

BOSS MODELS

CAPE TOWN



JACKWIN O'REILLY

Height: 183cm Chest: 98cm Waist: 74cm Suit: 40 R Shoe: 8.5 UK Hair: Black Eyes: Brown

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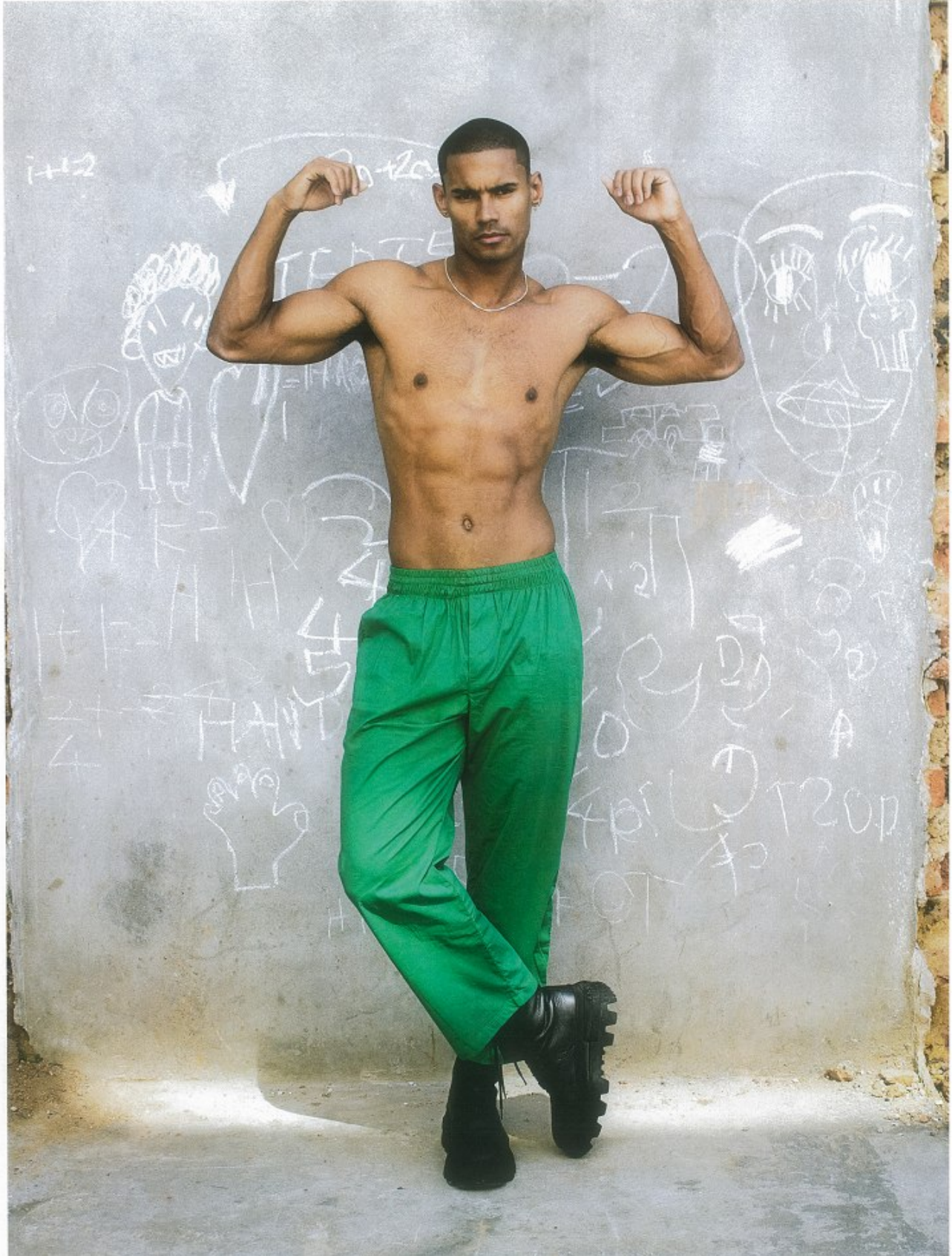


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Men'sHealth

NOV/DEC 2023

Men's Health

RIPPED RIGHT NOW

BUILD A BEACH
READY RIG
IN JUST

28 DAYS

MH FOOD SPECIAL

Delicious, Nutritious
Homemade Pizza

+ The Ultimate
Muscle Meal

ON THE
COVER
JACKWIN
O'REILLY

THE SCIENCE OF HAPPY

END YOUR YEAR
ON A HIGH NOTE

THE FUTURE OF FITNESS

How AI Will
Change Your
Health and
Wealth

BURN FAT, GET FASTER

The Secret
Power of
Zone 2
Training

R70

(VAT INCL)
NAMIBIA N\$70



YOUR SUMMER BODY

LAST-MINUTE BEACH MUSCLE

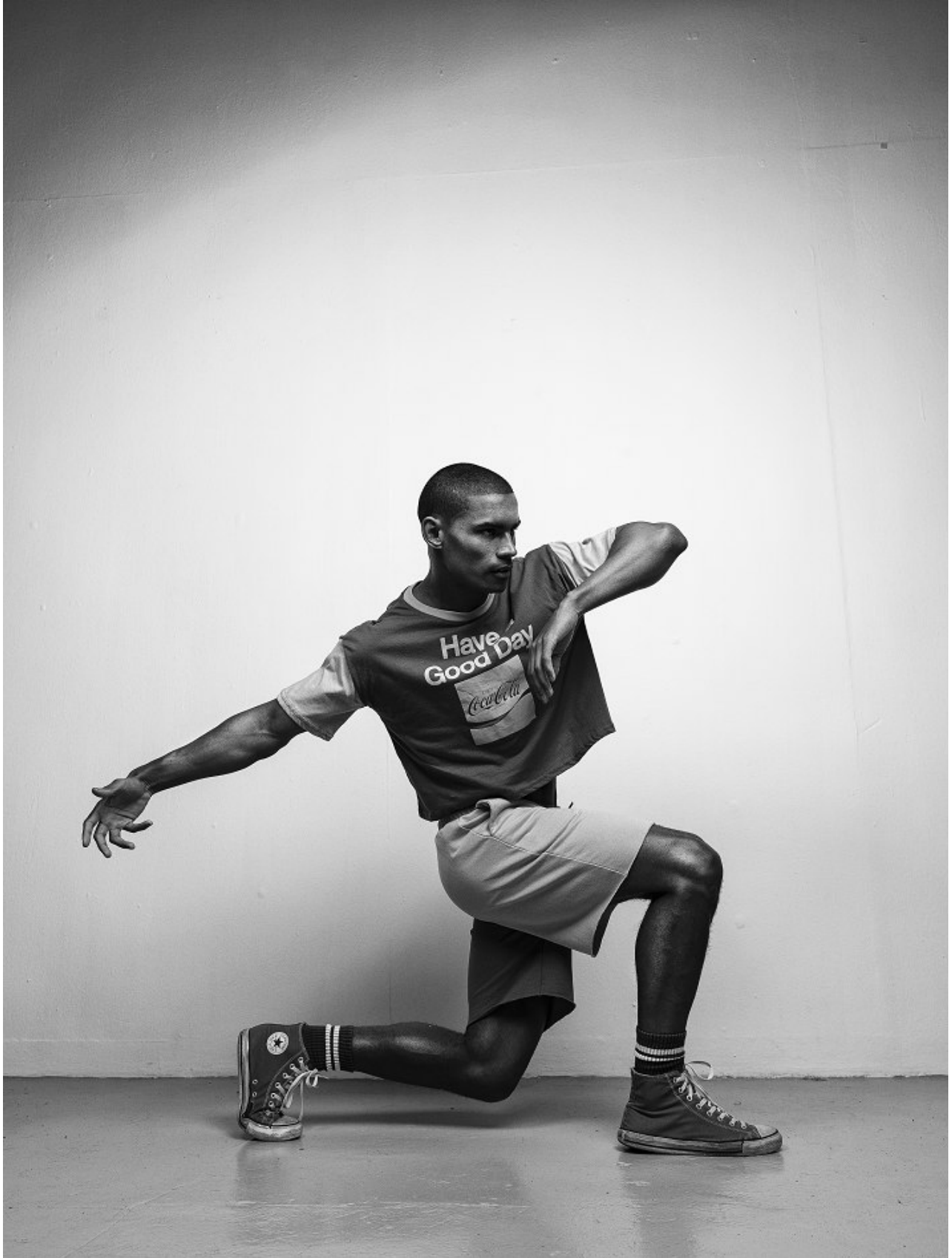
NOVEMBER/DECEMBER 2023 287

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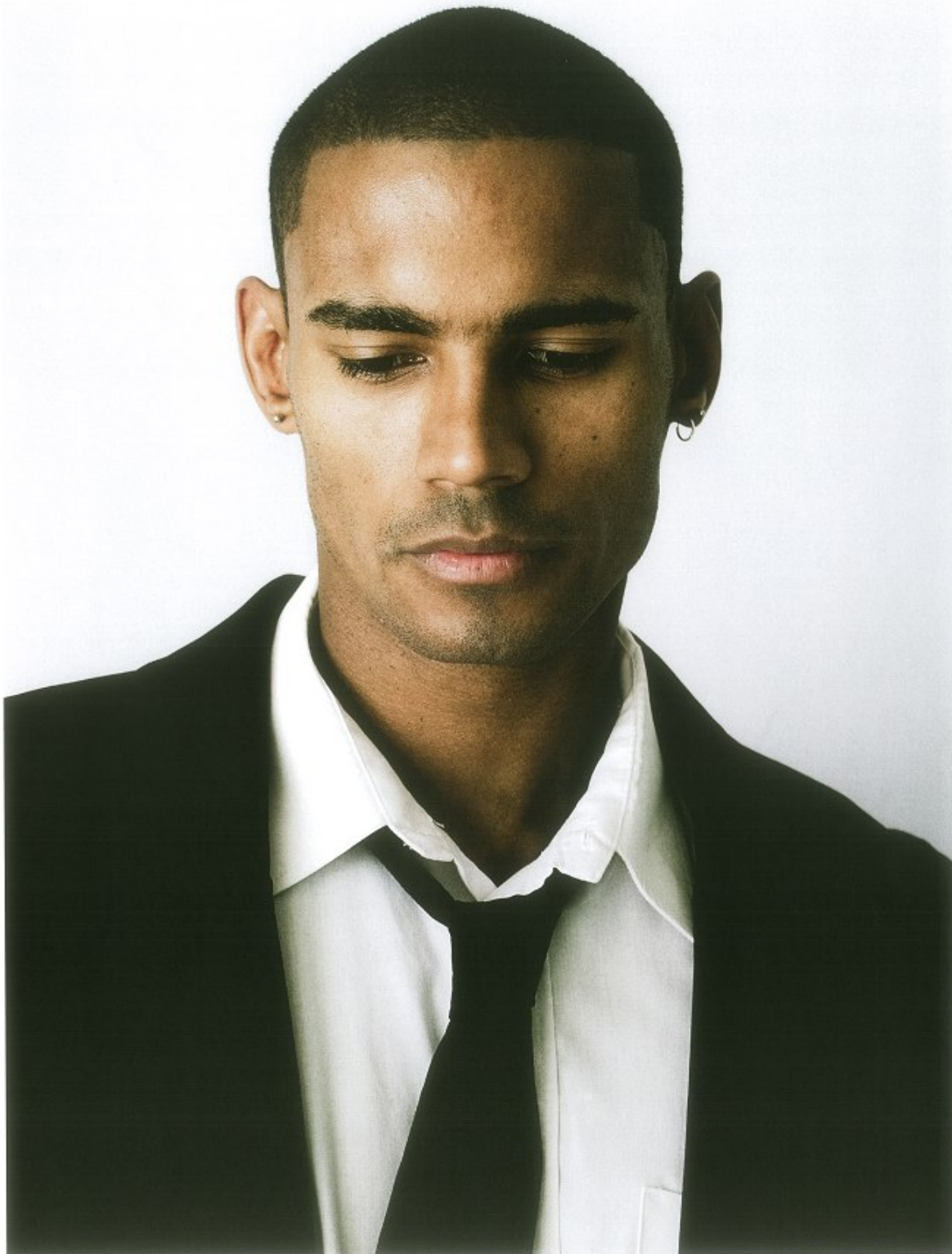


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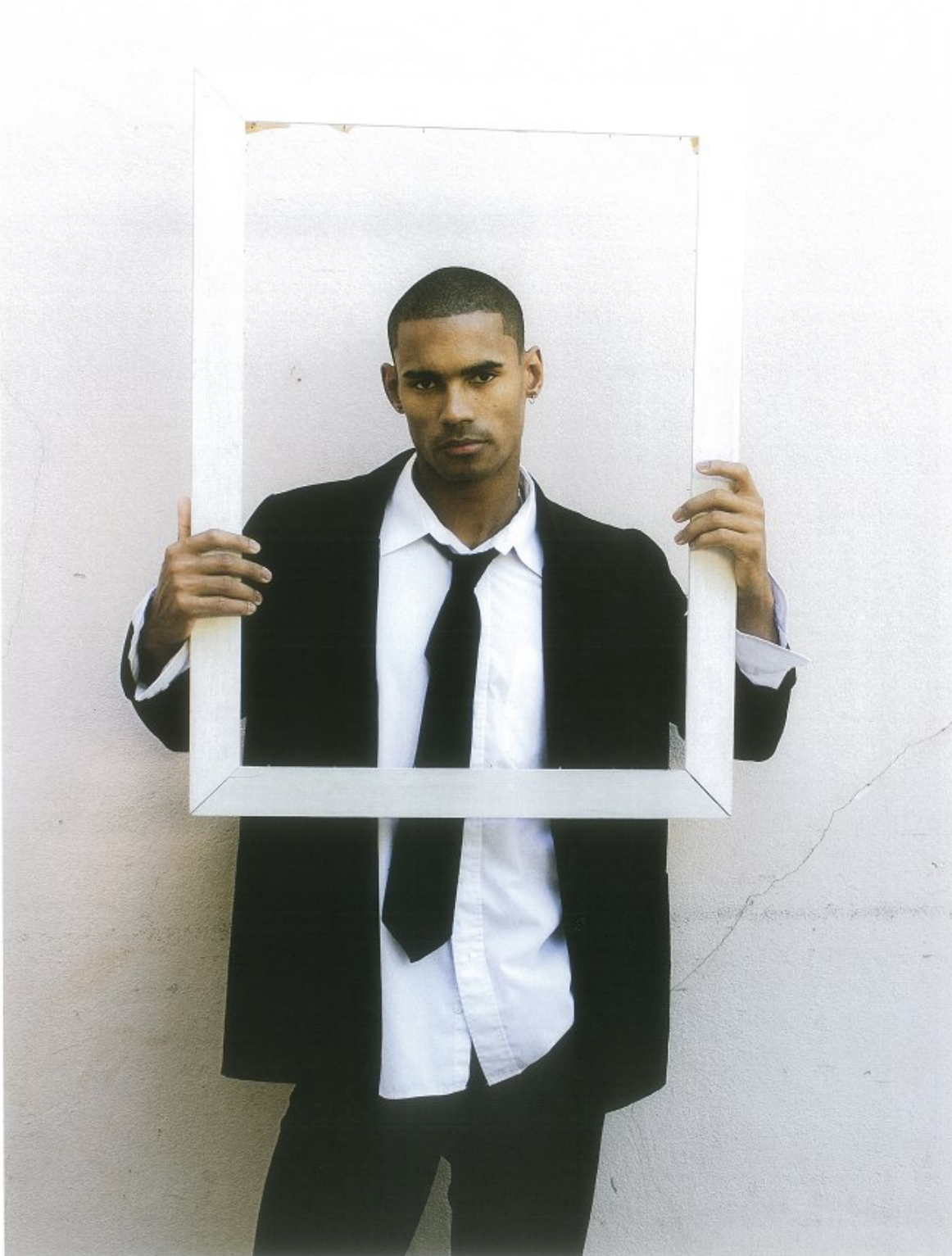


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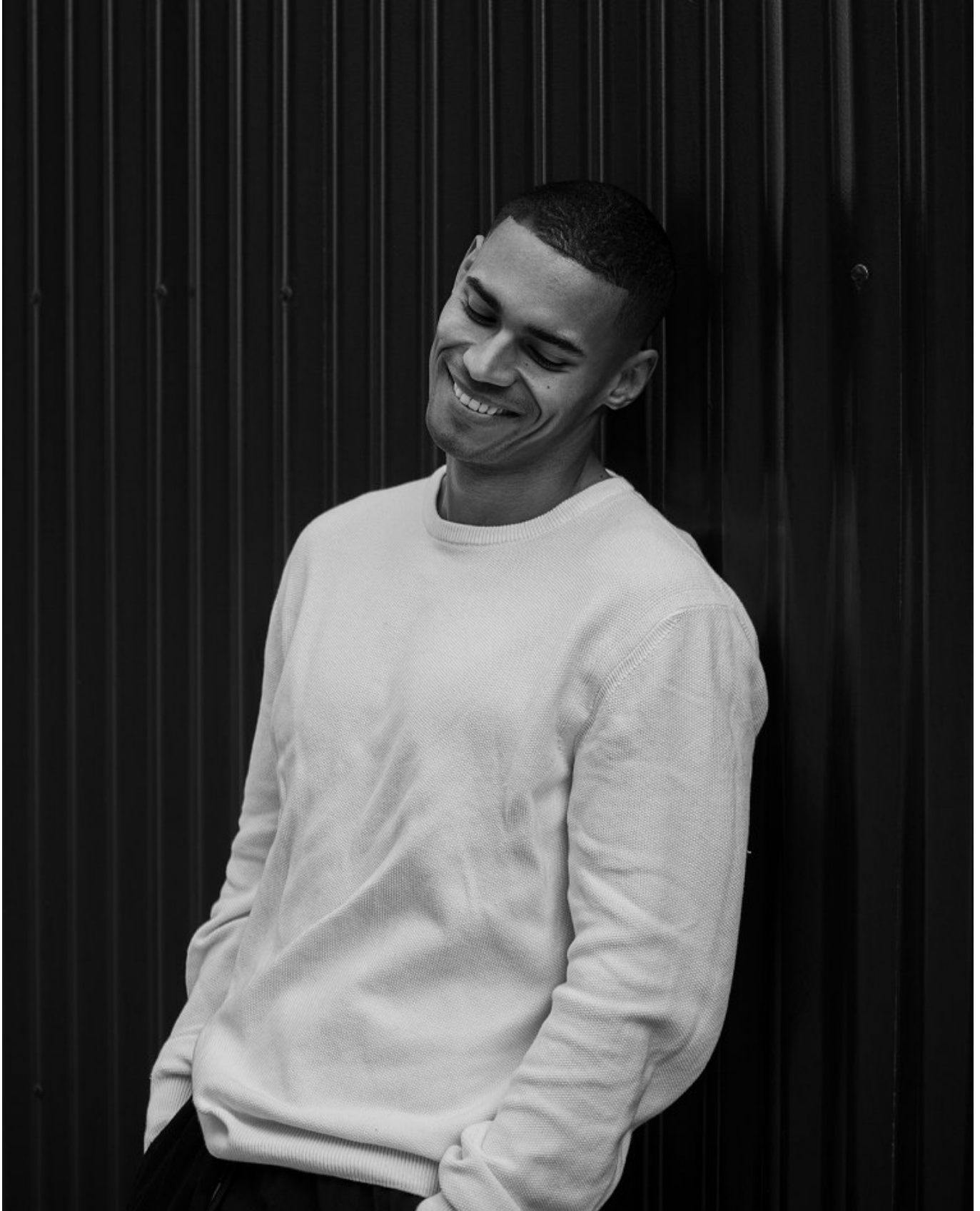


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EASY-TO-STYLE

CLASSIC

There's something so effortlessly chic about a sleeveless pullover. This iconic item works whether you're dressing down for beachside drinks or dressing up for a night out. Pull this over a boxy white Tee or striped blue linen shirt to instantly take any look from good to great.

Polo cap R549
Denham Lawrence vest R3 699
Trenery pants R1 599
Huawei GT 4 watch R6 999
JacobsbyJacobs necklace R350



NOV/DEC 2023 **07** MH.CO.ZA

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**QUALITY OVER
QUANTITY**

A timeless aesthetic demands garments that are built to last. So, when you're choosing a suit, shell out a little extra to make sure you're getting the finest fabrics like merino wool, linen and cotton.

Trenery blazer R4 999
Trenery T-shirt R699
Zara pants R900
Polo belt R549
Bass & Co Larkin shoe R3 399
CHIMI sunglasses R3 999
chmi-online.com/za

NOW/DEC 2023 **08** MH.CO.ZA

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MH.G2S

GUIDE TO STYLE



SELF-MADE
adidas Originals V-day Jacket

AUTUMN/WINTER 2022 FASHION + SPORT

Men'sHealth

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