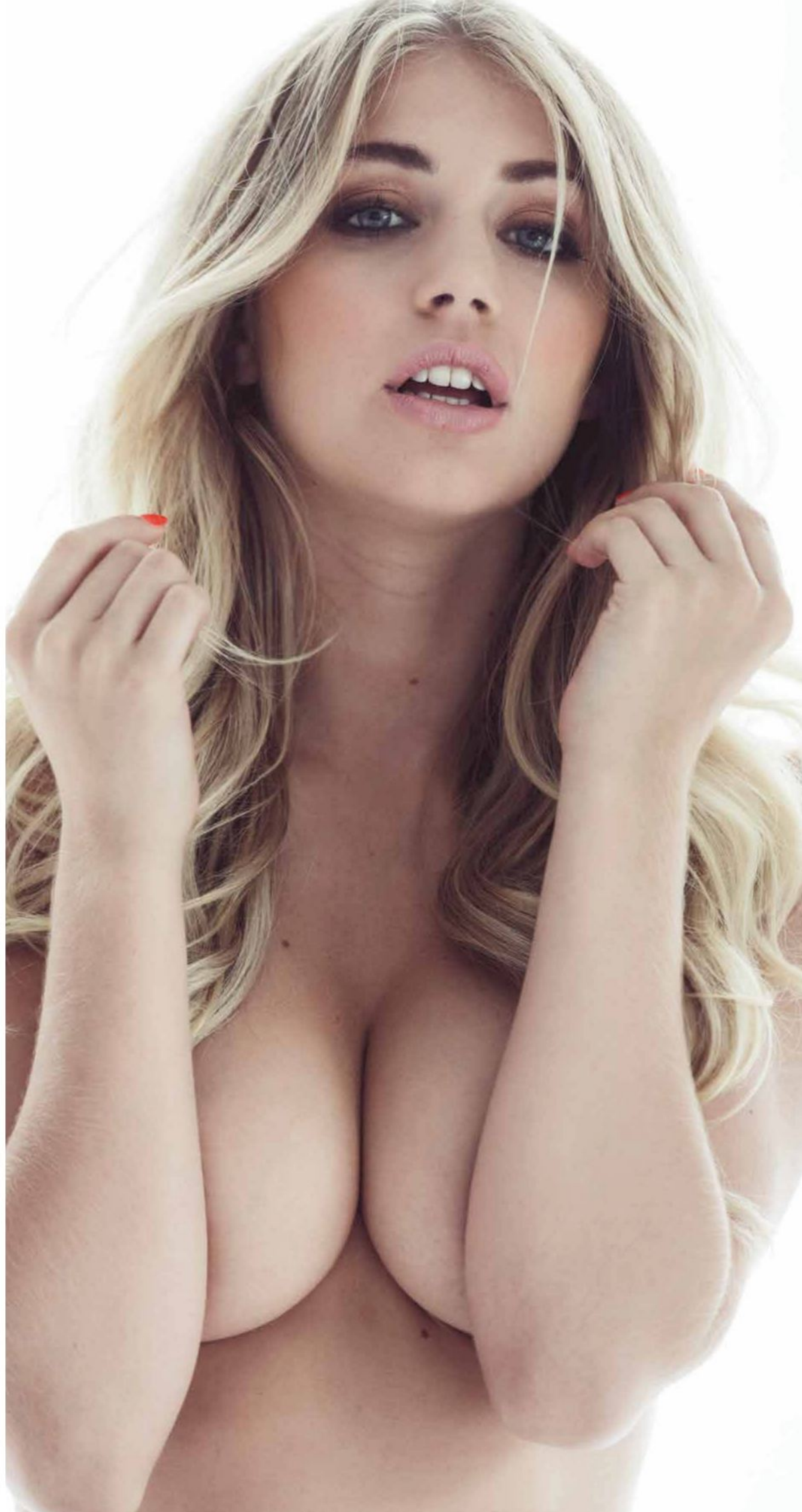
Tough one! I haven't seen Lucy Pinder for a while, so I'll go with her. She always looks amazing in a bra and pants.

What's the most exciting thing you've done recently?

I attempted paddle boarding for the first time last week. The sea in Bournemouth isn't very warm and the number of times I fell in was ridiculous.

Sounds fun! Finally then, what else are you looking forward to for the rest of summer?

Everything! I'm going to V festival and I'll spend the rest back home, so I can perfect my paddle boarding skills. ►



LINGERIE SPECIAL

**“Ann Summers
is my second
home!”**



Beth Humphreys

Hello Beth! What's the best thing about today's lingerie fest?

Well, for starters, I'm shooting with three sexy girls. They all look amazing! I'm loving the styling. Everyone loves being partially naked in hot lingerie – well, girls, at least!

Have you invested in any new undies recently?

Of course! Ann Summers is pretty much my second home these days. I love all their lingerie. It's all very sexy. I couldn't even tell you how much money I've spent on lingerie. I have so much! I collect it. It's a bad habit.

That's a great habit! Which *Nuts* babe would you love to see in a lovely bit of lingerie?

I think I've seen them all naked now, so I'm very lucky. I'm sure people will be very jealous that I've experienced that. But Nicole is the ultimate babe and she looks incredible in sexy lingerie.

What bit of advice would you give a bloke wanting to buy his missus some sexy lingerie?

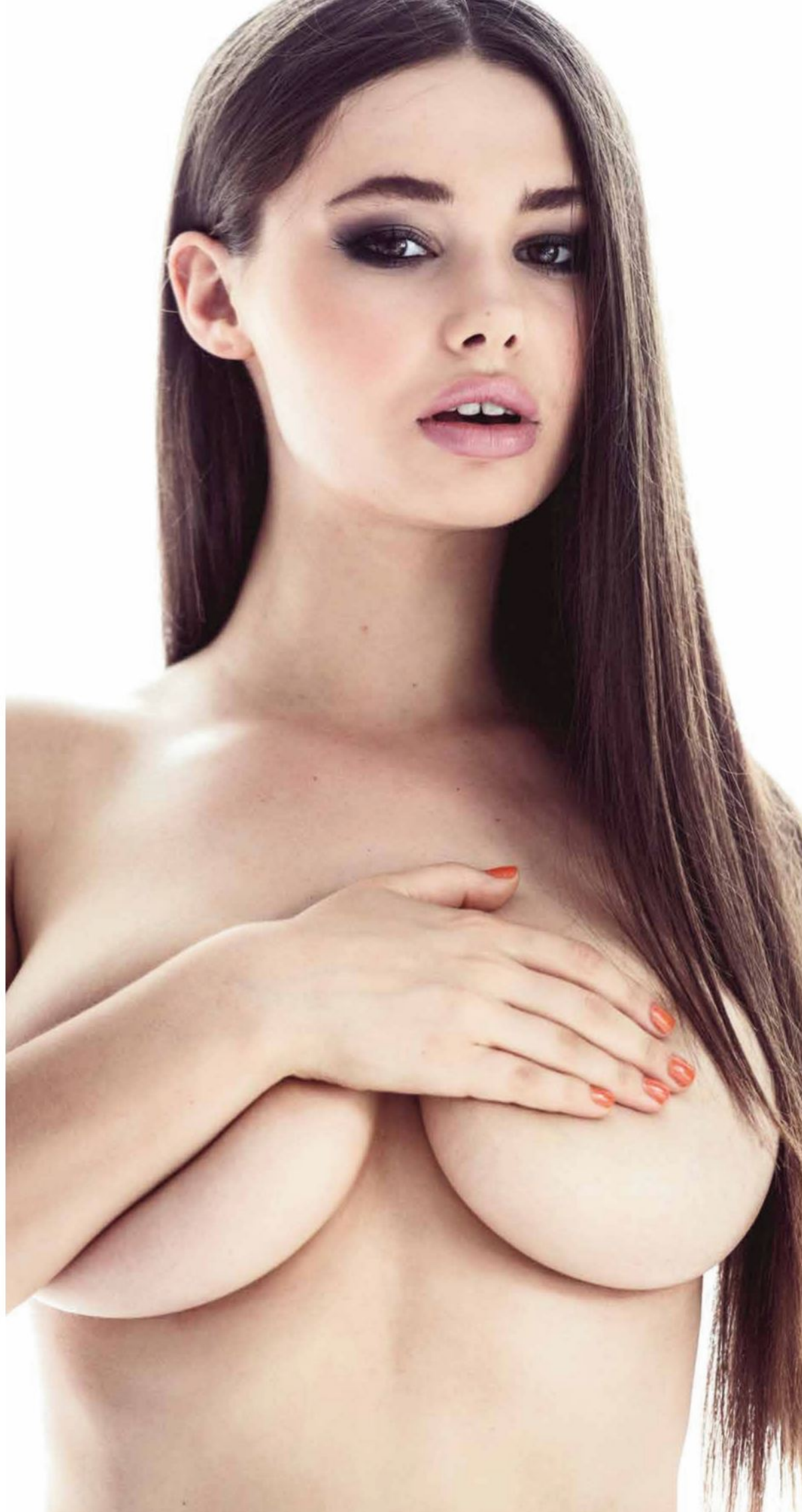
I'd say go to Ann Summers or Agent Provocateur so you're guaranteed something special. Don't be afraid to ask for help when you're there. That way you can't go wrong.

What's the most exciting thing you've done recently?

Erm, my life's been pretty chilled at the moment but I was riding around on the streets on a scooter the other weekend at a house party. That was pretty wild, wasn't it?

Thanks, Beth. Finally then, do you have any more mad plans for the rest of summer?

I don't know yet but, hopefully, I'll be shooting lots more with amazing, sexy girls for *Nuts*! ►



LINGERIE SPECIAL

**“Guys, Y-fronts
aren’t really
acceptable!”**



Stacey Poole

Hi Stacey! What's the best thing about shooting with these lovely lingerie-clad ladies today?

Hello! Well, I've never done a shoot with Beth before, so that was a treat – she's got a lovely figure. Plus, my first ever *Nuts* shoot was with Nicole, so it was really nice to see her again.

Do you have any advice for a bloke who's buying sexy underwear for his girlfriend?

Just pick something that you wouldn't normally go for – something different – you can't really go wrong with nice black or nude lingerie, then it'll go with any shoes or other clothes that they've already got. Try and go for something quite sexy – a nice little thong and hold-ups, maybe.

We have a theory that girls spend about 90 per cent more on pants than boys...

You could be on to something there. I spent £35 on one pair of pants once – and that's pretty cheap in comparison to some. Blokes tend to just wear any old pants, but Y-fronts aren't really acceptable. Stick with boxer shorts.

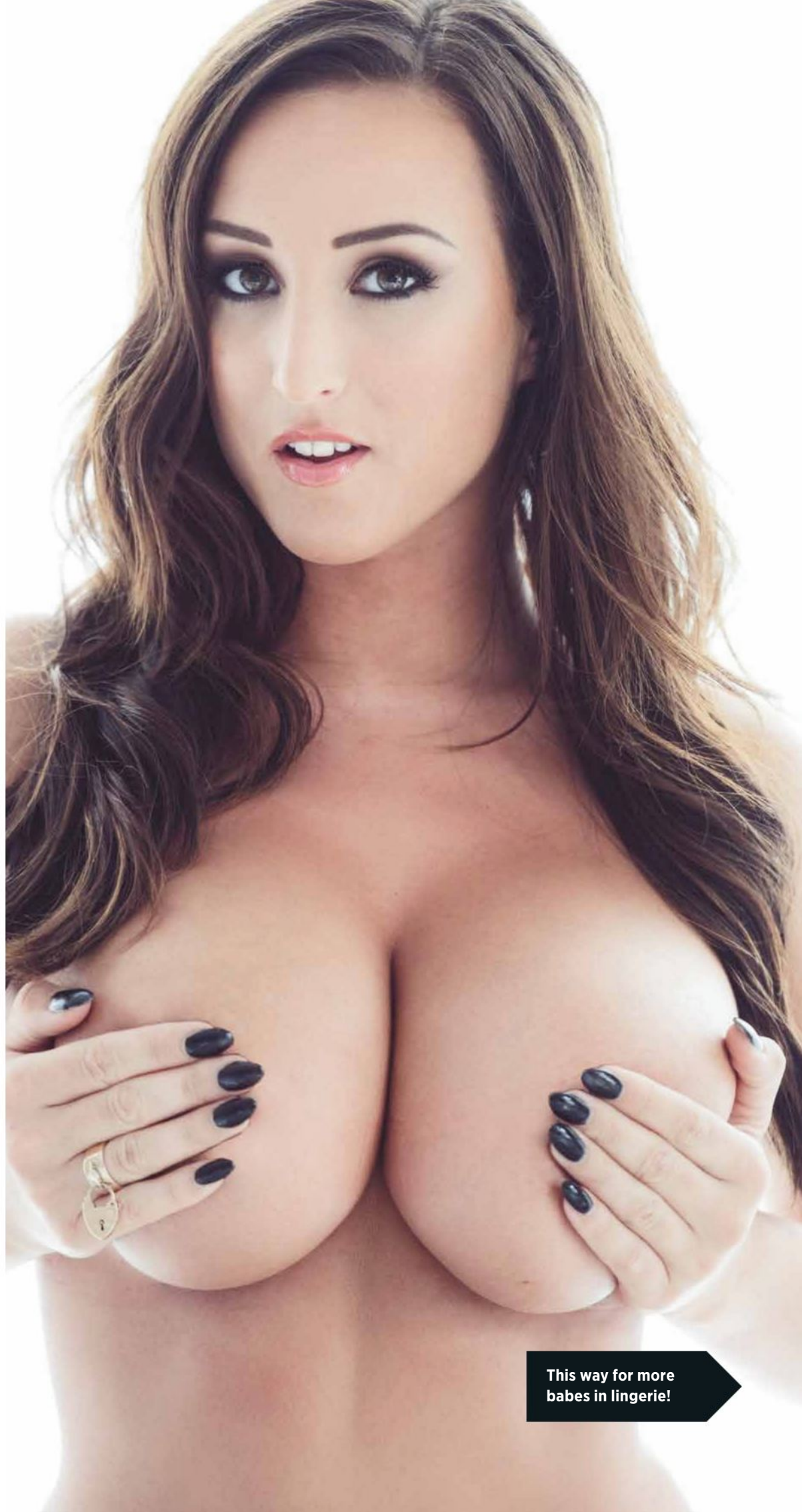
Good advice! So who wins in a "Frenchie vs Thong" fight?

I think French pants because a thong is often a bit too much. French pants aren't too over-the-top, but they just show enough – they leave a bit more to the imagination.

What else do we have to thank the French for, apart from knickers, cheese and garlic?
Croissants. But that's about it.

Fair enough! Finally then, what exciting summer frolics have you got in the pipeline?

Well, I'm planning a crazy weekend away – I've hired a caravan. Ha-ha!



This way for more
babes in lingerie!

LINGERIE SPECIAL



KATE UPTON

Swimsuit model Kate gives her bikini a day off and puts the strain on a lovely but unsuspecting lacy bra instead.



BILLIE FAIERS

Ms Faiers co-owns a sexy clothes shop, so you'd expect her underwear game to be on point. Well, you expected right.



MARIA KOUKA

Miss Kouka goes out with Blue bloke Simon Webbe. That's the boy band fella, not a bloke who's depressed. ►

**KELLY BROOK**

As if we needed any more reason to love Kelly, she also has her own lingerie line. Too much sexiness to comprehend.

**MIRANDA KERR**

It's a good job the weather's been so hot – under normal circumstances, Miss Kerr would've caught quite the chill.

**AMY CHILDS**

Amy seems to be checking her pulse here. If it's anything like ours, it'll be racing right about now.

**MEGAN FOX**

Ms Fox has always made our jaws drop on the big screen, and here she is having the same effect in some small pants.

**OLGA KURYLENKO**

Of course, you wouldn't expect a Ukrainian actress and model as hot as Olga to lark around in her thermals.

**ROSIE HUNTINGTON-WHITELEY**

Miss H-W makes up for having a lot of letters in her name by being frequently photographed in not a lot of clothes. ►



ROXANNE PALLETT

It's a good job that former *Emmerdale* stunner Roxanne doesn't really work on a farm if this is her idea of suitable attire.



ABBEY CLANCY

Normally, it'd be fitting for us to point out how lucky Peter Crouch is. But given this pic, we're all lucky right now.



ADRIANA LIMA

Adriana can be seen wearing a corset here, so called because it answers the question: "Is it sexy?" Corset is!



RIHANNA

She might tweet selfies an average of 98 times a week, but we never get bored of seeing the perfect pop princess. ►



ARIANNY CELESTE

As a UFC ring girl, Arianny must like a good fight. We'd take on Chuck Liddell if it meant we got to hang out with her.



LINGERIE SPECIAL

BAR REFAELI

Is it our imagination or is Bar beckoning us to come hither and sit on the bed next to her? Oh. It's our imagination. Damn.



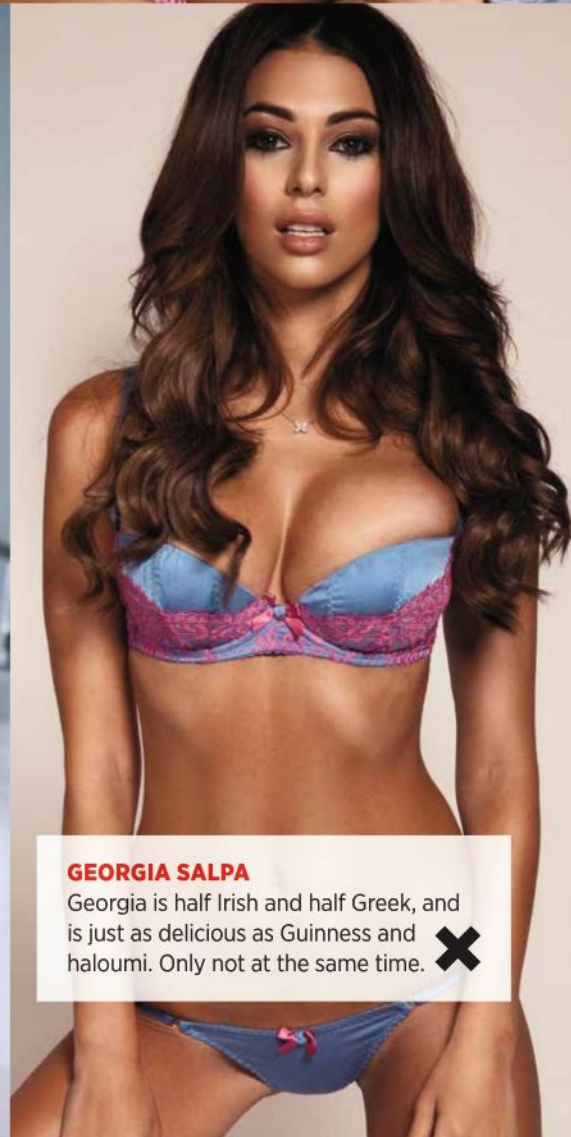
JORGIE PORTER

We often tune in to *Hollyoaks Later* in the hope that we'll get to see the lovely Jorgie sporting this kind of outfit.



IRINA SHAYK

Silly Irina has forgotten her stockings. However, for some reason we don't feel like calling Mrs Cristiano Ronaldo silly.



GEORGIA SALPA

Georgia is half Irish and half Greek, and is just as delicious as Guinness and haloumi. Only not at the same time. ✕

Nuts STUFF

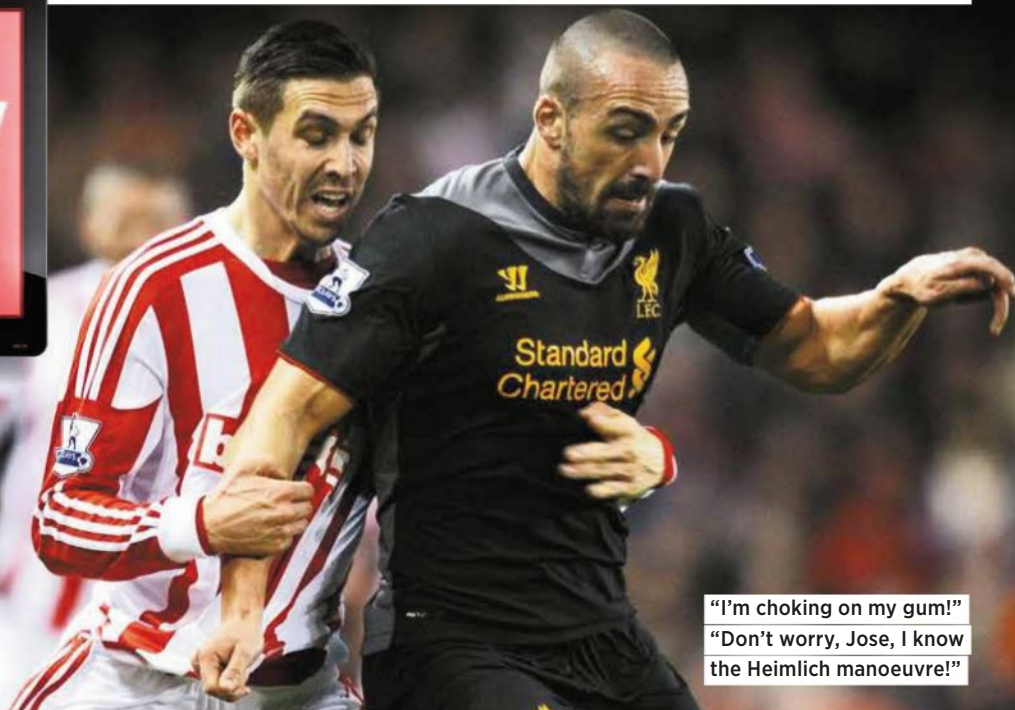
The week's best TV, movies, games, fashion, music and tech!



LIVERPOOL VS STOKE CITY

SATURDAY • BT Sport 1/HD • 11.30am

The Premier League returns! Hurrah!



"I'm choking on my gum!"

"Don't worry, Jose, I know the Heimlich manoeuvre!"

Friday 16 August



"Cover up, mate, your chest wig's showing!"

Leeds Rhinos vs Hull KR

SKY SPORTS 3/HD • 7.30pm

The tension in the Super League is ratcheting up with the Rhinos hosting the mighty HKR! The odds are with Leeds, however. Not only did they beat Hull 44-10 earlier in the season, they're sitting nicely in the top four, and look certain for the play-offs.

★★★★



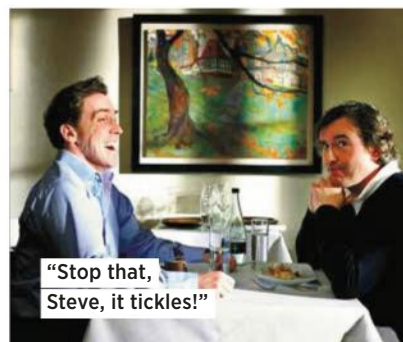
"Right, who said *Taken 2* was rubbish?"

The Grey

SKY MOVIES CRIME/HD • 9pm

Expert huntsman John Ottway (Liam Neeson) and his oil worker mates aren't having a good day. Not only has their plane crashed in the Alaskan wilderness, but some very hungry wolves are taking rather too much interest in them. Ottway has to lead his mates to safety – and some of them aren't going to make it...

★★★★



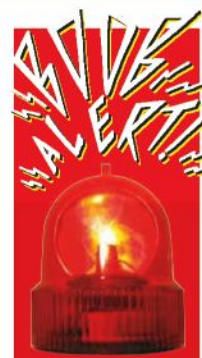
"Stop that, Steve, it tickles!"

The Trip

BBC 2/HD • 10pm

Steve Coogan and Rob Brydon's culinary trip around the north of England continues with a visit to a posh restaurant in the Lake District. If you've not seen it, the premise of the series is simple: Steve and Rob play exaggerated versions of themselves talking rubbish over dinner – a bit like your dad, but a lot funnier.

★★★★



PIRANHA 3D

SKY MOVIES SCI-FI/HD • 12.55am

Hungry fish with big teeth. Loads of ladies frolicking in water with their tops off. Er, that's it, really... Ace!



Saturday 17 August



Liverpool vs Stoke City

BT SPORT 1/HD • 11.30am

The Premier League is back, and it's opening with a cracker. Liverpool, despite the disruption of Luis Suarez's outrageous flirtation with Arsenal/Read Madrid/Any Other Champions League team, should *just* have enough to defeat Mark Hughes' men.

★★★★



Swansea City vs Man United

SKY SPORTS 1 & 2/HD • 5pm

Sky Sports are giving non-subscribers a taste of their channels for free today, so we can all enjoy this mouthwatering clash. After their greatest ever season, the Swans face a United unsettled by the appointment of David Moyes and Rooney's flirtation with Chelsea.

★★★★★



Cleverly vs Kovalev

BOXNATION • 7pm

Nathan Cleverly (above right), the brainiest boxer this side of *University Challenge* is back to take on hard-hitting Russian Sergey Kovalev, whose nickname of "Krusher" suggests he may not be averse to a tear-up – or using a "K" when "C" would suffice.

★★★★★



SKY MOVIES SCI-FI/HD • 1am

Fancy a week of nightmares? Then watch this classic horror about a pesky toddler who just happens to be the son of Satan. What a little scamp!



Sunday 18 August



Palace vs Spurs/Chelsea vs Hull

SKY SPORTS 1 • 12.30pm

A couple of teams returning to the top flight after a short spell away lock horns with two of London's giants, and it should, in theory, be a walk in the park for Spurs and Chelsea. However, we've said that before and been made to look a bit silly...

★★★★★



Dragons' Den

BBC TWO/HD • 8pm

More naive, desperate, everyday schmoes attempt to impress a bunch of minted, combative entrepreneurs, hoping to sell their idea to the highest bidder. To be met with scoffing, eye-rolling and downright rudery. In the firing line of sniffiness this week is a cowboy with a bar snack and more hopeful peddling cooking sauce.

★★★★★

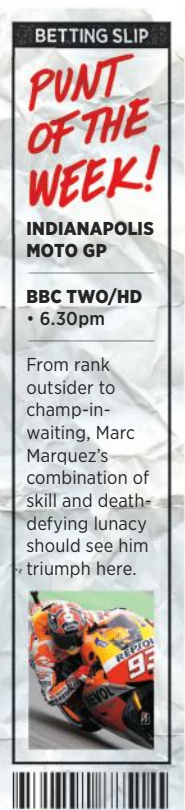


Dexter

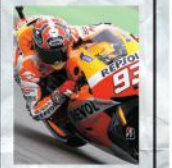
FOX • 9pm

It's another season of two halves, with the Brain Surgeon's story arc seemingly tied up. Now, Dexter's psychotic ex, Hannah (the impossibly hot Yvonne Strahovski) is surprisingly back on the scene, while the ginger killer attempts to create another Dex, taking a burgeoning serial killer under his wing, and teaching him his "code".

★★★★★



From rank outsider to champ-in-waiting, Marc Marquez's combination of skill and death-defying lunacy should see him triumph here.



Monday 19 August



"No, Yohan, Simon said put your *left* leg in!"

Man City vs Newcastle United

SKY SPORTS 1/HD • 7pm

The soccerball-sounding "MNF" returns with its sparkly graphics, shouty set and Gary Neville's top-class punditry. The final fixture of the opening Prem week sees highly fancied City take on Newcastle who are, erm, not so much that thing.

★★★★



M&S staff weren't best pleased with the new uniforms

Breaking Bad

NETFLIX • On demand

There are only another seven episodes of this awesome sleeper hit series left, so we're chuffed that Netflix are "rationing" them at one a week, rather than making them all available at once for us to gorge on. Just as well, because it's bloody intense stuff! (And see our interview with the show's stars on page 26.)

★★★★★



"He thinks he's marrying my daughter looking like that?"

The Borgias

SKY ATLANTIC/HD • 10pm

On the face of it, this should have been a dull series about a long-dead Pope and his family. But stratospheric levels of lady nudity, sword fights and orgies have made it essential telly for anyone who likes... well, lady nudity, sword fights and orgies. It's the last one tonight – let's hope the clothes are off within the first ten minutes!

★★★★★



THE BILLION DOLLAR WRECK HUNT

CHANNEL 5/HD • 8pm

This series is terrific escapist fun, detailing as it does the efforts of salvage crews to relieve sunken ships of whatever treasure may remain on board.



Tuesday 20 August

● New issue of *Nuts* on sale today!



"Six hours we've been waiting for the damn bus!"

Top Boy

CHANNEL 4 • 9pm

In a departure from the usual gritty inner-city fodder, this acclaimed urban drama returns with the wrong-'uns exchanging gang life for a world of expressive dance and musical theatre. Only joking! It's more crime capers and violent antics for "Top Boy" Dushane and his gang of rogues. Bleak, but gripping.

★★★★



"Maybe we should stick to safety razors"

Dead Or Alive

NAT GEO WILD/HD • 8pm

Though some would claim otherwise, sharks are, for the most part, horrible beasts that would as soon bite you in half and eat your legs as look at you. This series recounts the tails of people who've had first-hand experience of shark attacks, and the bad news for us humans is that they didn't always escape with their lives.

★★★★★



"I said I wanted striped pyjamas!"

Crank

ITV 4 • 10pm

History may mark this as The Stath's finest, as ace-named killer Chev Chelios discovers he's been poisoned and can only survive by keeping his adrenaline above a certain level. Cue Chelios going berserk as he tries to save his own life, while fighting everyone in Los Angeles and squiring his missus in public. Classic Stath.

★★★★★



BLACKADDER GOES FORTH

GOLD • 8.40pm

The utterly brilliant First World War comedy comes to a close with its best ever episode. Painfully funny and a bit sad – it's one of the greats.



Wednesday 21 August



"Eek! Keep that red thing away from me!"

England vs Australia

SKY SPORTS ASHES • 10am

England have been the superior side in this superb series, but retaining the Ashes thanks to the Mancunian weather was a bit of an anti-climax. So it's vital England destroy the Aussies in this, the fifth, and final Test, from The Oval.

★★★★★



"Psst! Don't tell anyone but I'm wearing ladies' pants"

Who Do You Think You Are?

BBC ONE/HD • 9pm

Gary Lineker investigates his ancestry. Surprisingly, he's not related to any record-breakingly jug-eared animals at all, but is the seed of a convicted poacher and a legal clerk born to an illiterate gardener. None of whom were good at football, it seems.

★★★



His "taking Nemo for a walk" plan was flawed

River Monsters

ANIMAL PLANET /HD • 9pm

Surely one of the most irresponsible shows on TV, peddling the absurd notion that death lurks in every river in the world and pretty much anything out there can kill you. Shame it's so addictive. This week, the permanently terrified Jeremy Wade heads to Africa's Zambezi River, where something is killing the fishermen.

★★★★



BOOM TOWN

BBC THREE • 10pm

Even your weirdest mate is nothing to the oddballs in this, including the excellently named "Kev The Witch".



Thursday 22 August



"Darling, that hat is adorable. Is it Prada?"

Get Rich Or Die Tryin'

SKY MOVIES CRIME/HD • 7pm

50 Cent tries to do what Eminem did in *8 Mile* with this fictionalised version of his own life story, in which he aims to get out of drug hustling and into the music industry. Nothing you've not seen before, and the battle scenes in *8 Mile* are much more engrossing.

★★★



"Crikey, these X-ray specs really do work!"

American Underworld

DISCOVERY/HD • 9pm

Ever wondered what it'd be like to make industrial levels of illegal drugs and spend the rest of your life worrying if you'll get "whacked"? Us neither. However, this reports on the men who do just that. They should just watch *Breaking Bad* instead.

★★★★



The wine enthusiast loved to photobomb a protest march

Chickens

SKY 1/HD • 9.30pm

One half of *The Inbetweeners* return in this new comedy as cowardly oiks who refuse to fight in the First World War. The ladies left behind with them are contemptuous of their cowardice but that doesn't stop the lads trying to pull them. There are some good lines here, but only time will tell if it becomes as beloved as their E4 hit.

★★★



FOUR WEDDINGS UK

SKY LIVING • 8pm

Petrified that wedding plans could turn your lady into a dress-obsessed, money-spending maniac? This won't help.



Nuts **REVIEWS**

MOVIES



The lollipop ladies hated their new outfits



KICK-ASS 2

14 August • 15

Aaron Taylor-Johnson's hapless hero returns to face off against wannabe super-villain The Motherf**ker (Chris Mintz-Plasse)



2 GUNS

16 August • 15

Mark Wahlberg and Denzel Washington load up the ammo and buddy-cop gags as undercover narcs up against a Mexican cartel. ★★★★★



AFTERSHOCK

16 August • 18

Eli "Hostel" Roth delivers the scares with this "based on real events" shocker, where a killer is on the rampage following an earthquake. ★★★

DVD & BLU-RAY



"Are you sure this is how you do a wet shave?"



THE EVIL DEAD TRILOGY

DVD & Blu-ray • 18

If you like your horror with a large dose of black comedy, this classic trilogy is for you. The story centres around

a shop assistant who takes his missus and pals away for a weekend in an isolated cabin (fools!). Chancing upon an ancient book, they open it and let loose a bunch of evil spirits hellbent on running amok. Then a chainsaw comes out... ★★★★★



SPRING BREAKERS

DVD & Blu-ray • 18

A crew of hot ladies head to Florida with the proceeds of a robbery they carried out using toy guns. Mayhem and female nudity ensue. ★★★★★



JUSTIFIED SEASON FOUR

DVD & Blu-ray • 15

A fourth serving of the ace show, which follows an old-style lawman as he dishes out justice in modern Kentucky. ★★★★★

MUSIC



WHITE LIES BIG TV

The London indie trio have gone "all guns blazing" for this, their third (and more grown-up) album. We really like it. ★★★★★



YELLOWCARD OCEAN AVENUE ACOUSTIC

The Yank pop-punks celebrate ten years since the release of their brilliantly boisterous 2003 effort with this massively stripped-back version. ★★★



THE CIVIL WARS THE CIVIL WARS

The Civil Wars are a man and lady duo who, by the sound of this, can't stand each other. Not exactly one to get your barbecue buzzing. ★★



GROOVE ARMADA AND MR DORIS BEACH HOUSE SESSIONS: VOLUME ONE

Chilled, slick, sexy grooves. And a lot of the proceeds go to charity. ★★★★★

RATINGS: ★★★★★ Genius ★★★★★ Very good
★★★★ Investigate ★★ Alright ★ Rubbish

GAMES



"Hullo! Here's that
fire you ordered!"



BIOSHOCK INFINITE: CLASH IN THE CLOUDS

PC, PS3, Xbox 360

The first plop of
downloadable

Bioshock content is combat-
based – you fight off wave after

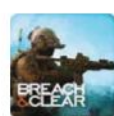
wave of enemies, earning
upgrades for the next attack.
Then there are "blue ribbon"
challenges, where you can only
kill with scoped weapons and
without head shots etc. It's not
the story-based stuff we hoped
for, but it'll tide us over. ★★★★★



SUPERFROG HD

PS3, PS Vita

Remake of a classic
1993 Amiga (ask your
dad) platformer, polished into
console HD and given 24 brand-
new levels. So it looks great and
it still has a lot of heart. ★★



BREACH & CLEAR

iPad, iPhone

Interesting strategy
game where you
place your CoD-style troops
to storm rooms, then press
a button and watch, aghast,
as they succeed or die. ★★

APPS



DJAY2

iPhone, iPad

The DJing app is back – and
now boasts soundwaves and
FX to make it a serious choice
for jocks on the move. It syncs
with iTunes, too! ★★★★★



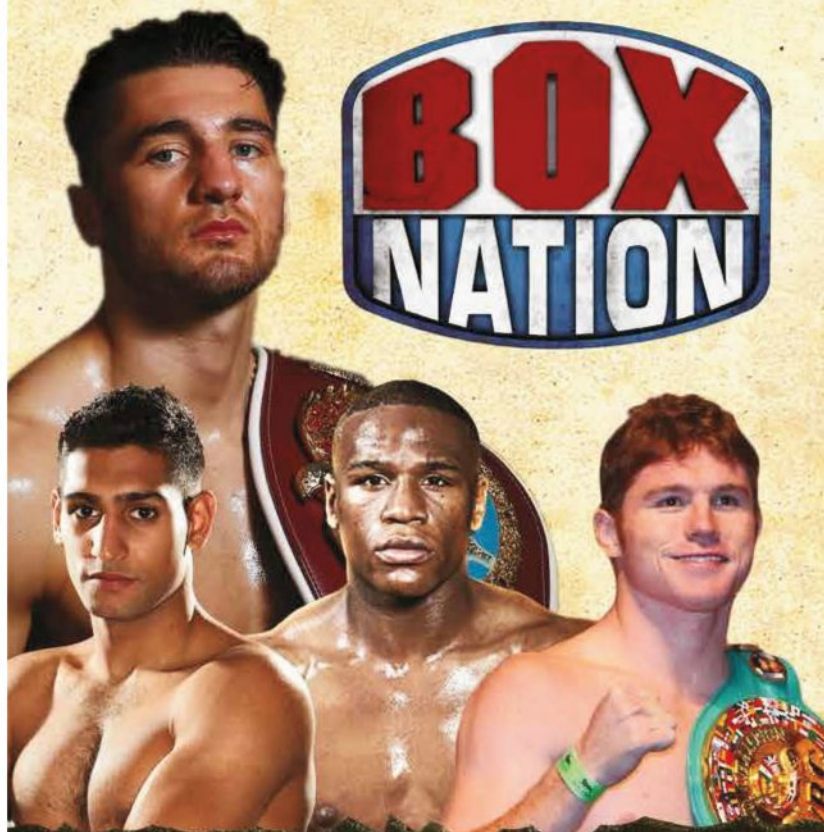
TINDER

Android

Tinder is a dating app that
lets you introduce yourself
to potential love interests
nearby through your
Facebook account. ★★

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£1,000!**

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**Mark won
£171,715!**

on Deal Or No Deal Slots!



"This is surreal. I can't believe I've won, and all from a £10 deposit. I'm still in shock!"

**Paul won
£127,089!**

on Deal Or No Deal Slots!



"I still can't believe how lucky I've been. I'll be able to buy my own home now!"

**Rob won
£15,523!**

on Multihand Blackjack



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Nuts GEAR

1 Canon Legria Mini

www.canon.co.uk

Nuts says: A wide-angle lens, vari-angle LCD display and built-in stand mean this camcorder will fit into most taping scenarios, in full HD.

£269

OVER THE WIRES

Built-in Wi-Fi means you can stream to the web and control it via apps.



ALL YOUR SOURCES

Alongside streaming, there's a CD player, DAB radio and a 120W amp.



2 Marantz Melody Media

www.marantz.co.uk

Nuts says: Wi-Fi-friendly home stereo you can add to a network with one touch for streaming from phones, tablets and the internet.

£500

3 LG G2

www.lg.com/UK

Nuts says: New flagship phone from the tech chaps. The screen's almost completely edge-to-edge, with the keys on the back. You know, where your fingers go.

FREE WITH CONTRACT

4 Minibru French Press Coffee Mug

www.firebox.com

Nuts says: Single-serving cafetière-style coffee maker. Add ground coffee and water, wait a mo, then push down the plunger, for all your selfish coffee needs.

£25

QUICK ON

If it's face up, two, quick taps on the screen turns the G2 on.

KEEP IT CLEAN

The glass mug has a 350ml capacity and is dishwasher safe.



Nuts ***REAL GIRLS***

**"I always leave blokes
wanting more!"**

**BEDROOM
BABE!**

You voted, she won, we took the pics!

**“I’m a very
down-to-
earth girl!”**



Leanne

20 **Dorset**

Boobs: 34B

Day job: “I’m a beauty therapist.”

Turn-ons: “I love having my neck kissed!”

**“My sexy
eyes are
very big
and blue!”**





**“You can’t go
wrong with
a sexy little
black dress!”**

**Turn to vote for our
next Bedroom Babe!**

NUTS PROMOTION

Nuts HOT DATES

FREE
TO
JOIN!

Kaylee

19, Billericay

What's your ideal first date?

Something different like the zoo or playing golf. Dress to impress, too!

What's the worst chat-up line you've heard?

Someone said to me, "Let's bypass all the bullsh*t and just get naked." I was shocked!

How could a bloke impress you with just £5?

If it's his last £5 he should just spend it on some petrol to get to my house!

What are your best features?

My eyes. I love my blue eyes.

Turn-ons?

Confidence. Tall, dark and handsome wouldn't go amiss either!

Turn-offs?

Men who lack intelligence, or someone too quiet so I end up talking too much!

"Make an effort with appearance!"
Kaylee

Tips from a Bedroom Babe!

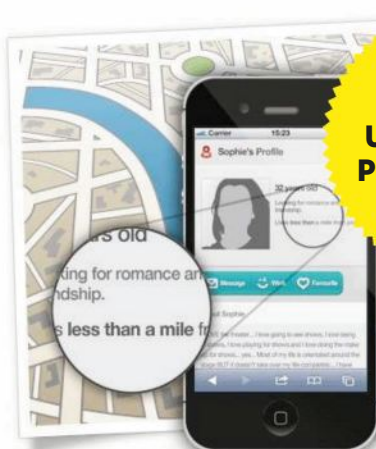
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BEDROOM BABE VOTE!

Pick your winner – and she'll star in *Nuts*!



Isabella-Marie

19 Colchester

"Riding horses gives me a sexy figure!"

Sophie

21 Essex

"People love my bum and my eyes!"

Amy

21 Glasgow

"I'm a bit of a devil in the bedroom!"

Melody

21 Cambridge

"I love being made to laugh!"

Vote now!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. Simple!

Ladies! Send your photos to **Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU**. Or email nutsgirls@ipcmedia.com. You must be over 18.

10 RUDE QUESTIONS!

And a real girl to answer them!



Vicky

25 Spalding

1 Where's the best place you've ever had sex?

"I'm a massive fan of outdoor sex. I love having sex in a place where there's a chance we could get caught – it's a huge thrill. Once, my fella and I were driving down a country lane when we got the urge to have some cheeky fun!"

2 What's your trademark move in the bedroom?

"I love going down on a man, but I like it to be special. While I'm down there, I like changing things up and I always try to give them an experience

they've never had. Men always seem to absolutely love it!"

3 What really turns you on?

"It depends what mood I'm in. I get turned-on by the sight of a man's bulge in his trousers. Also, this is a bit naughty, but I love watching a bloke play with himself. Oh, and love other women's boobies!"

4 What's your favourite position?

"I'm a big fan of the reverse cowgirl – it means I can play with myself at the same time. I also like to use a mirror so I can watch all the action. I don't want to miss a thing!"

5 What one thing would you really like to try but haven't yet?

"There are loads, but now that you've made me think about it, I'd really love a threesome one day – either with two men or with a man and a woman."

6 Have you ever got it on with another girl?

"Yes, I've done pretty much everything with other girls! Women are so sexy and beautiful to me. Being with a woman and watching her wriggling around with big breasts, and then seeing and feeling her getting excited... well, that's such a turn-on!"

7 What's the sexiest outfit you own?

"I love role-play and dressing up is a bonus. I like to dress up in leather and be a dominatrix – taking control and being in charge. I like having the man beg for more, but it's up to me to decide when – or if – to give it to him."

8 What's the rudest thing you've ever done?

"Wow, this is a hard question! I've done pretty much everything that you can think of. But I like to watch sex scenes in films and really enjoy acting out some of my favourites in the bedroom!"



9 Is it better to give or receive?

"No doubt – I much prefer to give. It's a massive turn-on for me, and I really enjoy giving my bloke something to remember!"



10 Have you ever made a sex tape?

"Maybe... but if I have, let's just say it's for personal use only!"



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Racy revelations from our female readers!

Nuts **REAL GIRLS**

**SHARE
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Ladies, got a saucy secret you can't keep to yourself? Send your sexy story to our Lou!



'Cheeky fun at charity do'

MY COMPANY recently held a summer charity bash in a local hotel, and I spent the evening flirting with the bloke I'd been after all year. We decided to sneak off and ended up in a basement lift that we thought was out of order. His hands started wandering all over me and soon we were having furious sex against the mirrored side of the lift. Just as I was coming to an amazing climax I felt the lift move upwards! The danger of getting caught just made me come harder, and luckily we finished off just in time and spared our blushes!

Sarah London

'Studying got me hot'

LAST MONTH, I was in my uni library, trying to get some coursework done,

but I couldn't help looking at the cute guy sitting opposite me. I could tell by the glances we'd been exchanging that he was interested, and after playing a bit of footsie under the table, we exchanged Skype

addresses and began sending some really flirty messages. Eventually, we could take no more, and sneaked into a quiet corridor. We couldn't control ourselves and we had sex right there. I moaned with pleasure and felt hot all over, enjoying the sensation of his sweaty lips on my hard nipples. And as we were buttoning up our clothes after, I noticed the librarian coming down the corridor! We've stayed in touch, and our library sessions have become a regular weekly feature!

Clair Lincoln

'I got fruity at the football'

EVERY SATURDAY, my boyfriend plays five-a-side and one week, he persuaded me to go along and watch. It was during the recent heatwave and I don't know if it was the sight of his sweaty muscles at work or the sun, but I found myself feeling very turned on. I snuck away from the game and found an empty cubicle in the ladies' changing room, where I couldn't resist having a little play with myself while fantasising about my man taking me against the wall of the changing room showers. Afterwards, I went back to watch the rest of the game. My fella said I looked all flustered, so I blamed it on the heat!

Natasha Hendon

'I sent him sexy snaps'

LAST WEEKEND, I was enjoying the hot weather by the outdoor pool at my local health club, showing off my tight, toned body in my new bikini, and it wasn't long before a sexy guy came over and started flirting. My eyes lingered on his sexy muscles and I could tell he appreciated mine too. He had to get back to work but we arranged a date. Half an hour later, he texted to say he couldn't concentrate and things soon turned dirty – he sent me a SnapChat of him playing with himself! It made me incredibly hot and horny, so I raced to the toilets and couldn't wait to get my hand down my knickers. Sending him a photo of the evidence drove him wild, and things soon got a whole lot filthier! I can't wait to meet up and work up a proper sweat!

Luisa Long Ashton

Win £50!

Ladies, send your raunchiest confessions to **louise_prior@ipcmmedia.com** or to the address on page 66. The best one each week* wins £50! Come on, girls!

JOIN NUTS HOT DATES AND MEET HOT SINGLE GIRLS AT **WWW.NUTS.CO.UK/HOTDATE**

Nuts SPORT

NUTS INVESTIGATES!

How to tell if your player wants out!

As top Premier League stars angle for a move, our simple questionnaire can tell if your team's hero is next in line...

➔ IF THIS Premier League pre-season has been remarkable for one thing, it's some of the world's top footballing names doing their damndest to agitate for a move away, with Luis Suarez, Gareth Bale and Wayne Rooney all pulling out of their respective clubs' summer-friendly programme with "injuries". Could your club's top man be about to follow suit? This easy questionnaire will help you find out if you should be worried or not...

1 WHAT ARE HIS HOPES FOR THE COMING SEASON?



A. After last season's successes, your club's star player is raring to push on and challenge for all the biggest competitions again – and also hopes to commit his future to the club by signing a new eight-year contract.

OR

B. You've no idea – all he talks about is Real Madrid, the Champions League (random examples) and what a "massive opportunity" it would be for him to be involved with either. He has also mentioned he's learning Spanish.



2 HOW WAS HE ON THE PRE-SEASON TOUR OF THE FAR EAST?



A. He interacted enthusiastically with local dignitaries, signed autographs for local fans with equal enthusiasm and posed for photos in a zoo holding monkeys in the club strip. He was wearing the club strip, not the monkeys.

OR

B. He didn't go, as he mysteriously "tweaked a hamstring" two days before the team were due to fly out, and instead spent his time training at the club ground on his own, and seeming somehow... not in pain at all.



3 WHAT HAVE HIS PERFORMANCES BEEN LIKE IN TRAINING?



A. He's been the best in each session, throwing himself into practice games and joking with his team-mates – performing pranks on them or having a laugh at their expense due to the hilarious holiday snaps plastered across the web.

OR

B. He's been the best in each session, in the sense that his sessions consist of him forlornly doing keepy-ups or shuttle sprints by himself in a far corner of the pitch, while his team-mates fail to acknowledge his existence.



4 HOW DOES HE SEEM FROM A MENTAL VIEWPOINT?



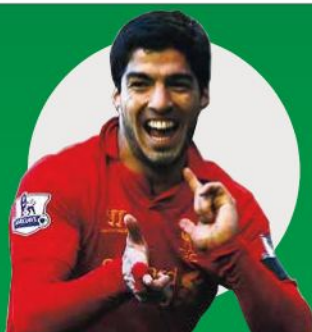
A. He's raring to go. This is potentially his and the club's biggest season in years, and everything is possible in terms of their season's targets. A Champions League place, a good run in the Cup – we'll have 'em all!

OR

B. "Right now, he's very upset" (Copyright: Gareth Bale's agent) because the club that pays his six-figure weekly wage want him to stay and honour his bloomin' four-year contract, which he only signed last year.



5 WHAT'S BEEN HIS MOST SIGNIFICANT NUMBER?



A. The number 25 – his goal target for your team for the coming season. And indeed, as he keeps saying in interviews, for the next seven seasons after that. New eight-year contract, you see.

OR

B. The number 40 million – his mythical contract-release clause in pounds sterling, which is mentioned on a daily basis, despite the fact that it doesn't actually exist. This is why it's only mentioned by him and his agent.



6 WHAT DOES HE THINK OF YOUR FANS?



A. "The best in the business. Hopefully, I can win trophies for them for many years to come." These statements are backed by a series of photos of the player enjoying pints with fans in local pubs. With the pints all paid for by him.

OR

B. "I don't think the supporters are angry. They understand a player who has ambition to win at the highest level. At a club, as long as you're together, you stick up for each other." Guess which Liverpool player recently said that...



7 HOW HAVE HIS TWEETS WITH TEAM-MATES BEEN?



A. Jocular – the banter is flying all over the show. Summer holidays and dodgy car purchases seem to dominate your player's Twitter feed, with hash tags like #nocarbstillmarbs or #shouldhavebroughtalambo and that kind of stuff.

OR

B. They've all blocked him. The "banter" he gets involved with now tends to involve his team's supporters using the kind of words that would get him an automatic three-match ban if he said them on the pitch.



Verdict: How did you answer?

MOSTLY A'S: Good news! Your favourite player is committed to your club and isn't going anywhere. Ever.



MOSTLY B'S: Uh-oh! If he wanted away any more strongly, he'd drive to his club of choice and hang around waiting to sign.



KAMMY!



He's the voice of the fans – and he's only in *Nuts*!



Even by his usual high standards, it was a gross bogey

Old rivalry has me excited!

There's nothing like a home international to get the juices flowing!

➔ **I'M LOOKING** forward to the England vs Scotland friendly – I can be a fan for once! I'm going to Wembley as an FA ambassador for this massive spectacle.

There have been some brilliant fixtures in the past – I remember in 1999 when Scotland won 1-0 and

their fans were on the pitch, pulling down the goal posts!

But all the memories make me feel nostalgic. Recently, we've seen Wales come to Wembley with the late Gary Speed as their manager – God rest his soul – and they were unfortunate not to take anything away from the match.

I expect England to come away with the win in this game, but my best mate Gordon Strachan has done a good job with Scotland and I want him to succeed. Just not against England!

If we do lose, my Scottish mates will never let me live it down. Whatever happens, it'll be a fantastic game!



"Yes! World's worst footy kit champions, third year running!"

Another side could do a Bradford!

THE NUMBER of shocks we saw in the first round of the Capital One Cup was incredible – but no shock!

In the past two seasons, we've seen Bradford and Cardiff reach Wembley and there's no reason why another Football League team can't go all the way. The gap between leagues is no longer a million miles wide – in fact, some Championship players are on a par with those in the top flight. So over one game, any team can cause a surprise.

The Prem clubs only have to look back to last year to know that if they're thinking of taking a game for granted, they may well get dumped out.

- Send jokes, comments, pics etc to kammy@ipcmedia.com. The best one each week wins a signed *Nuts* T-shirt!



"Pssst! Come to London!
I'll throw in free Madame
Tussauds tickets!"

Wenger will never make Suarez change his ways!

ONE THING is for certain: you can't change what type of player and person Luis Suarez is. He was like it in the Netherlands, and since coming to England, he hasn't changed a bit. You almost just have to let him get on with it, hoping you'll get the best out of him.

Arsene Wenger will have to work out a way to handle

him – if he makes the move to Arsenal. I understand he wants to play in the Champions League – what player doesn't? – but what he's done in his time at Liverpool was maybe even a bit detrimental. What I mean is, where would they have been without his bans? And does Wenger really want this kind of problem?

ASK KAMMY!

How did you cope with first game nerves, or the suffering of pre-match nerves in general?

MATTY via Twitter

Well, I can tell you that when I was at Sheffield United, Dave Basset would never let you be nervous, he just wouldn't let it happen! I was lucky enough to play for Leeds and when we were reigning champions, it gave us a real confidence boost going into the opening game. But you always knew that if you were at home, you were in with a good chance of a win – it seemed to eradicate those butterflies just fine!



Pickett: 'I'm no gangster!'

Cockney UFC scrapper Brad Pickett reveals his East End credentials!



Hi Brad! Are you excited about fighting Michael

McDonald at UFC Fight Night 26?

The closer it gets, the more excited I become. I've researched him, but I'd prefer to concentrate on what I'm going to do.

What's your strongest asset?

Physically, my best attribute is resilience. It's not all about how hard you can hit, it's also about how well you can take a punch.

Does this help you in the Octagon?

Yes! That's where I come alive. It's a violent sport, but

I don't go out to hurt people, I go out to win.

Your walk-in music is slightly different...

I come out to Chas & Dave – I'm a Londoner. I won't pretend to be a gangster because I'm not one!

What's with the trilby and braces?

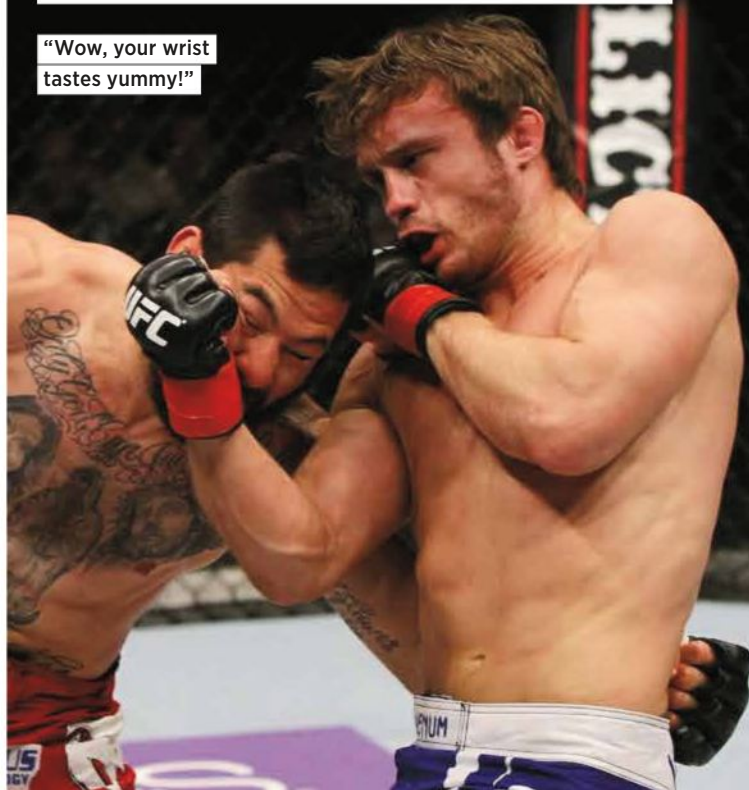
It's in memory of my granddad. He was a bare-knuckle boxer.

Have you ever eaten a jellied eel?

Yes, and I hate them. I prefer pie and mash!

● **UFC 26, live on BT Sport 2/HD, from 11pm, Sat 17 August.**

"Wow, your wrist tastes yummy!"



NUTS PROMOTION

Have a FREE £10 bet on us!

Celebrate the new footy season with a flutter!

➔ IT'S THAT time of the year again when football fans come out of their depressed state and look forward to a whole new season. It promises to be a big one, with a number of clubs having used the close season wisely to strengthen their squads. Questions still surround a number of high-profile players and where they'll be playing, but with ten months of football ahead of us, it's time to pit your wits against the bookies.

To celebrate the start of the season, we've teamed up

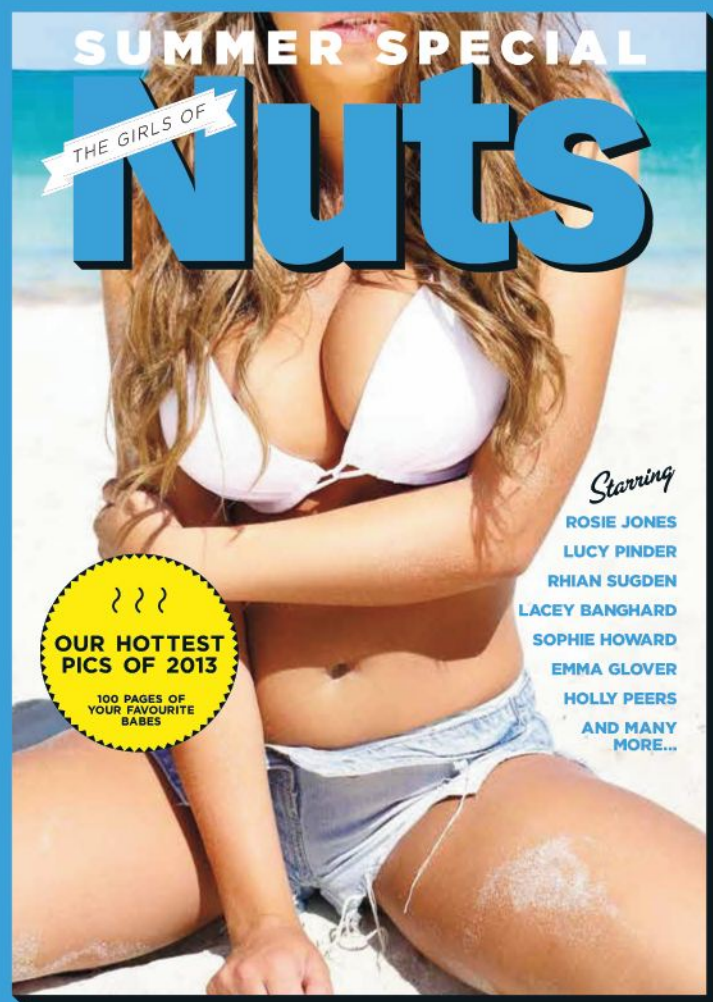
with Coral to give you the chance to claim a free £10 bet. All you have to do is register an account with them via CORAL.CO.UK/NUTS, deposit just £5 and you'll receive £10 absolutely free to use as you wish. What's more, once you've registered an account, you can withdraw your £5 whenever you want. So what are you waiting for? Have a flutter on us today!

Also, why not try using the new, improved mobile app from Coral? It offers you a secure and easy-to-navigate betting experience.



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EXCLUSIVE!

Nuts SPORT

Cleverly: 'I'm taking Kovalev to the lion's den!'

Cardiff's world champ is ready for a battle!



Hi Nathan! How's the training going ahead of your WBO light-heavyweight title defence against Sergey Kovalev?

It's going really well – both physically and mentally I'm in a good place.

Are you still training around your local park?

Yeah, it's been the same for this fight as my previous ones. I've just been bringing in the sparring partners.

What kind of opponent is Sergey Kovalev?

He's a big, big puncher – an attacking fighter who always comes forward. He fights with one thing in mind and that's to knock his opponent out. This is no easy fight.

He's unbeaten, too. Is that a worry for you?

Not only is he unbeaten, he's the favourite to win as well! That takes the pressure off me, though. He's got a good reputation in America and so the people over there are expecting him to return with the belt, but I'm not letting him take my title.

The fight's in Cardiff. Do you think he'll bring any fans?

However many he has, they'll be drowned out by mine. He's coming into the lion's den. The roar of the crowd every time I land a punch will spur me on.

There's a lot of talk about you fighting the IBF light-

heavyweight title-holder Bernard Hopkins. Is that what you're after next?

If I win this fight I should become the mandatory challenger to fight Hopkins so he can't get out of it. It's the fight that I want because he's the biggest name in the division so that would probably bring in the most money.

If you weren't boxing, what would you be doing?

I actually had a trial for Cardiff City when I was younger but I was on a family holiday at the time so I missed it! I think if I wasn't boxing I'd have tried being a footballer. If not, I would have applied to be an RAF pilot.

Before we go, do you ever wear your title belt out?

It's normally on my kitchen worktop as it's easier for me to grab when I need to take it to events and things. I don't tend to wear it out, but it's my pride and joy.

You could use it as a good pulling tool on a night out!

Ha-ha, that's true! Next time you see me out in Cardiff city centre, I might just have my belt around my waist. That's certainly something to think about!

● **Red Mist: Cleverly vs. Kovalev for the WBO World Light-Heavyweight Championship is live on Box Nation on 17 August.**

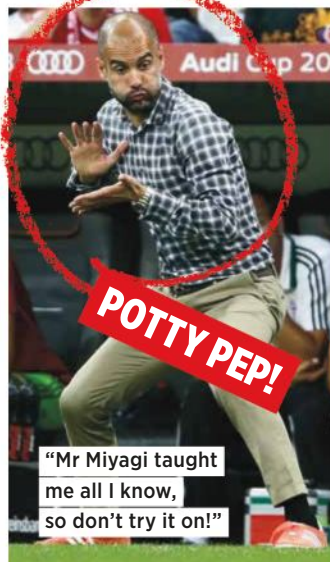
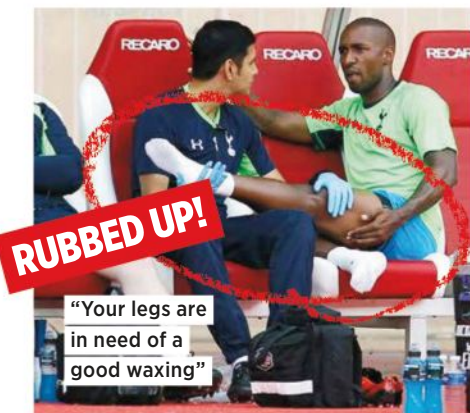
"I'm not letting him take my title!"
Nathan Cleverly

It was always a draw when he played himself at Rock, Paper, Scissors

RING OF TRUTH!

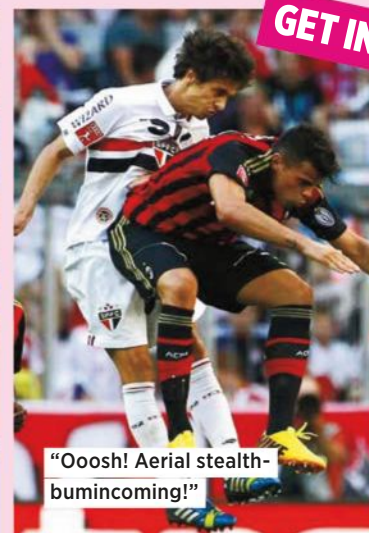
ONLY IN
Nuts!

Football seen through the *Nuts* comedy glasses!



WORDS: JOE BARNES PHOTOS: PA PHOTOS, GETTY IMAGES, ACTION IMAGES, BACKPAGE IMAGES

MAN-LOVE CORNER!





WHO ARE YA!?

Premier League ahoy? Footy expert **Gabriele Marcotti** on this week's transfer talk!



FREE

NAME: DIEGO LUGANO **NEW CLUB:** WEST BROM
SIGNED FROM: PARIS ST-GERMAIN

"Lugano is an old-school Uruguayan centre-back – blond, angel-faced and, when needed, deadly. He led São Paulo to the Copa Libertadores and, later, the World Club Cup, beating Liverpool. He may not be the quickest, but he offers plenty of size, strength and leadership, which is why he captains the Uruguayan national side, with whom he's approaching 100 caps."



NAME: TOBY ALDERWEIRELD **CURRENT CLUB:** AJAX
WANTED BY: EVERTON

"This Belgian international moved to Ajax's academy at 15 and got his first-team debut four years later. He's not a classic play-making centre-half but given his Ajax education, he's comfortable on the ball and is always looking to be positive in possession. Were it not for the fact that he let his contract run down – it expires next June – he would probably command a far higher fee."



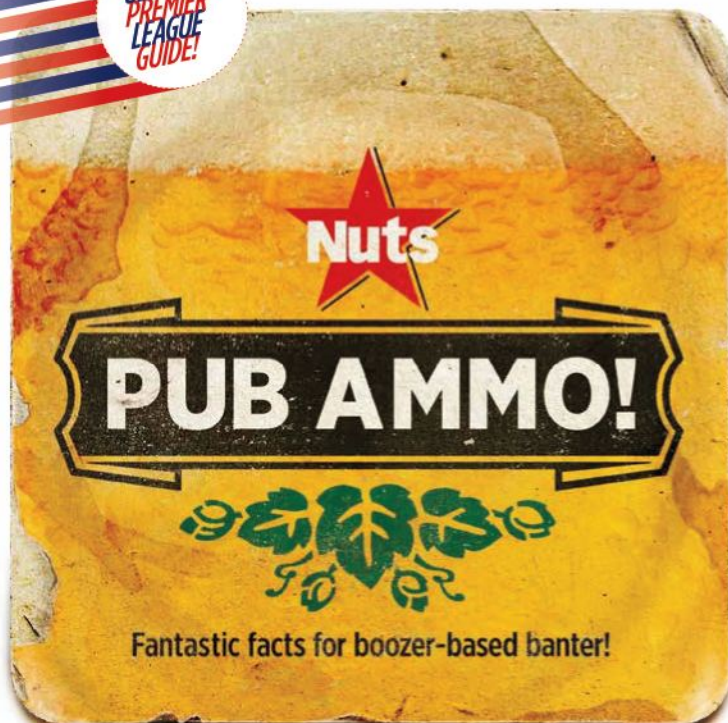
NAME: OLA TOIVONEN **CURRENT CLUB:** PSV EINDHOVEN
WANTED BY: NORWICH

"This attacking midfielder has an unusual combination of size (6ft 3), agility, pace and technique which got scouts salivating early on, prompting big money moves first to Malmö then to PSV. At PSV, he's done well without necessarily turning into Zlatan Ibrahimovic Mark II but that doesn't mean he can't be a valuable addition, since the 27-year-old's extremely awkward to play against."



NAME: WALTER GARGANO **CURRENT CLUB:** NAPOLI
WANTED BY: SUNDERLAND

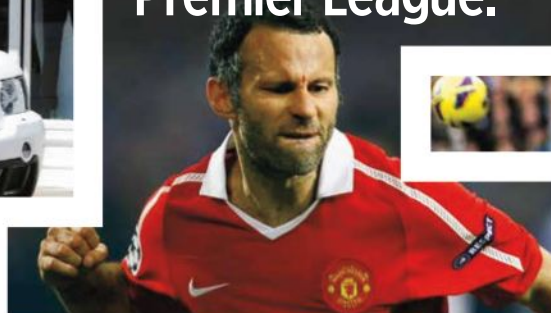
"Gargano is a terrier-like midfielder who'll churn out the miles in any game. Something of a fan favourite in Naples, critics have pointed out that he's not exactly silky on the ball, but in the right midfield that doesn't matter – his job is to win it and get it to other, more skilful players. A Uruguayan international, he has plenty of experience as well and, at 29, knows how to make it count."



All the money made from **Pukka Pies** sold at Old Trafford on an average matchday would pay for just one day of Wayne Rooney's salary.



Ryan Giggs has scored in every season of the Premier League.



Leighton Baines was the only outfield player to be on the pitch for every minute of every match during the 2012-13 season.



Nuts

Rosie Jones





GREAT
LOOKING
HAIR
no fuss



Joe Hart

Joe Hart,
Goalkeeper



The 2in1 range deep cleans and conditions, giving you unbeatable dandruff protection[†] and hair that's more manageable. All in one bottle.

[†]Visible flakes seen at 2ft with regular use. [†]Among cosmetic anti-dandruff shampoos.
^{**}Winner Shampoo Category. Survey of 10,005 people by TNS.

