

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

Dorian: Pullover 1300 Euro
und Hose 750 Euro, beides
DIOR dior.com Uhr, Octo
Finissimo Chronograph
GMT Automatic 16 800 Euro
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 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, gesehen
bei theoutnet.com

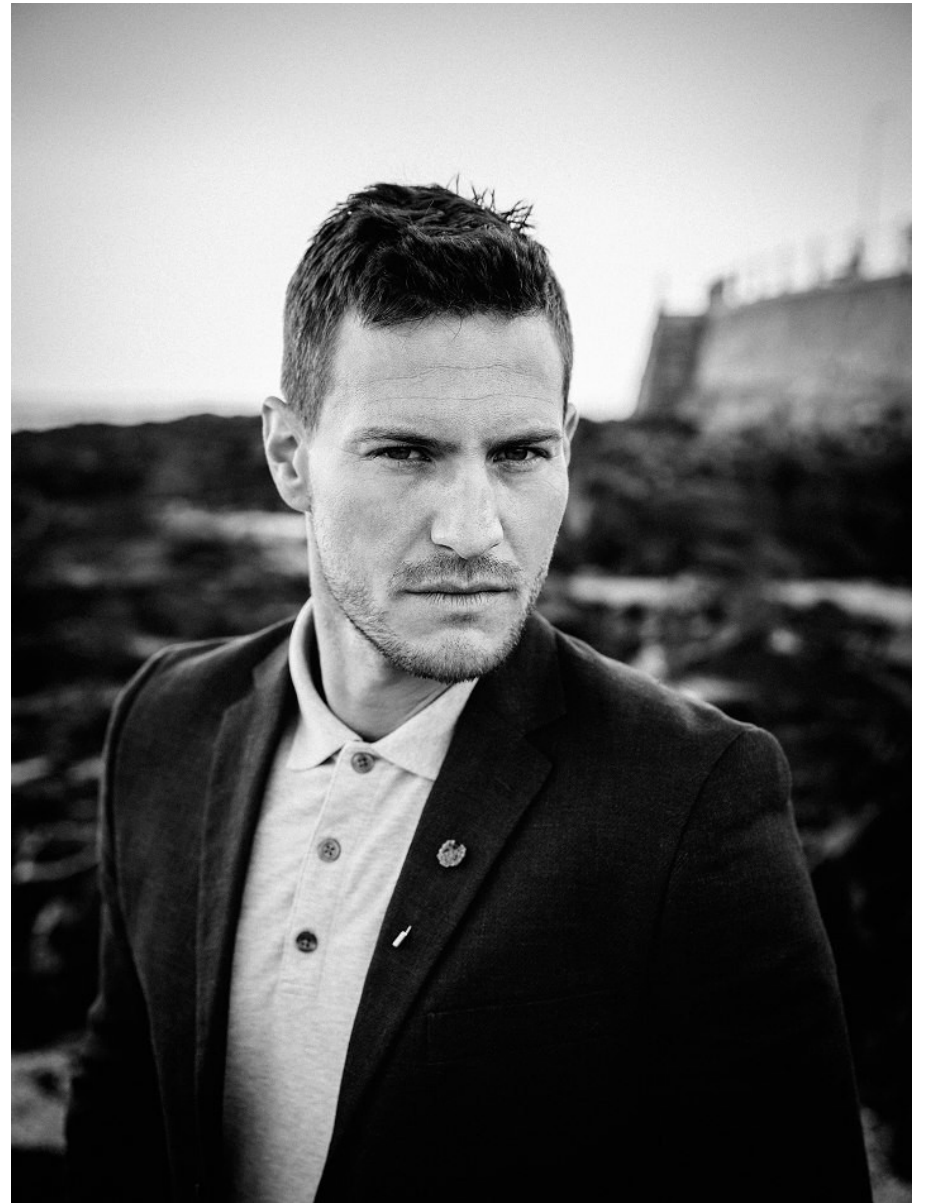
Dorian: Sakko 1950 Euro
SALVATORE FERRAGAMO
salvatore-ferragamo.com
Hemd 145 Euro SANDRO
sandro-paris.com Shorts
370 Euro LORO PIANA
loropiana.com, gesehen
bei mrporter.com Uhr Octo
F Originale Chronograph
11.500 Euro BULGARI
bulgari.com

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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, ath-leisure 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 tight-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 SINGLES HUT, STRETCH BLAZER
R1 099 ZARA, STRETCH SHIRT R2 099
CALVIN KLEIN, STRETCH CHINOS
R1 599 BEN SHERMAN, ORLANDO
SNEAKERS R1 399 ARTHUR JACK AT
TREAD & MILLER

66 MH.CO.ZA March 2019

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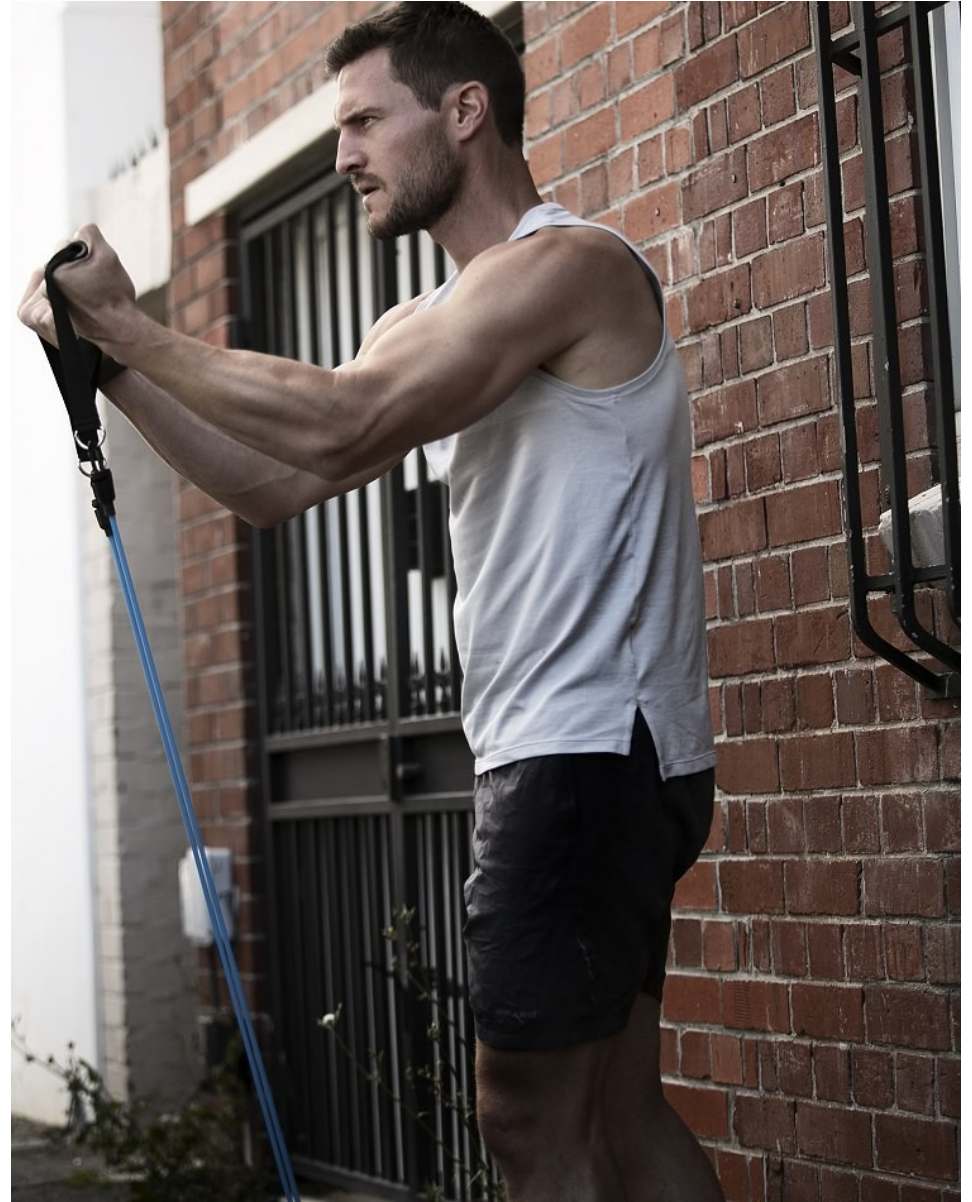


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Robb Report 45

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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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