

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



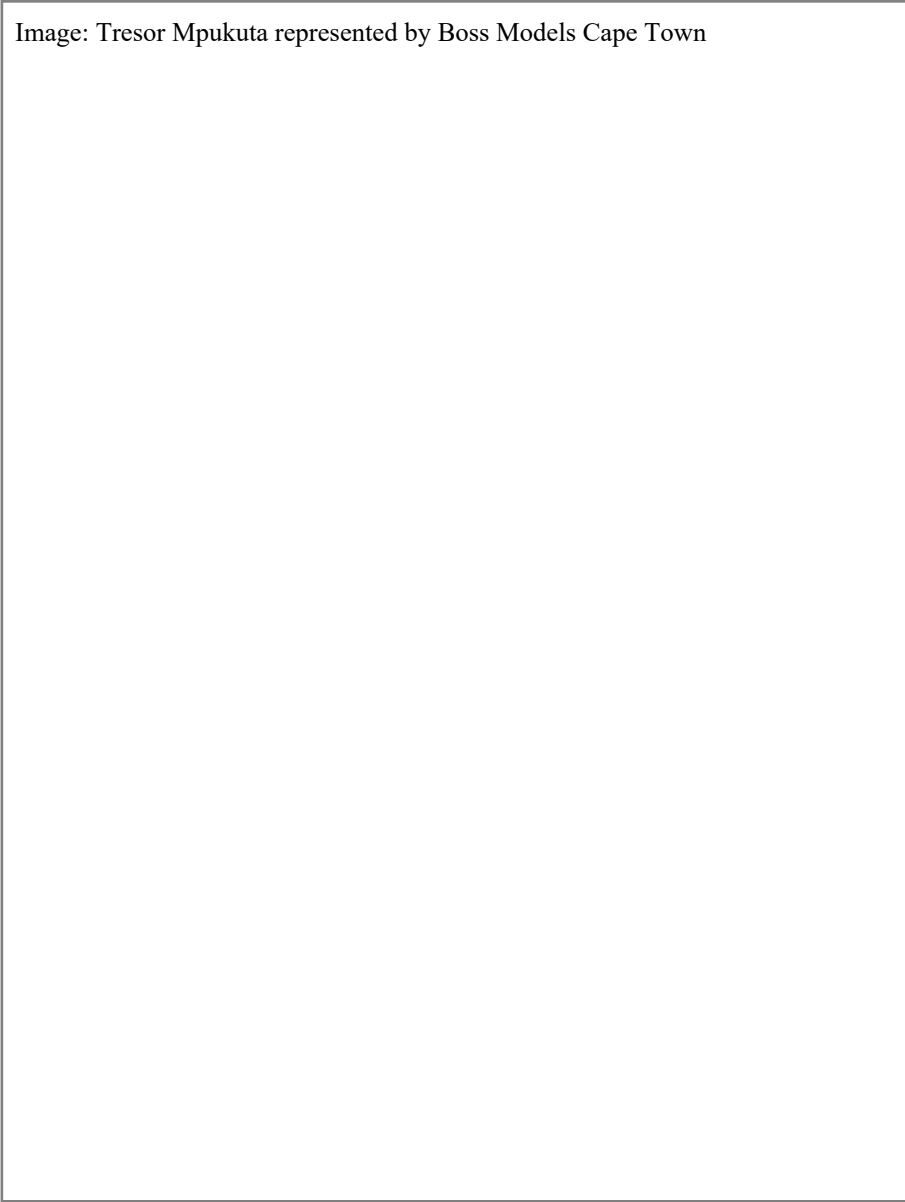
TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN

Image: Tresor Mpukuta represented by Boss Models Cape Town



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN

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.



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN

A BEGINNER'S GUIDE TO...

28 Jumpstarting Your Body (Legally) and Healthily
Tap into endless energy with these 21 simple tweaks.

38 Building Muscle From Scratch
This top PT shares his tips for all-year motivation.

40 Running Laps Around the Economy
We tapped the experts to help you inch out inflation.

58 Finding the Perfect Ride
These new cars will take you further—for less.

92 Doing Anything (and Everything) Better
Small changes, massive results.

100 Forging Real Strength Anywhere
The easiest outdoor muscle ever.

COVER STORIES & FEATURES

20 The Man Who Raced the World
Cover guy William Goode's mind-altering 55-day journey running across America.

82 Food for Fast Gains
Fuel your muscles and restock your energy levels with our quick recipes.

86 Dark Places
Blind surfer Matt Formston faces off against monster waves.

MH CONTENTS 01/02.24

70

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

TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



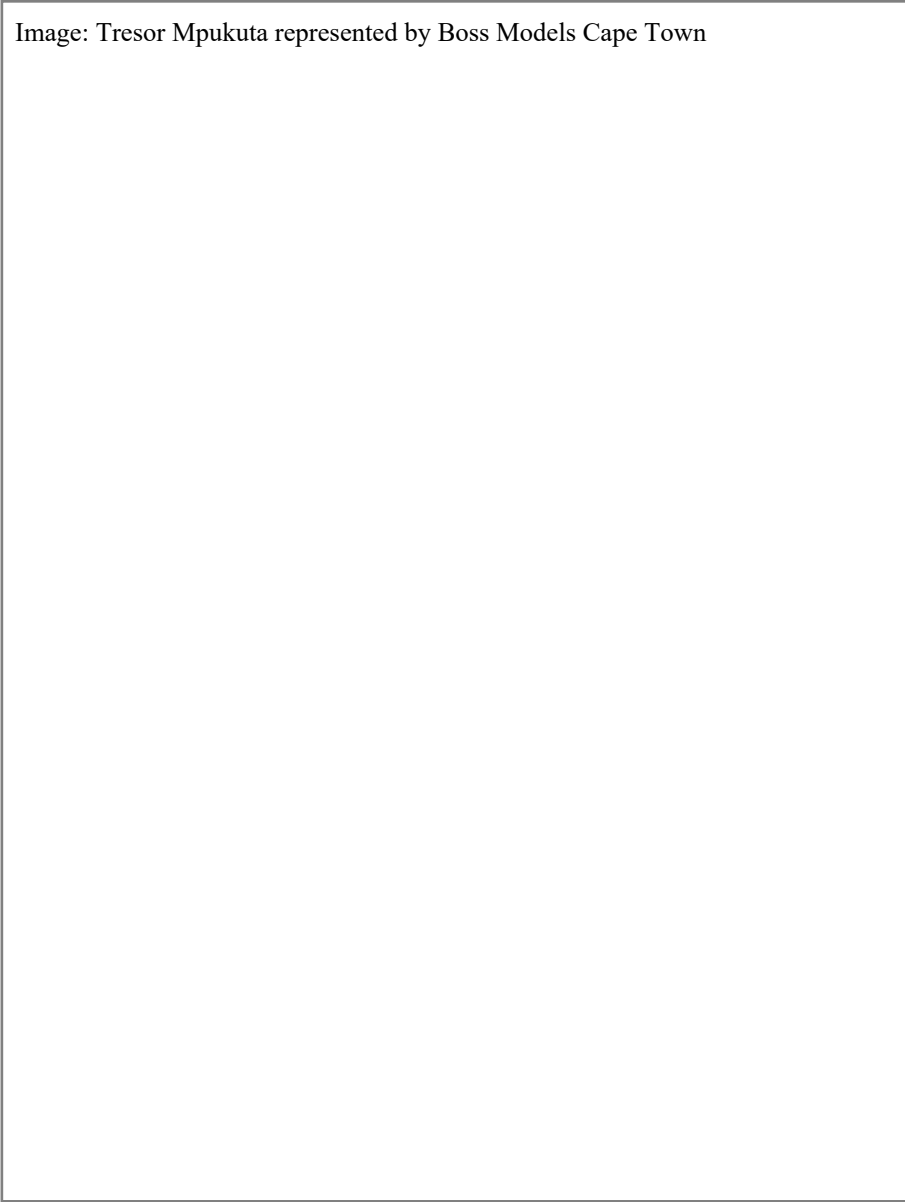
TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN

Image: Tresor Mpukuta represented by Boss Models Cape Town



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN

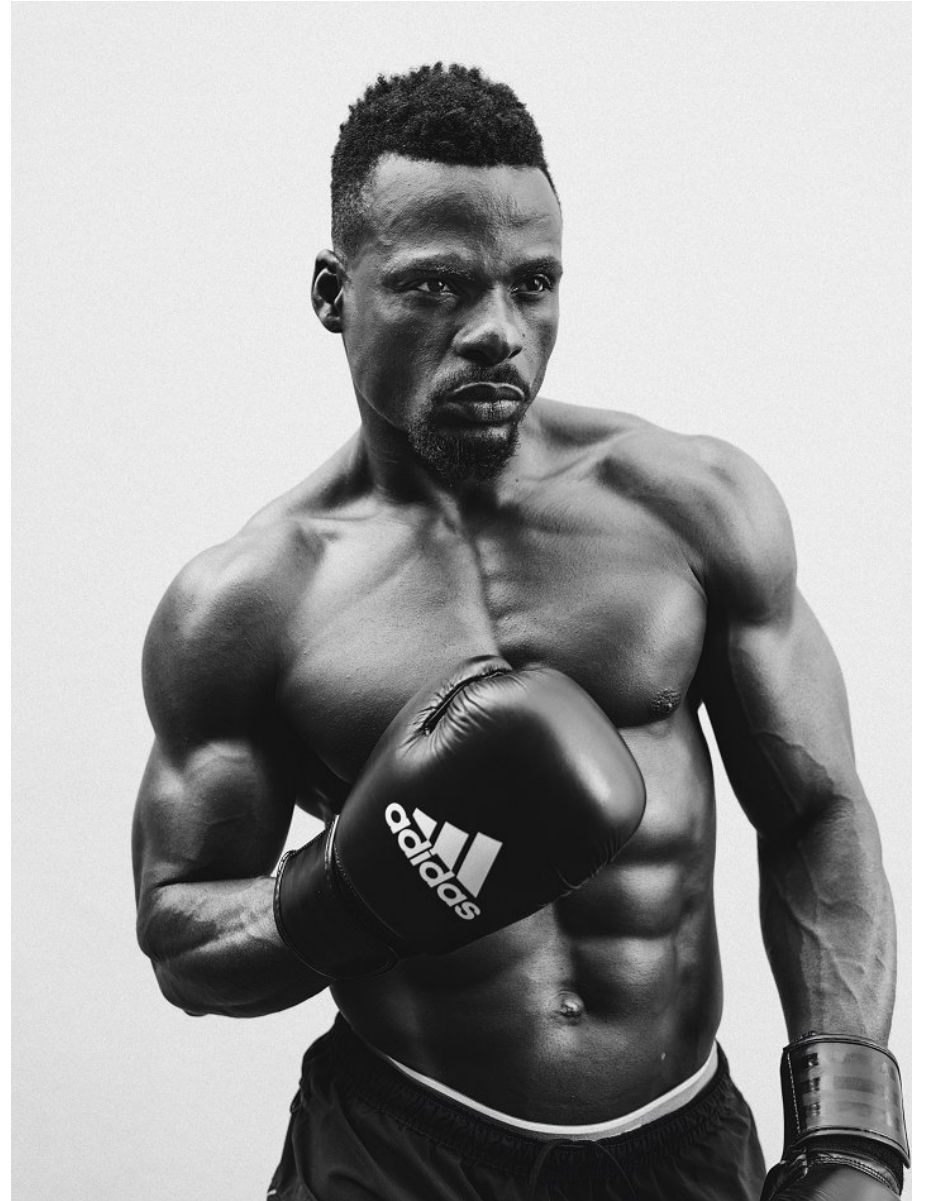
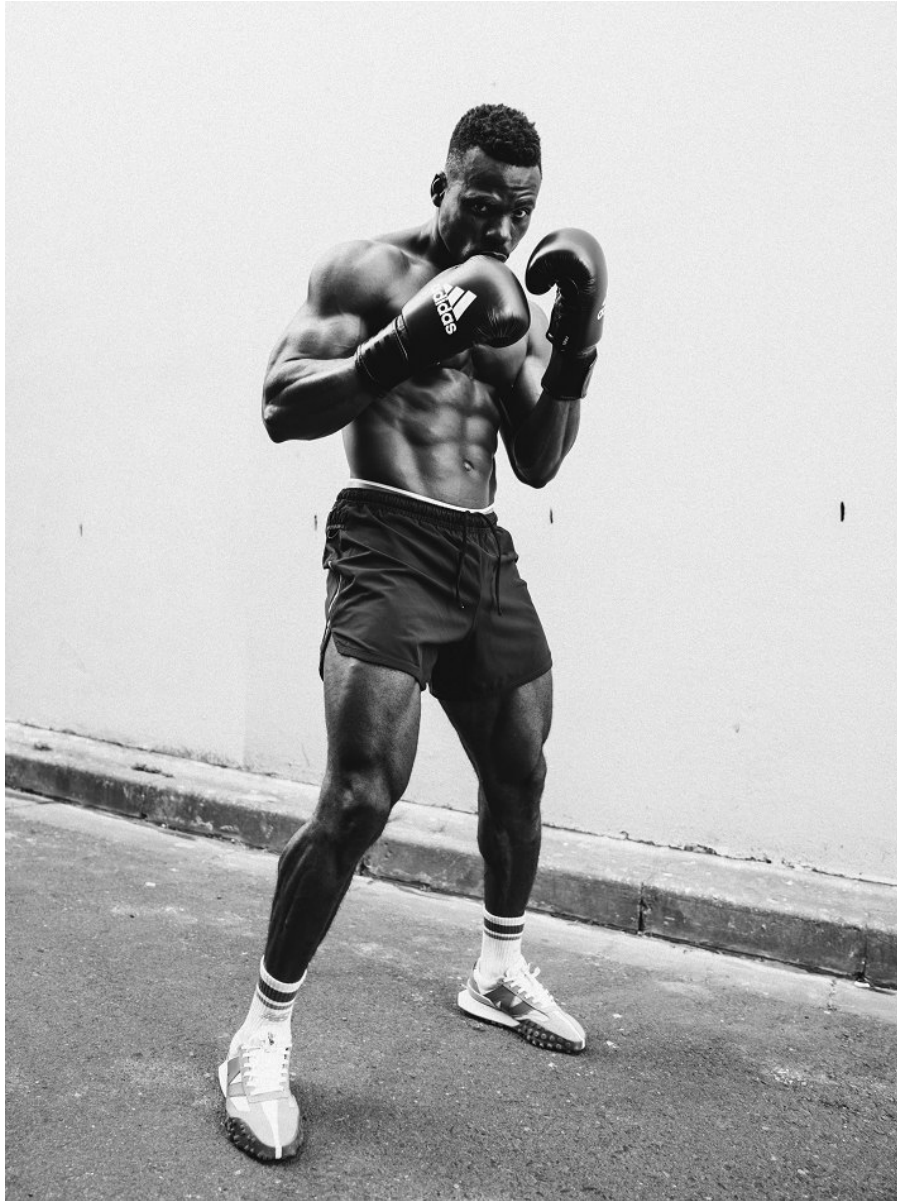


TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown

BOSS MODELS

CAPE TOWN



TRESOR MPUKUTA

Height: 183cm Chest: 105cm Waist: 86cm Suit: 42 R Shoe: 9 UK Hair: Black Eyes: Brown