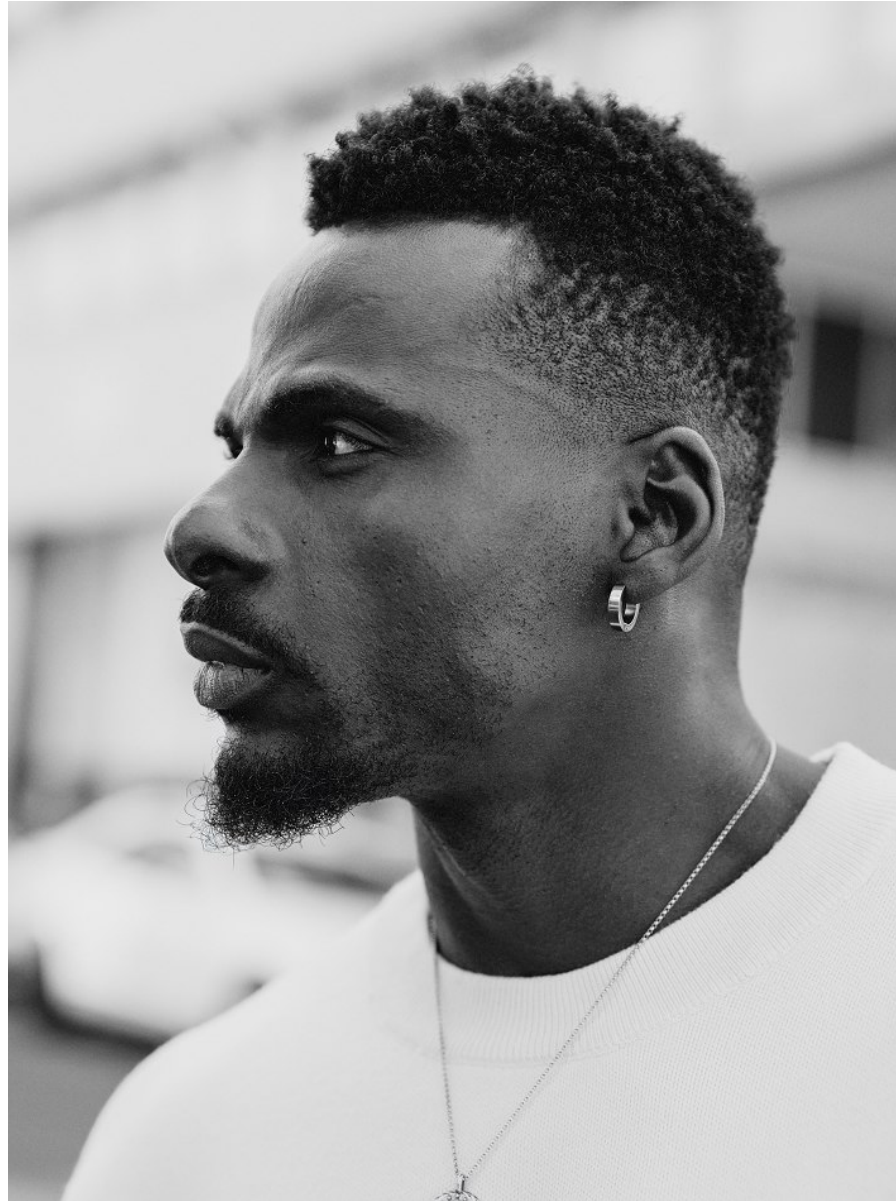


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TRESOR MPUKUTA

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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, R6 999;
REPRESENT TEAM 247
SLEEVELESS TOP, R2 499
& SHORTS, R2 499.



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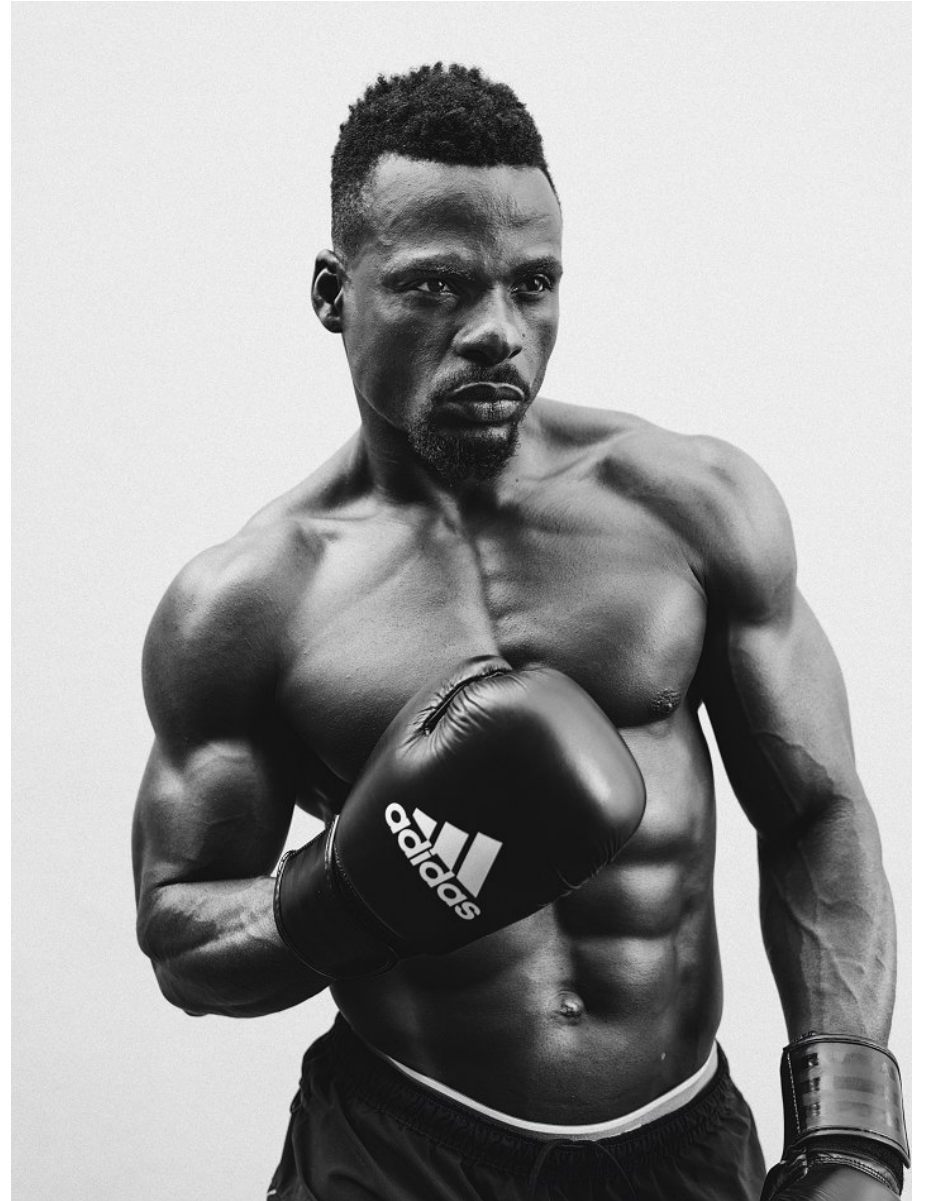
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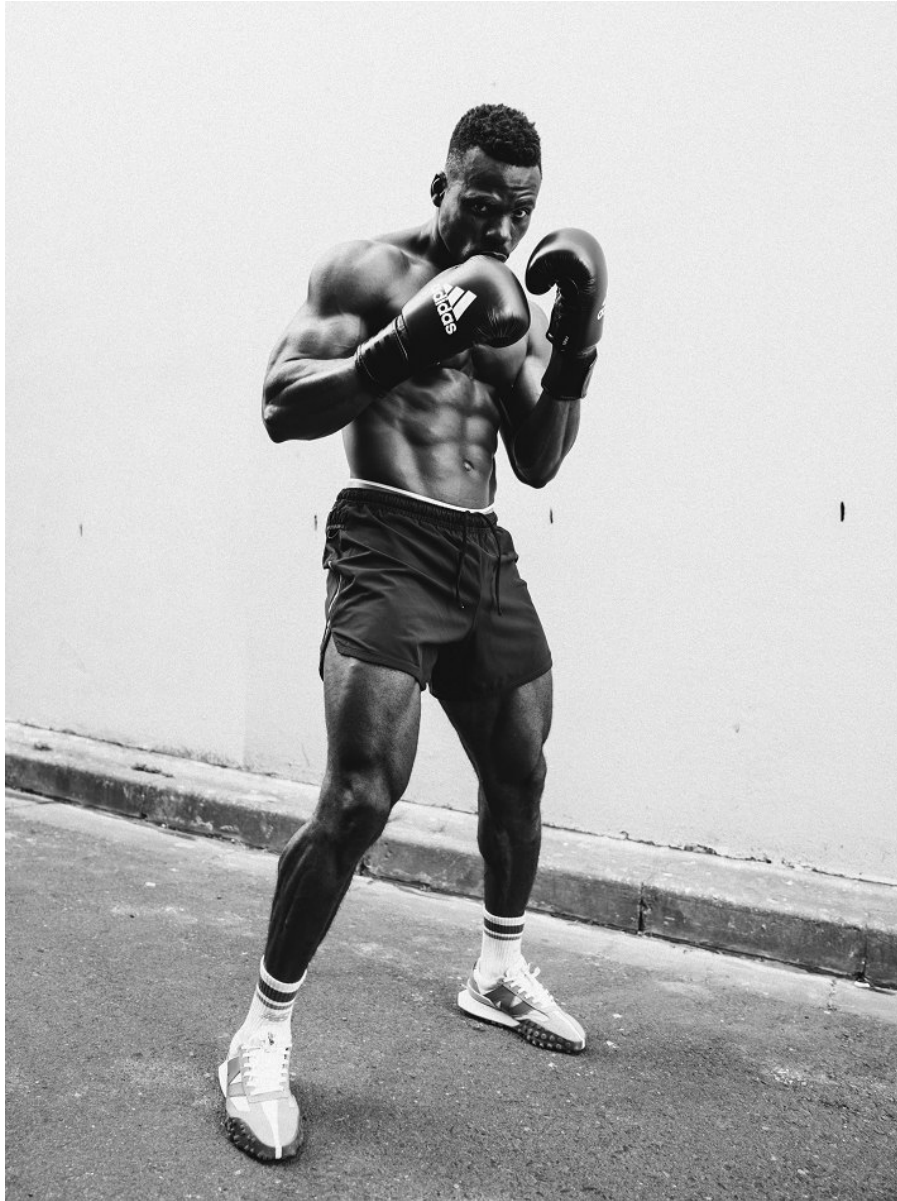
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**Get Ripped
in Just
30 Minutes**
You don't need hours to
achieve your peak physique.

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