# BODYBUILDING ROUTINE Pumping Cadmium

**Electrolytes infused with heavy metals** 

## BENCH PRESS

Going for 3,256 straight repetitions

# Pectoralis

514 KILOGRAMS OF IRON

Wuh? Yo, I don't speak no metric

## Nice Dumbbell

You wanna step outside and try saying that?

#### BETTER PREPARE SOME ICE PACKS

REGULAR

Steadfast and no-nonsense, Heron is always ready to go to work. It began with a Joe Heroun commission for *Men's Health* inspired by industrial, machine-made letters. Unlike other type with mechanical influences, Heron is a refined, versatile family, capable of doing the job in both headlines and small text. Heron Sans and Serif are born of hard iron and steel, but galvanized with Cyrus Highsmith warmth and energy; FB 2012

LIGHT WITH ITALIC AND MEDIUM 9 point

GRUMPY WIZARD MADE A TOXIC BREW FOR THE EVIL QUEENS & JACKS. LAZY MOVERS QUIT HARD PACKING of the papier-mâché jewelry box. Back in my quaintest garden: jaunty zinnias vie with a flaunting phlox. Hark! 4,872 toxic jungle water vipers quietly drop onto zebras for a meal! New farm hand (picking just sixty quinces) proves strong, but lazy. For just \$15, jolly housewife made us "inexpensive" meals using only a quick-frozen vegetable. Jaded zombies, acting quaintly, kept driving those 310 oxen forward. At my grand prix, J. Blitzen was

GRUMPY WIZARDS MADE UP TOXIC BREW FOR THE EVIL QUEEN & JACKS. LAZY MOVERS QUIT THE HARD packing of the papier—mâché jewelry box. Back in my quaint garden: the jaunty zinnias vied with flaunting phloxes. Hark! 4,872 toxic jungle water vipers quietly dropped in on zebras for meals! The new farm hands (picking just six quinces) prove stronger, but lazy. For just \$65, the jolly housewife made "inexpensive" meals using only quick-frozen vegetables. The jaded zombie, acting quaintly, kept on driving the 310 oxen

GRUMPY WIZARDS MADE A TOXIC BREW FOR EVIL QUEEN & JACKS. THE LAZY MOVER QUIT THE HARD packing of papier-mâché jewelry boxes. Back in my quaint garden: the jaunty zinnias vie with flaunting phlox. Hark! 14,872 toxic jungle water vipers quietly dropped in on zebras for a meal! The new farm hand (picking just sixteen quinces) proves strong, but lazy. For \$65, a jolly housewife made "inexpensive" meals using only quick-frozen vegetables. The jade zombies, acting quaintly, kept driving the 310 oxen SEMIBOLD WITH ITALIC 9 point

GRUMPY WIZARDS MADE TOXIC BREWS FOR THE EVIL QUEEN & JACK. LAZY MOVER QUIT THE HARD packing of a papier-mâché jewelry box. Back in my quaint garden: jaunty zinnias vied with a flaunting phlox. Hark! 4,872 toxic jungle water vipers quietly drop in on zebras for a meal! Their new farm hands (picking just six quinces) prove stronger, but lazy. For just \$65, jolly housewives make "inexpensive"

BOLD WITH ITALIC 9 point

GRUMPY WIZARD MADE A TOXIC BREW FOR THE EVIL QUEENS & JACKS. A LAZY MOVER QUIT THE hard packing of papier-mâché jewel boxes. Back in my quaint garden: the jaunty zinnias vied with flaunting phloxes. Hark! 4,872 toxic jungle water vipers quietly drop on zebras for a meal! The new farm hands (picking just sixteen quinces) proved stronger, but lazy. For just \$65, jolly housewives

CONDENSED LIGHT WITH ITALIC AND MEDIUM 9 point

GRUMPY WIZARD MADE UP A TOXIC BREW FOR THE EVIL QUEEN & JACKS. THE LAZY MOVERS QUIT THE HARD PACKING OF A PAPIER mâché jewelry box. Back in my quaint garden: the jaunty zinnia vied with a flaunting phlox. Hark! 4,872 toxic jungle water vipers quietly drop on zebras for meals! New farm hand (picking just sixty quinces) proved strongest, but lazy. For just \$165, the jolly housewives made us an "inexpensive" meal using only a quick-frozen vegetable. Jaded zombies, acting quaintly, kept driving their 310 oxen forward. At my grand prix, J. Blitzen was equally vilified for his funkiest ways. My old grandfather spent his days quickly carving 19 wax buzzards,

REGULAR WITH ITALIC AND SEMIBOLD 9 point

GRUMPY WIZARD MADE UP SOME TOXIC BREW FOR THE EVIL QUEENS & JACKS. LAZY MOVERS QUIT THE HARD PACKING OF A papier-mâché jewelry box. Back in my quaint garden: the jaunty zinnias vied with flaunting phlox. Hark! 4,812 toxic jungle water vipers quietly dropped in on zebras for meals! The new farm hand (picking just six quinces) proved stronger, but lazy. For just \$65, the jolly housewife made an "inexpensive" meal using only quick-frozen vegetables. The jade zombie, acting quaintly, kept on driving the 370 oxen forward. At my grand prix, J. Blitzen was equally vilified for his funky ways. My old grandfather spent his

GRUMPY WIZARDS MADE SOME TOXIC BREW FOR THE EVIL QUEENS & JACKS. THE LAZY MOVER QUIT THE HARD PACKING of a papier-mâché jewel box. Back in my quaint garden: jaunty zinnias vied with the flaunting phlox. Hark! 4,872 toxic jungle water vipers quietly dropped in on zebras for a meal! Their new farm hand (picking just sixty quinces) proved strong, but lazy. For just \$65, jolly housewives make "inexpensive" meals using only quick-frozen vegetables. The jaded zombies, acting quaintly, kept driving their 310 oxen forward. At my grand prix, J. Blitzen was equally vilified for his funkist ways. My dear old

SEMIBOLD WITH ITALIC 9 point

GRUMPY WIZARDS MADE UP A TOXIC BREW FOR THE EVIL QUEEN & JACKS. LAZY MOVERS QUIT THE HARD PACKING OF a papier-mâché jewel box. Back in my quaint garden: jaunty zinnias vied with a flaunting phlox. Hark! 4,872 toxic jungle water vipers quietly drop on zebras for a meal! The new farm hand (picking just sixty quinces) proved strongest, but lazy. For just \$65, jolly housewives make up "inexpensive" meals using only quick-frozen vegetables. The jade zombie, acting

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NORMAL

SONGBIRDS often catch 256 retailers
SONGBIRDS often catch 256 reluctant
SONGBIRDS often catch 256 refinished
SONGBIRDS often catch 256 recoverable
SONGBIRDS often catch 256 recoverable
SONGBIRDS often catch 256 relative
SONGBIRDS often catch 256 roundish
SEMBOLO TITALE
SONGBIRDS often catch 256 referenda
SONGBIRDS often catch 256 referenda
SONGBIRDS often catch 256 recordable
SONGBIRDS often catch 256 recordable
SONGBIRDS often catch 256 retroviruses

CONDENSED

SONGBIRDS often catch 256 residual silicon SONGBIRDS often catch 256 residual sultanic SONGBIRDS often catch 256 residual sedatives SONGBIRDS often catch 256 residual streamlined SONGBIRDS often catch 256 residual streamlined SONGBIRDS often catch 256 residual seals SONGBIRDS often catch 256 residual shaken SONGBIRDS often catch 256 residual subtexts SONGBIRDS often catch 256 residual subtexts SONGBIRDS often catch 256 residual scholastic SONGBIRDS often catch 256 residual summertime

#### AN OVERVIEW OF OPENTYPE LAYOUT FEATURES

OpenType layout features provide the user with integrated access to certain typographic refinements — like alternate figure styles, fractions, or stylistic variants — without changing fonts or disrupting the underlying text encoding. Note, however, that some features may not be accessible or supported in all applications. Please consult your software's user guide for details.

The Heron Sans OpenType fonts include the following features:

CASE PUNCTUATION – When ALL-CAPS styling is applied, parentheses, brackets, braces, dashes, and guillemets are replaced with shifted forms.

H-n (Hp) «tu» [Em—da] H-N (HP) «TU» [EM—DA]

STANDARD LIGATURES - Deploys the following ligatures: fi, fl, ff, ffi, ffi, ff, ft.

fine inflict office fjord soft fine inflict office fjord soft

**TABULAR FIGURES** – Replaces the default proportional figures with tabular lining figures; plus tabular forms of currency and math symbols.

|\$|1|2|3|4|+|6|7|8|-|£|9| |\$|1|2|3|4|+|6|7|8|-|£|9

STYLISTIC SET 20 (TABULAR PUNCTUATION) – Deploys tabular spaces, period, comma, colon, semicolon, parentheses, primes, and endash to complement tabular figures.

|(|1|,|2|3|4|.|7|)||8|:|9|"| |(|1|,|2|3|4|.|7|)||8|:|9|"|

**SLASHED ZERO** – Replaces the figure zero with a slashed variant, to better distinguish from capital letter *O*.

Ser. No.: Q104C0590H0A Ser. No.: Q104C0590H0A

**FRACTIONS** – Replaces arbitrary fraction sequences with properly sized and positioned numerators & denominators.

22/3 cups 35/64" 1/100 22/3 cups 35/64" 1/100 **SUPERIOR** – Replaces figures with properly scaled and positioned superscript

#### footnote12 reference34 footnote12 reference34

**INFERIOR** – Replaces figures with properly scaled and positioned scientific inferior figures.

H20 N03 C6H12O6 H<sub>2</sub>O NO<sub>3</sub> C<sub>6</sub>H<sub>12</sub>O<sub>6</sub>

ORDINAL – Provides contextual substitution of masculine and feminine ordinals

Octavo 8º 1ª Prima 8º 1ª Octavo 8º 1ª Prima 8º 1ª

STYLISTIC SET 1 (SIMPLE a) – Replaces default two-story 'a' with single-story version. (Roman only.)

haughty languid laughing haughty languid laughing

STYLISTIC SET 2 (TWO-STORY a) – Replaces default single-story 'a' with two-story version. (Italic only.)

haughty languid laughing haughty languid laughing

STYLISTIC SET 3 (SIMPLE g) – Replaces default 'g' with single-story version. (Roman only.)

haughty languid laughing haughty languid laughing

#### AN OVERVIEW OF OPENTYPE LAYOUT FEATURES, continued

STYLISTIC SET 4 (TWO-STORY g) – Replaces default single-story 'g' with two-story version. (Italic only.)

### haughty languid laughing haughty languid laughing

STYLISTIC SET 5 (SIMPLE u) – Replaces default 'u' with 'cap-style' version with

### haughty *languid* laughing haughty *languid* laughing

STYLISTIC SET 6 (TAILED I) – Replaces default 'I' with alternate version with

stylishly *ladylike* loyalty stylishly *ladylike* loyalty

STYLISTIC SET 7 (TAILED y) - Replaces default straight 'y' with alternate version with curved descender

stylishly *ladylike* loyalty stylishly *ladylike* loyalty

STYLISTIC SET 8 (SERIFFED I) – Replaces default capital 'I' with alternate version with serifs

#### INDIVISIBLE INITIATIVE INDIVISIBLE INITIATIVE

STYLISTIC SET 18 (NOMINAL DASHES) – Replaces default forms of em and en dashes with full-measure nominal forms without sidebearings

en-dash em-dash en-dash em-dash

STYLISTIC SET 19 (TRUE PRIMES) – Replaces straight quotes with true angled

42°20'58"N 5'101/2" 42°20'58"N 5'101/2"