

BOSS MODELS

CAPE TOWN



SEAN SANDERS

Height: 180cm Chest: 103cm Waist: 81cm Suit: 40 S Shoe: 8 UK Hair: Brown Eyes: Blue/Green

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**INTIMATE
FASTING**

THE 5:2 SEX DIET
YOU SHOULD TRY

TONS OF USEFUL STUFF

ARMS & ABS

THE AMAZING 28-DAY
NEW BODY PLAN!

Men's Health

JANUARY 2015

YOUR
COMEBACK
STARTS HERE!

365 MOST AWESOME WAYS
TO KICKSTART A BRILLIANT YEAR

**2015
REVOLUTIONS**

SHED 5KG BY FEB!

WIPE OUT NEW
YEAR EXCESSES!

PUT THE BOOT
IN ANXIETY

HOW TO DO
EVERYTHING FASTER

PLUS THE DRINKING
MAN'S COOKBOOK



9 771027 687000
R45.00 (R5.53) incl VAT
Outside RSA: R39.47 (excl VAT) Namibia: \$45.00

MH Cover Guy SEAN SANDERS

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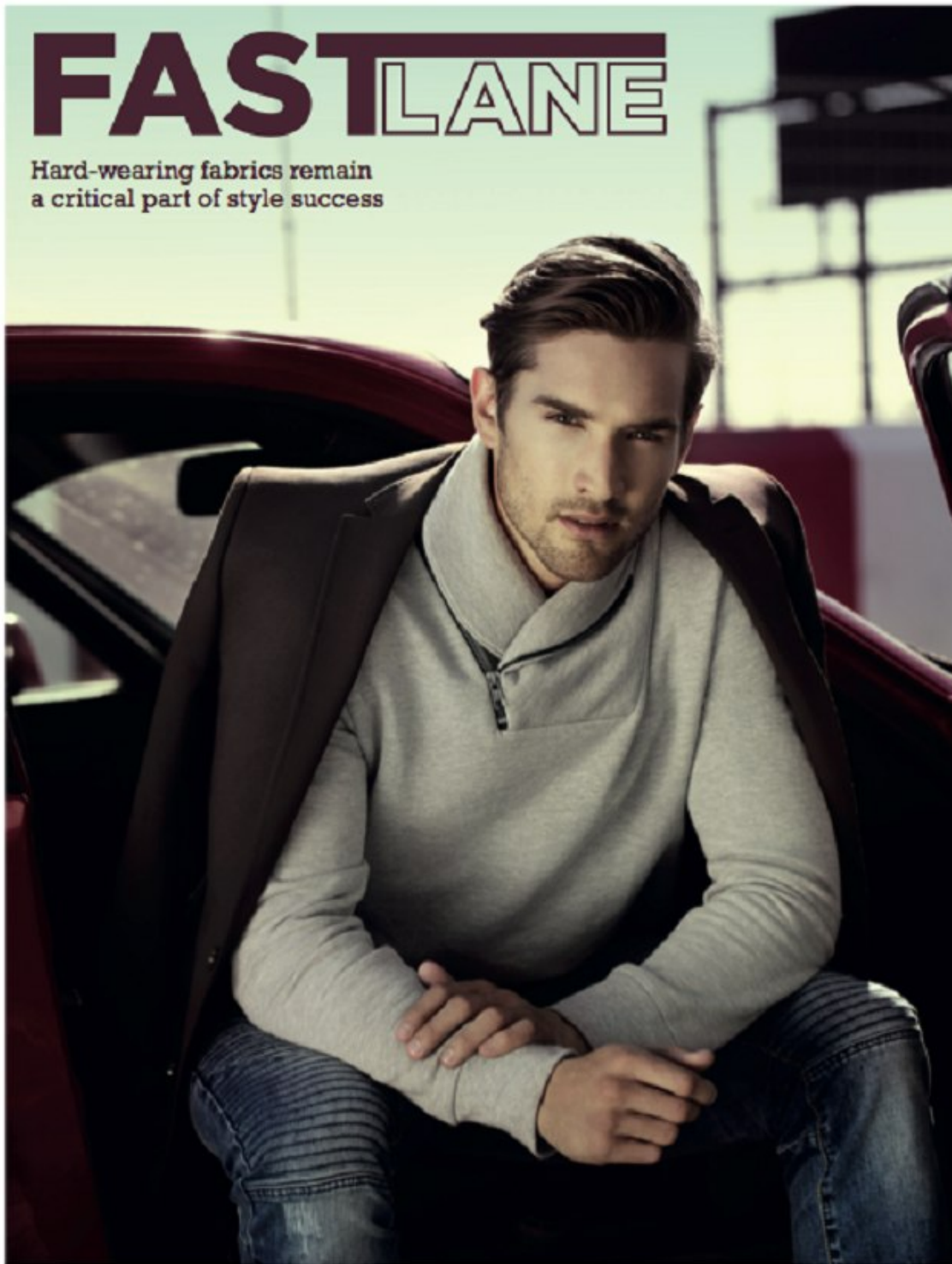
SEAN SANDERS

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STYLE KITTED OUT



16

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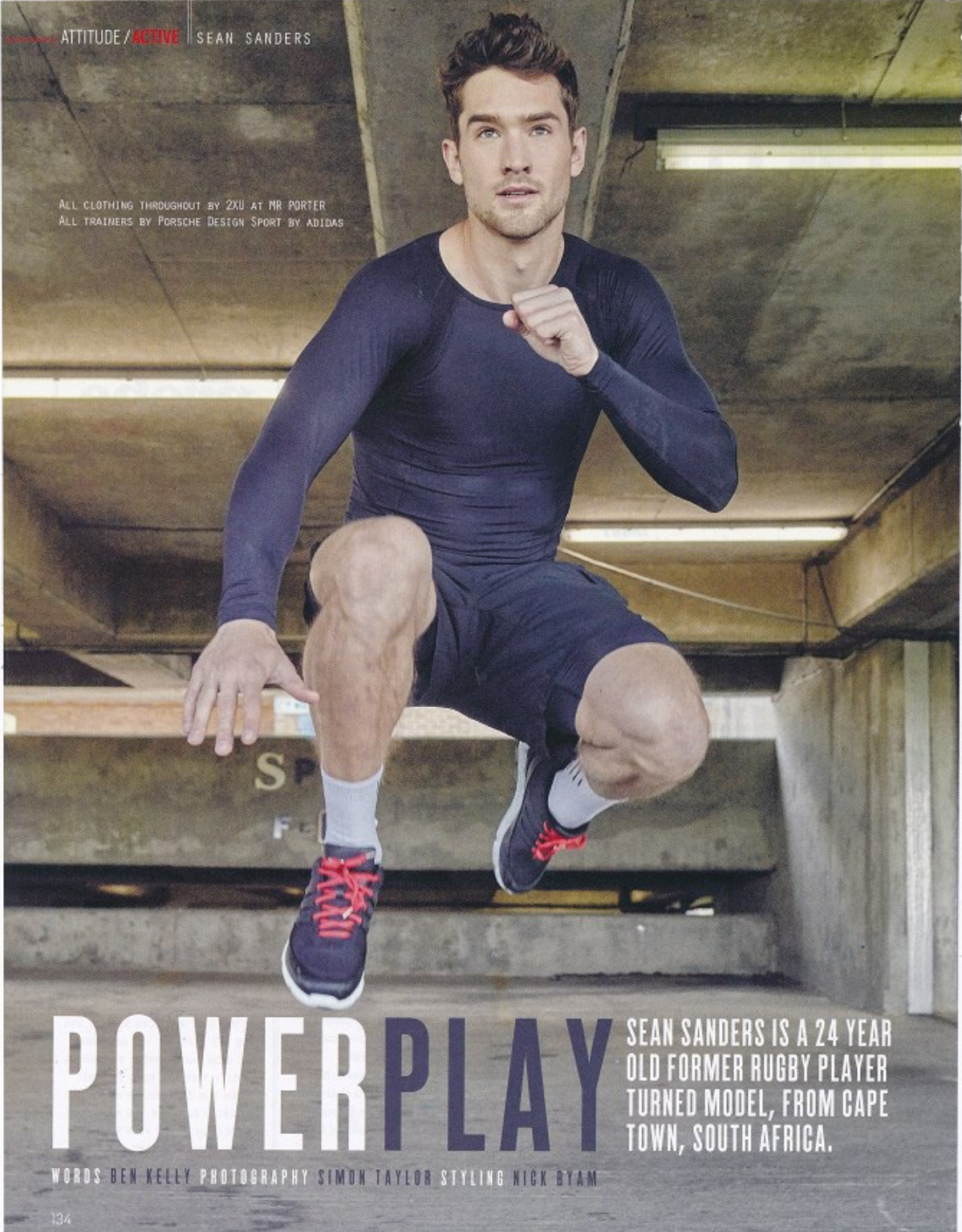


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ATTITUDE / **ACTIVE** | SEAN SANDERS

ALL CLOTHING THROUGHOUT BY 2XU AT MR PORTER
ALL TRAINERS BY PORSCHE DESIGN SPORT BY ADIDAS

POWERPLAY SEAN SANDERS IS A 24 YEAR OLD FORMER RUGBY PLAYER TURNED MODEL, FROM CAPE TOWN, SOUTH AFRICA.

WORDS BEN KELLY PHOTOGRAPHY SIMON TAYLOR STYLING NICK BYAM

134

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The magazine cover features a full-page photograph of a man in a starting crouch. The man is wearing a dark blue sleeveless athletic top with 'EXL' on the chest, dark blue leggings, and black and white patterned sneakers with red accents. He is in a low, ready position on a grey concrete floor with yellow lane markings. The background is a dimly lit indoor space with concrete pillars and a sign that partially reads 'SPL' and 'F.A'. The word 'ACTIVE' is printed in large, bold, white capital letters across the top left. To its left, the word 'attitude' is written vertically in yellow. To the right of 'ACTIVE', there is a vertical list of topics: 'EXERCISE', 'NUTRITION', 'SPORTS', and 'ADVICE', each on a yellow background. Below these is a plus sign and the word 'context'. Under 'context' is a list of sub-topics: 'OPINION', 'DATING', 'REAL LIFE', 'PROPERTY', 'RELATIONSHIPS', 'TRAVEL', and 'GOING OUT'. Below the 'ACTIVE' title, the name 'SEAN SANDERS' is printed in white, followed by 'POWER PLAY' in white text on a yellow background. Below that, 'PG.134' is printed in white on a small black background. At the bottom left of the photo, there is small white text: 'ALL CLOTHING BY 2XU AT MR PORTER' and 'ALL TRAINERS BY PORSCHE DESIGN'.

attitude **ACTIVE**

EXERCISE
NUTRITION
SPORTS
ADVICE

+
context
OPINION
DATING
REAL LIFE
PROPERTY
RELATIONSHIPS
TRAVEL
GOING OUT

SEAN SANDERS
POWER PLAY

PG.134

ALL CLOTHING BY 2XU AT MR PORTER
ALL TRAINERS BY PORSCHE DESIGN

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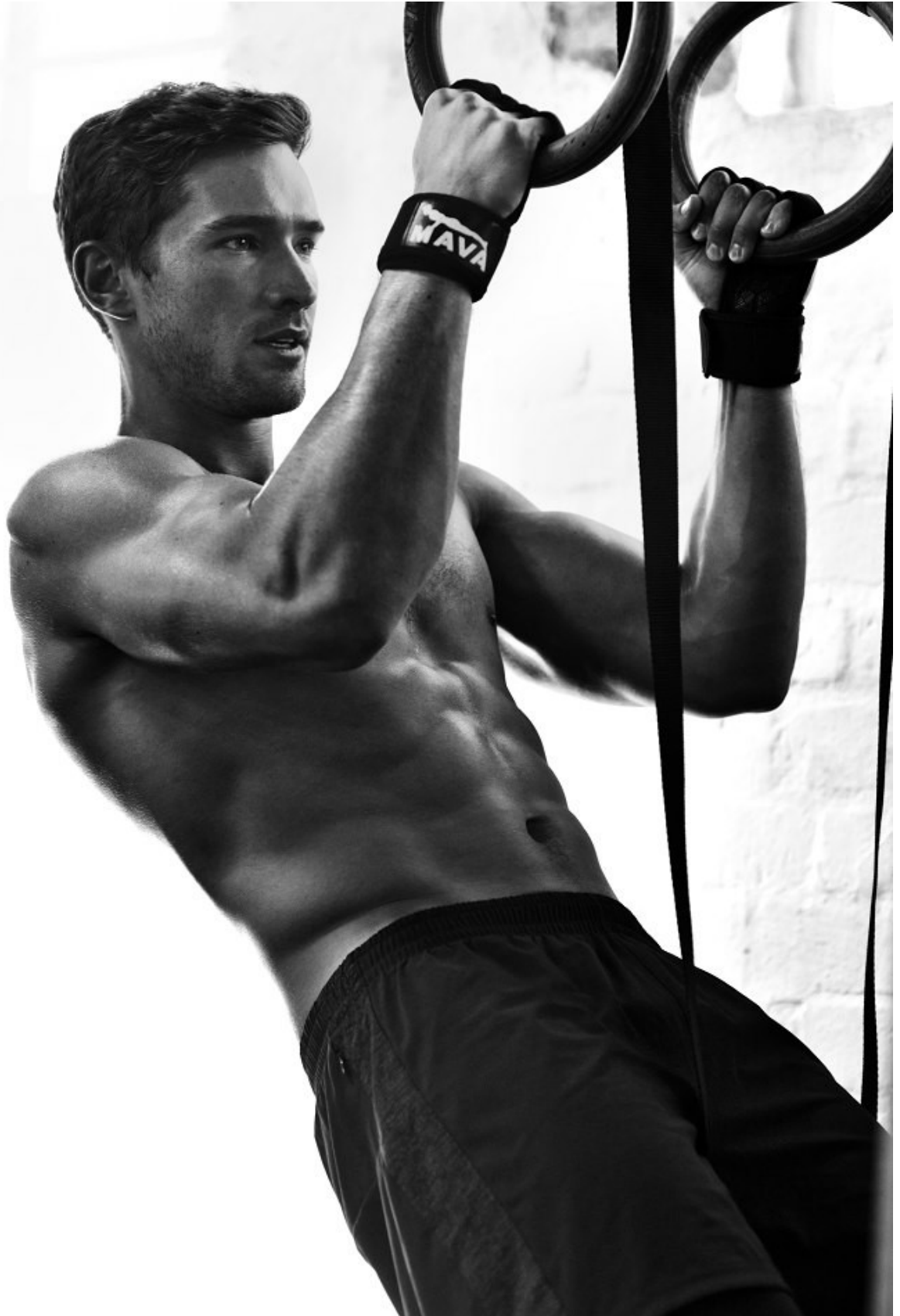


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CAPE TOWN

T.M. Lewin

London 1898



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