

citizen
A Division Of Boss Models



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 82cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

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HUAWEI GT 4 WATCH, R6 999;
UNDER ARMOUR TRACK
PANTS, R1 899 & RUSH
ENERGY T-SHIRT, R999
REEBOK NANO X3
TRAINING SHOES, R2 499

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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, R5 999;
REPRESENT TEAM 247
SLEEVELESS TOP, R2 499
& SHORTS, R2 499.



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JAN/FEB

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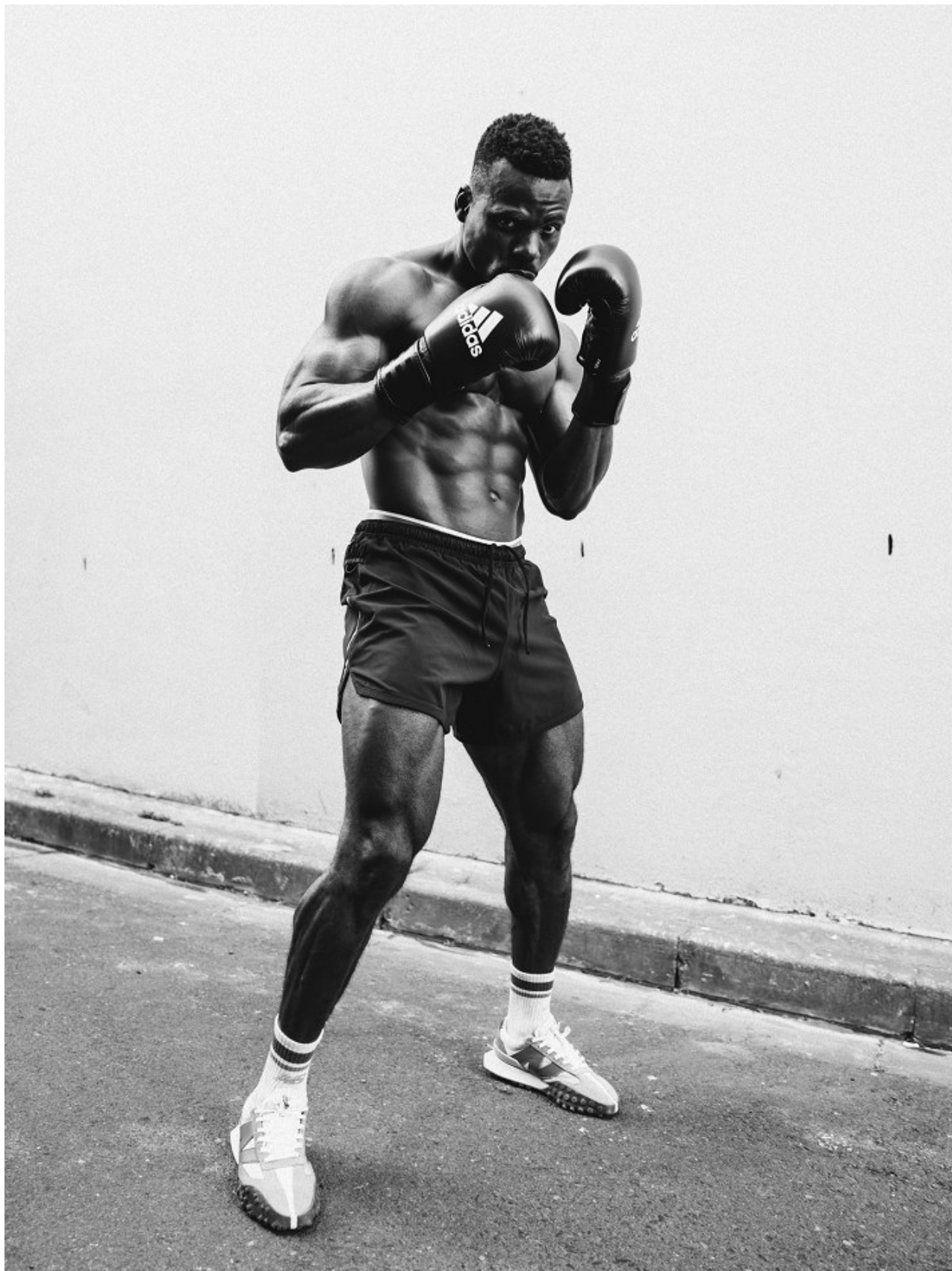
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Get Ripped in Just 30 Minutes
You don't need hours to achieve your peak physique.

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