

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models

HUAWEI GT 4 WATCH, R6 999;
UNDER ARMOUR TRACK
PANTS, R1 899 & RUSH
ENERGY T-SHIRT, R999
REEBOK NANO X3
TRAINING SHOES, R2 499

TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

LESS IS MORE WHEN IT
COMES TO EXERCISING
FOR FITNESS, STRENGTH
AND HEALTH.

WHY
30-MINUTE
WORKOUTS
WILL WORK
FOR YOU

WORDS BY MEN'S HEALTH TEAM
PHOTOGRAPHY BY BYRON KEULEMANS

HUAWEI GT 4 WATCH, R5 999;
REPRESENT TEAM 247
SLEEVELESS TOP, R2 499
& SHORTS, R7 499.



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown



HUAWEI GT 4 WATCH, R6 999;
REPRESENT TEAM 247
SLEEVELESS TOP, R2 499
& SHORTS, R2 499

JAN/FEB

TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

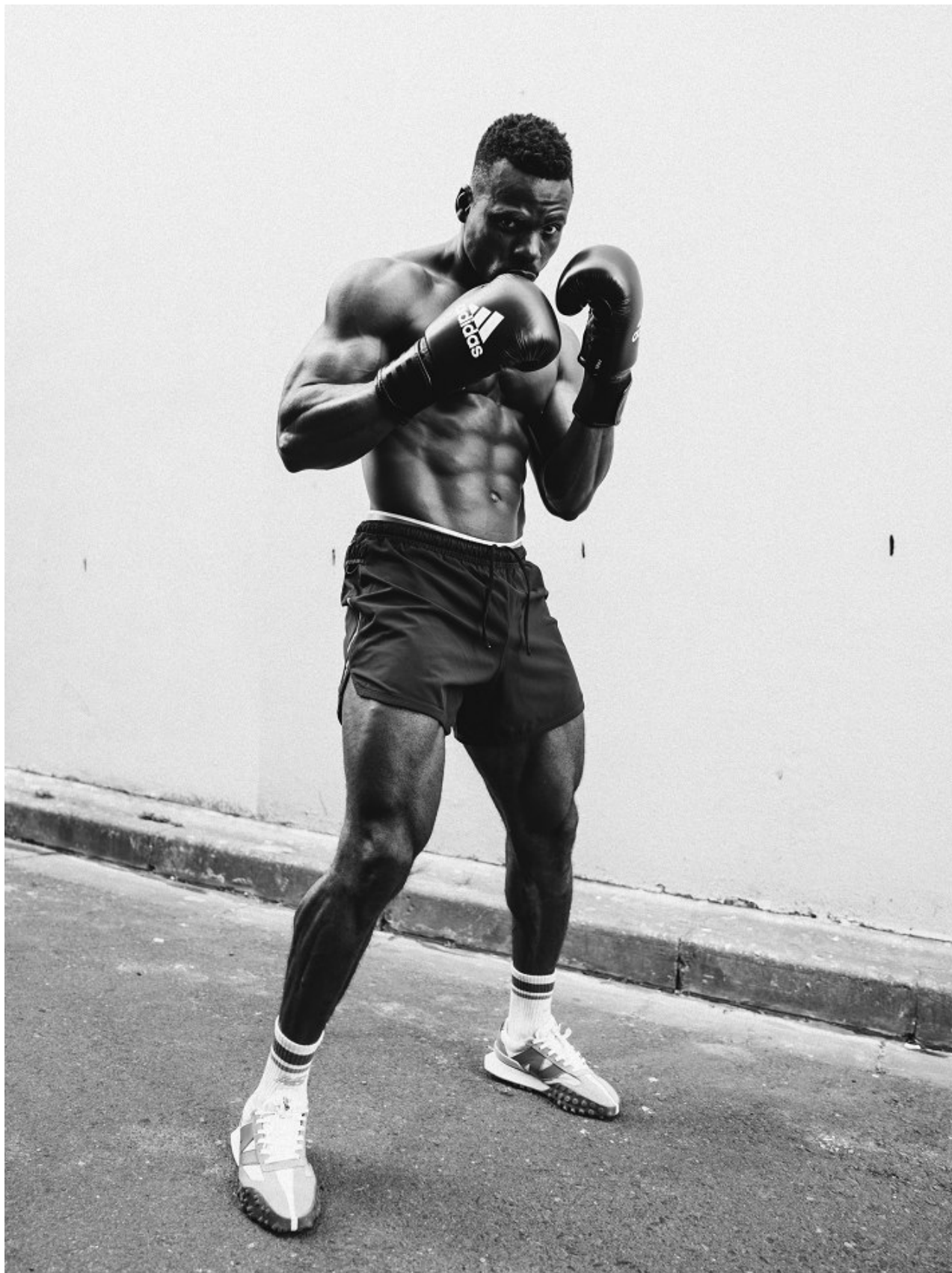
citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown



**A BEGINNER'S
GUIDE TO...**

**28
Jumpstarting
Your Body (Legally)
and Healthily**
Tap into endless
energy with these
21 simple tweaks.

**38
Building Muscle
From Scratch**
This top PT shares his tips
for all-year motivation.

**40
Running Laps
Around the Economy**
We tapped the experts to
help you inch out inflation.

**58
Finding the
Perfect Ride**
These new cars will take
you further—for less.

**92
Doing Anything
(and Everything)
Better**
Small changes,
massive results.

**100
Forging
Real Strength
Anywhere**
The easiest
outdoor
muscle ever.

**COVER STORIES
& FEATURES**

**20
The Man Who
Raced the World**
Cover guy William
Goode's mind-altering
55-day journey running
across America.

**82
Food for Fast Gains**
Fuel your muscles and
restock your energy levels
with our quick recipes.

**86
Dark Places**
Blind surfer Matt
Formston faces off
against monster waves.

MH
CONTENTS
01/02.24

70
**Get Ripped
in Just
30 Minutes**
You don't need hours to
achieve your peak physique.

TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown