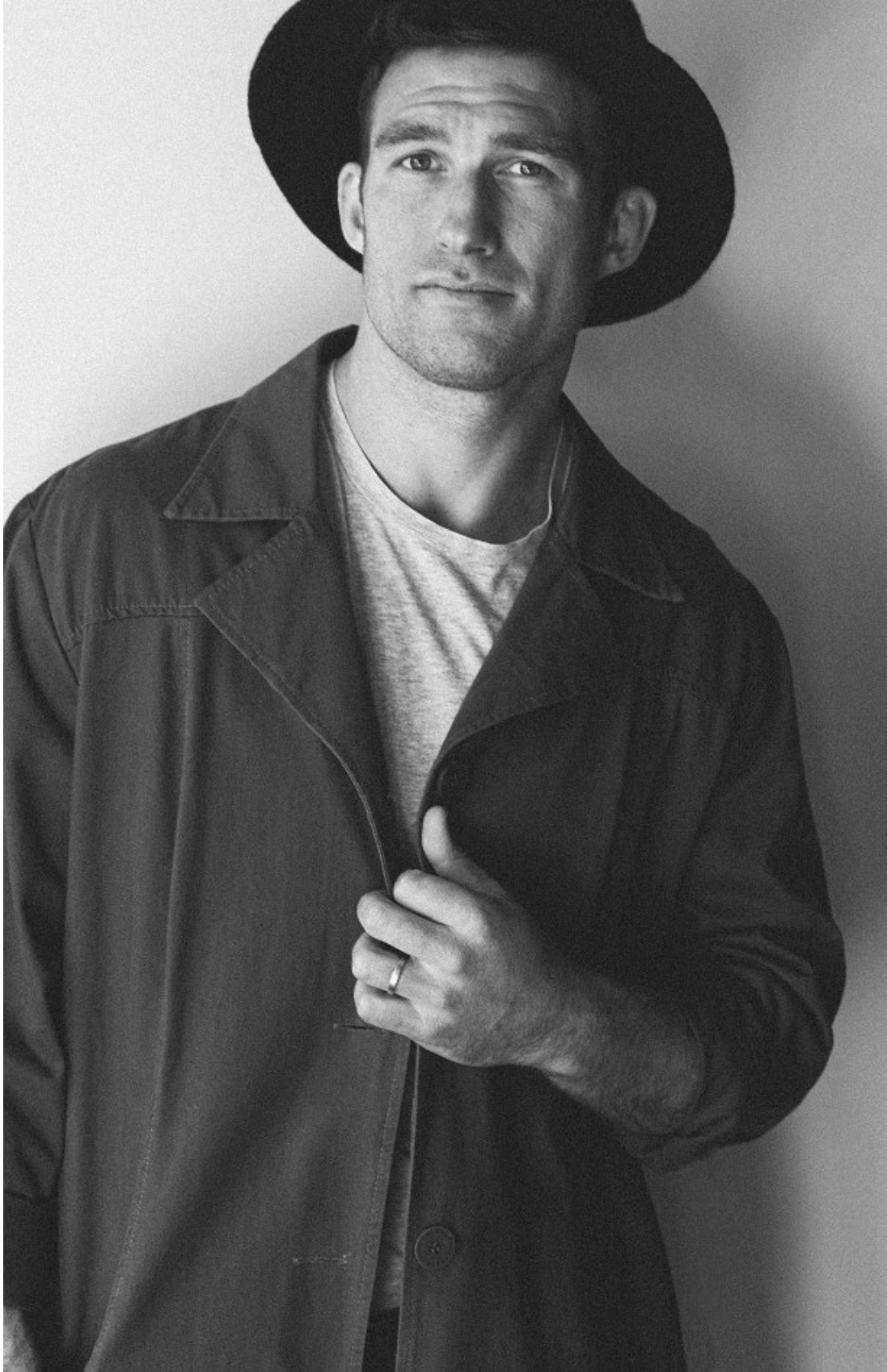


# BOSS MODELS

CAPE TOWN



SCOTT PARKER

Height: 178cm Chest: 101cm Waist: 81cm Suit: 40 S Shoe: 10.5 UK Hair: Brown Eyes: Green

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SEPT/OCT 2020

R80.00 (VAT INCL)  
Namibia: N\$80.00  
Other countries: 882.50

# Men's Health

## ARMS & ABS

## RESET YOUR BODY

(IN FIVE MOVES)

ADD 10CM TO YOUR TRICEPS

SHRED A 6-PACK IN 7 STEPS

HACK YOUR FAT HORMONES

# 4

## MUSCLE-BUILDING SMOOTHIES

LEVEL UP IN LOCK DOWN

- Bust Stress
- Save Time
- Beat Loneliness

←

SCOTT PARKER  
COVER GUY &  
CHEF ON HOW  
HE MADE HIS  
COMEBACK

# GET BACK IN SHAPE

9 771027 687000 09275

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