

# BOSS MODELS

CAPE TOWN



DORIAN ISAACSON

Height: 184cm Chest: 100cm Waist: 80cm Suit: 40 R Shoe: 11 UK Hair: Brown Eyes: Blue

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Was kommt / Der Look

Anja: Kleid 3980 Euro und Rollkragenpullover 980 Euro, beides DIOR [dior.com](http://dior.com)

Dorian: Pullover 1300 Euro und Hose 750 Euro, beides DIOR [dior.com](http://dior.com) Uhr, Octo Finissimo Chronograph GMT Automatic 16 800 Euro [BULGARI.bulgari.com](http://BULGARI.bulgari.com)

Drink: Billionaire Margarita, gemixt mit GRAN PATRÓN PLATINUM

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## 01 / *Was kommt*

Darauf lohnt es sich für Sie *zu warten*

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Was kommt / Der Look

## Der Longdrink: PATRÓN Paloma

Dominic Bruckmann, Brand Ambassador Tequila Patrón, empfiehlt an der Strandbar einen Patrón Paloma der Klassiker im Glas. Der Paloma ist einer der beliebtesten und bekanntesten Longdrinks in Mexiko und leicht zuzubereiten. Ein unverkennbarer Schluck Patrón, der den Sommer perfekt macht. Es braucht:

50 ml Patrón Silver  
90 ml Pink Grapefruit Lemonade  
15 ml Lime Juice

Die Zubereitung ist simpel: alles in einem Glas mit Eiswürfeln aufgießen und umrühren. Als Garnitur reicht ein halbe Orangen- oder Limettenscheibe.

Fotografiert im Restaurant des Club LA RÉSERVE À LA PLAGÉ am Pampelonne Beach

Anja: Jumpsuit 850 Euro  
ROBERTO CAVALLI  
robertocavalli.com, geschen  
bei theoutnet.com

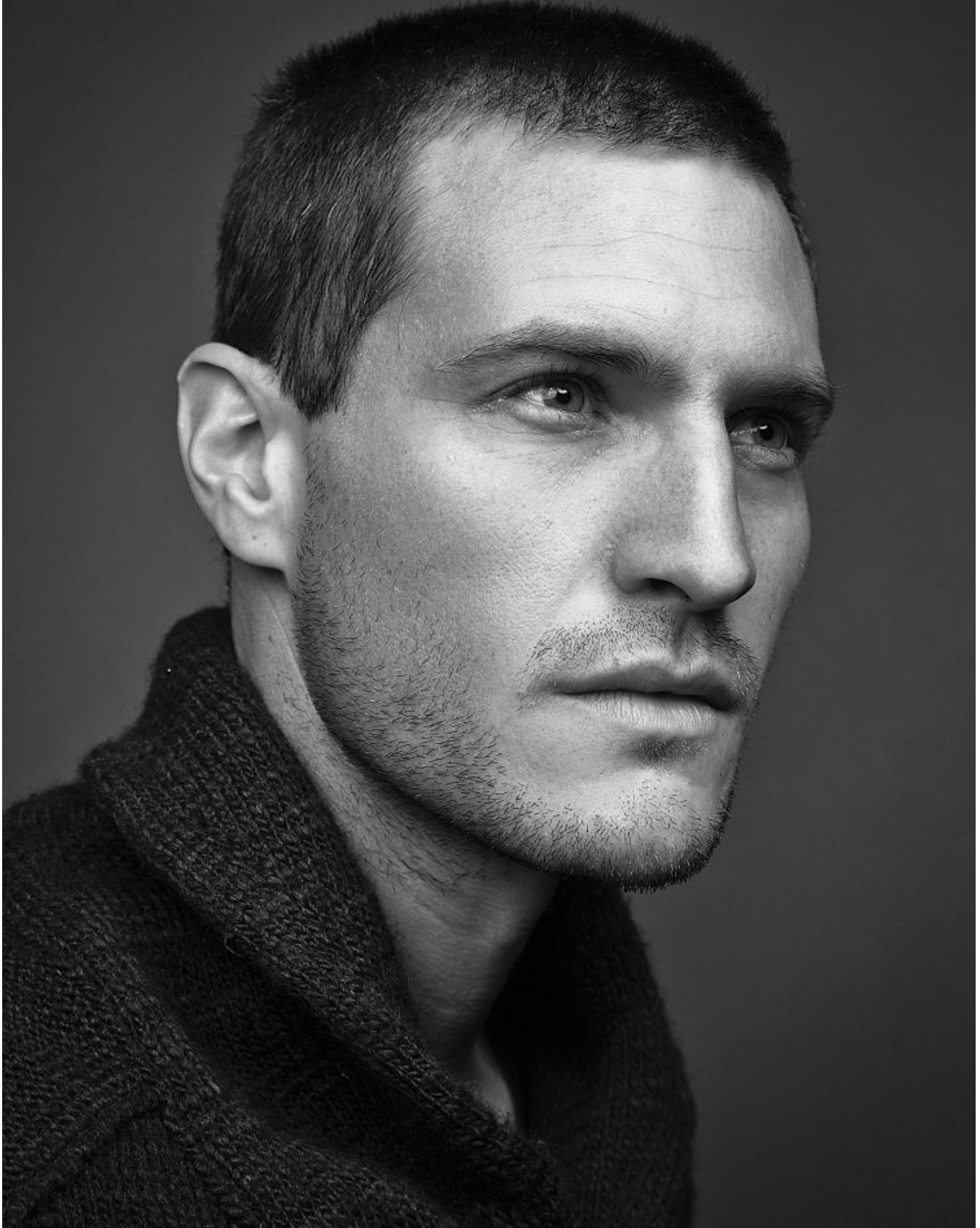
Dorian: Sakko 1950 Euro  
SALVATORE FERRAGAMO  
salvatore-ferragamo.com  
Hemd 145 Euro SANDRO  
sandro-paris.com Shorts  
370 Euro LORO PIANA  
loropiana.com, geschen  
bei mrporter.com Uhr Octo  
l'Originale Chronograph  
11 500 Euro BULGARI  
bulgari.com

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# YOUR NO-EQUIPMENT, NO-EXCUSES SUMMER MUSCLE BLOWOUT BEGINS

# NOW.

BRING YOUR WORKOUT TO THE BEACH WITH THESE THREE QUICK SWEAT SESSIONS FROM CERTIFIED STRENGTH AND CONDITIONING COACH, **EBENEZER SAMUEL**. ALL YOU NEED IS A STRETCH OF GRASS OR SAND, A SET OF STEPS AND SOME SHALLOW WATER. WILLPOWER NOT INCLUDED. (SORRY!)

PHOTOGRAPHS BY SEAN LAURENZ

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## POST UP YOUR WORK DAY

About five years ago, athleisure swept through our wardrobe, promising us gym clothes designed so well that we could go to the bar in them. What we got was a barrage of hairy thighs and tights-encased bulges in our public spaces. Thankfully, we've arrived at a smarter integration, with the best of everything athleisure has to offer – the stretch, the ease of movement, the technical fabrics that keep us cool and dry – incorporated into the types of clothes (e.g. suits like this one) we'd wear anywhere. You never know when you might have to spring into action.

ERIKA SUNGLASSES R2 290 RAYBAN AT SUNGLASS HUT, STRETCH BLAZER R1 199 ZARA, STRETCH SHIRT R2 099 CALVIN KLEIN, STRETCH CHINOS R1 599 BEN SHERMAN, ORLANDO SNEAKERS R1 299 ARTHUR JACK AT TREAD & MILLER



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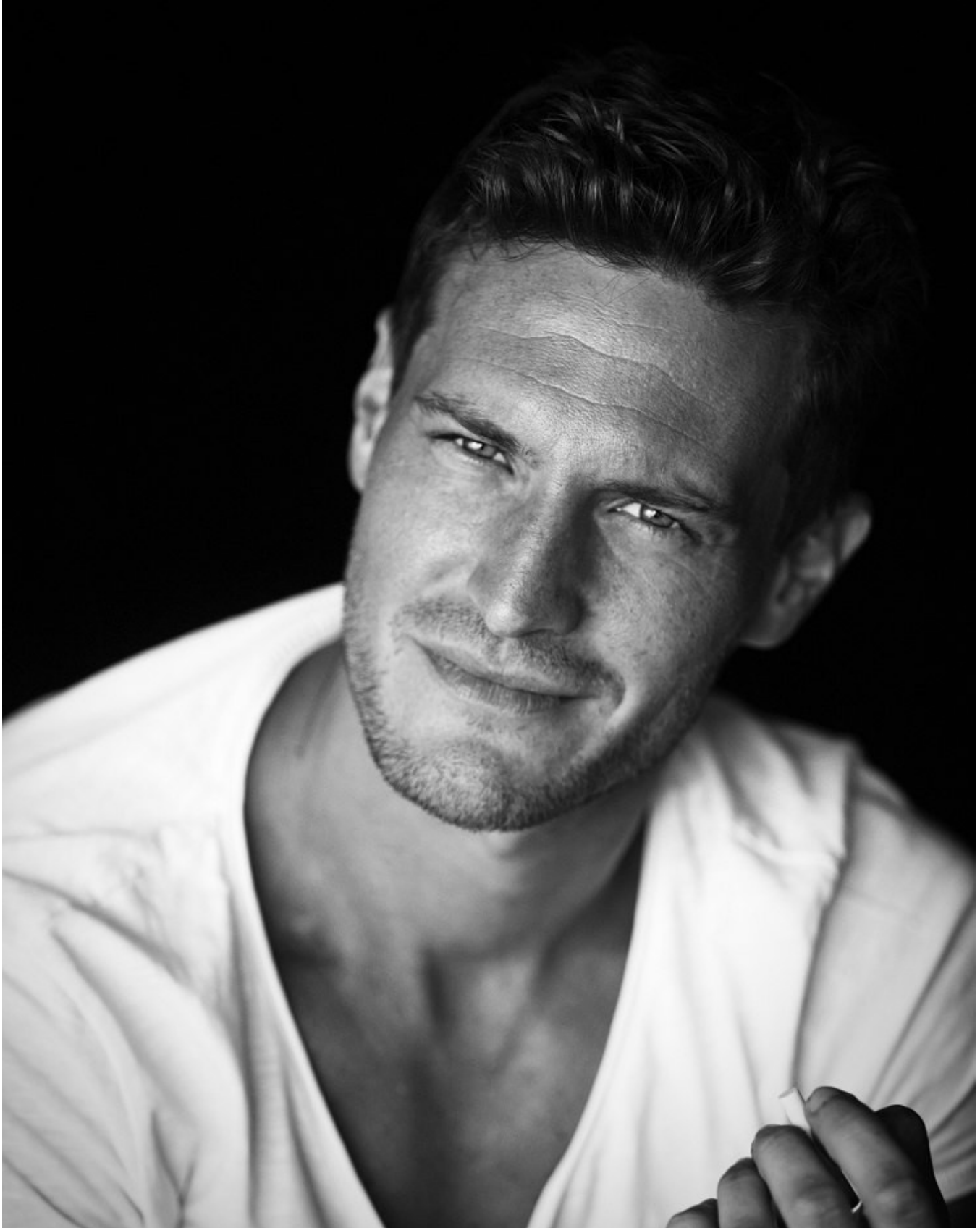
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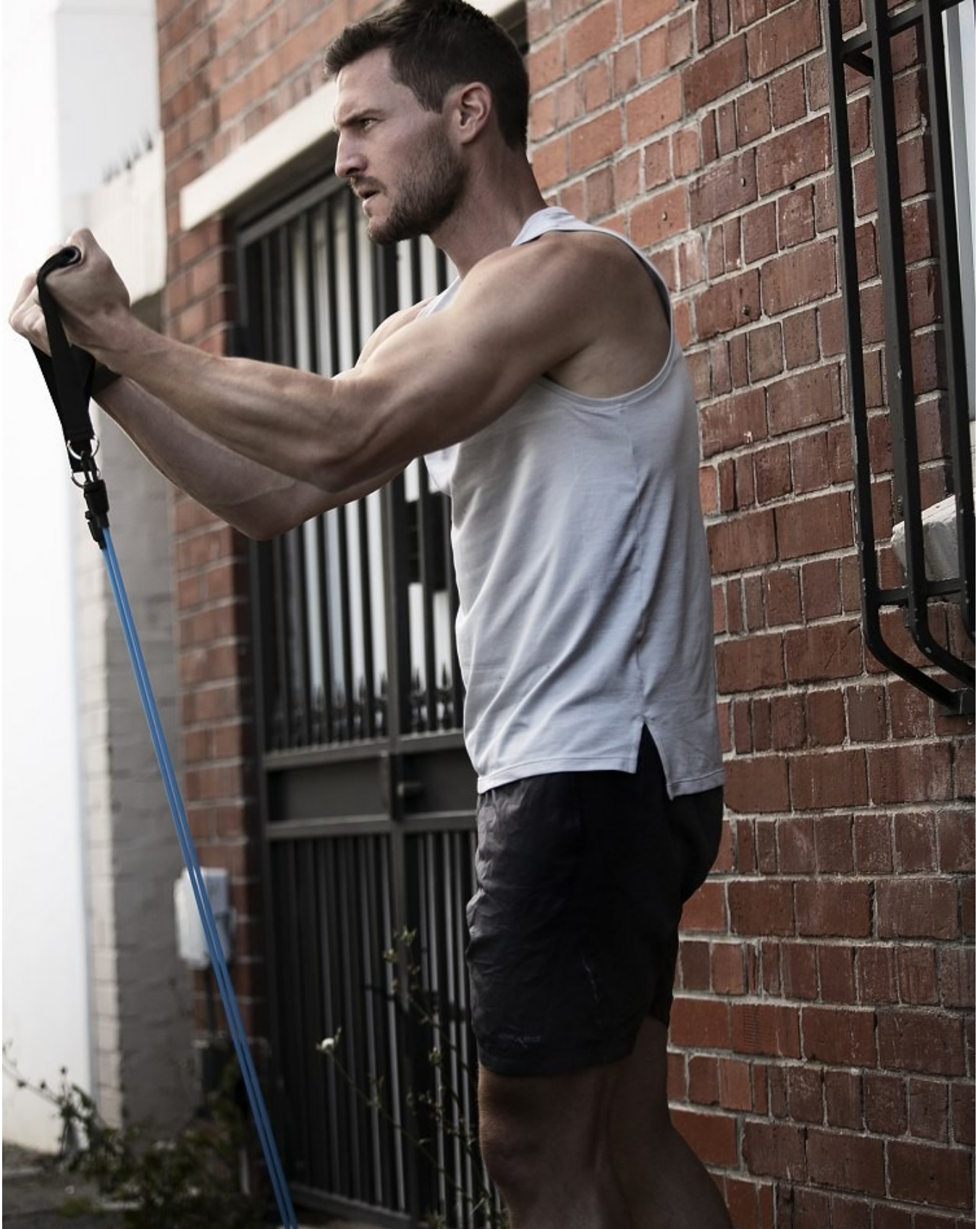


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(HILM) MOVES (WITH) YOU

## EASY COLOUR GAME

When you look at it, this entire look is made up of no more than three colours. You don't need more than that. When in doubt, go with navy, white and grey – it's a foolproof combination that's almost impossible to screw up.

SEERSUCKER SNAP SHIRT R1 099 ADIDAS WRISTBAND R249 CALVIN KLEIN BRONSON STRAIGHT TAPERED PANTS R2 299 G-STAR RAW, SETH SNEAKERS R1 299 OLD KHAKI

YOU

Welcome to the evolution of athleisure: ath-everything. And we mean everything.

BY AZEEZ JACOBS,  
PHOTOGRAPHY BY  
CARLO MIARI FULCIS

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## PERFECTLY MATCHED

Wearing a blazer with textured, tailored shorts can come off as a clashing combination. But the denim blazer bridges these two pieces and ties the whole look together. While it's casual and sporty, it's also versatile enough to wear to a lunch date, or even a night on the town.

DENIM BLAZER R3 699  
G-STAR RAW, STRIPED  
SWEATSHIRT R2 699 CALVIN  
KLEIN, WHITE TAILORED  
SHORTS R599 ZARA,  
KEENAN SNEAKERS R799  
TREAD & MILLER

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WORKOUT

3



**BE A  
CRAWL  
STAR**

No matter the surface, the basic bear crawl is one of the best exercises you can do, helping you develop core strength, athleticism and coordination.

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