

# 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](http://dior.com)

Dorian: Pullover 1300 Euro  
und Hose 750 Euro, beides  
DIOR [dior.com](http://dior.com) Uhr, Octo  
Finissimo Chronograph  
GMT Automatic 16 800 Euro  
[BULGARI.bulgari.com](http://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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## 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 Pink 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](http://robertocavalli.com), gesehen  
bei [theoutnet.com](http://theoutnet.com)

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

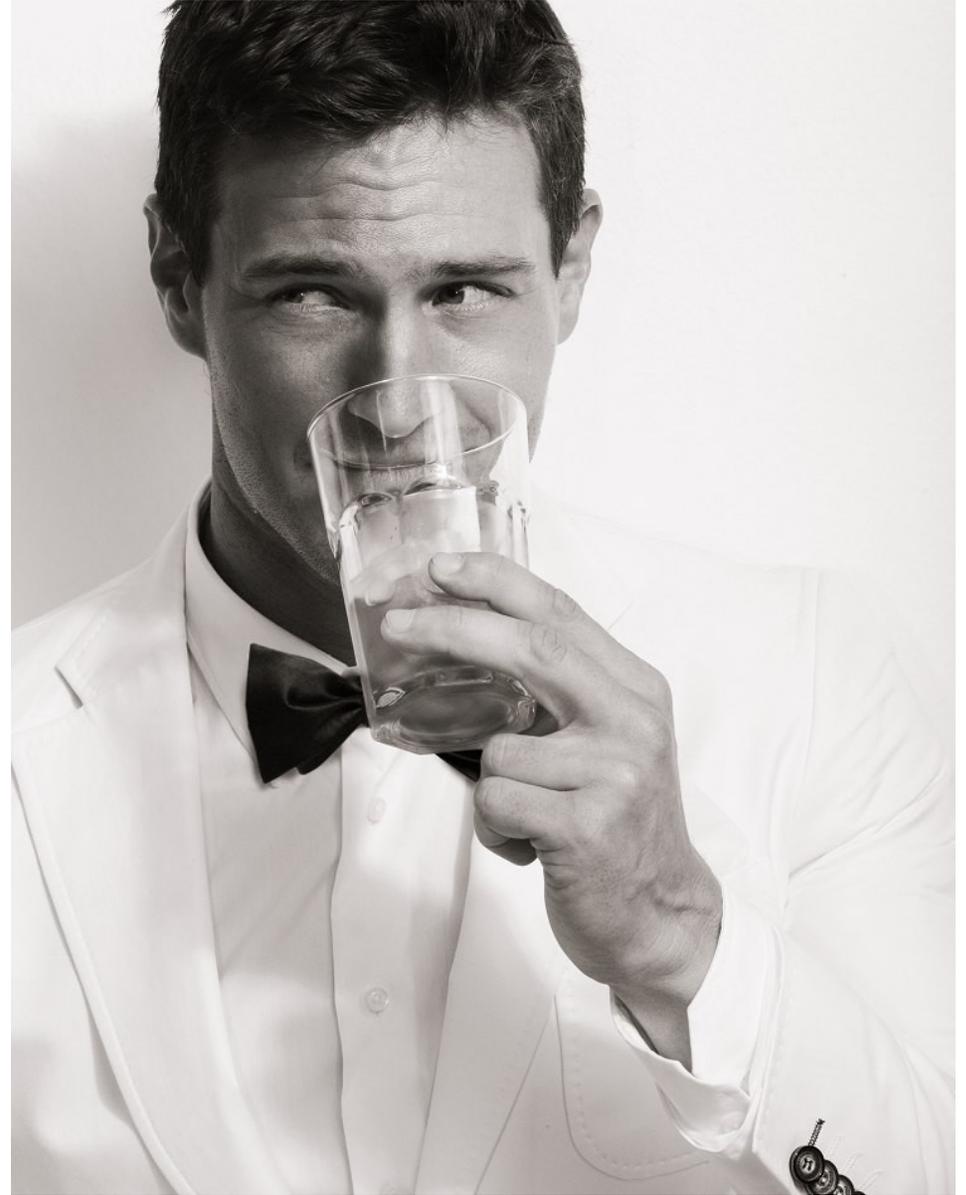
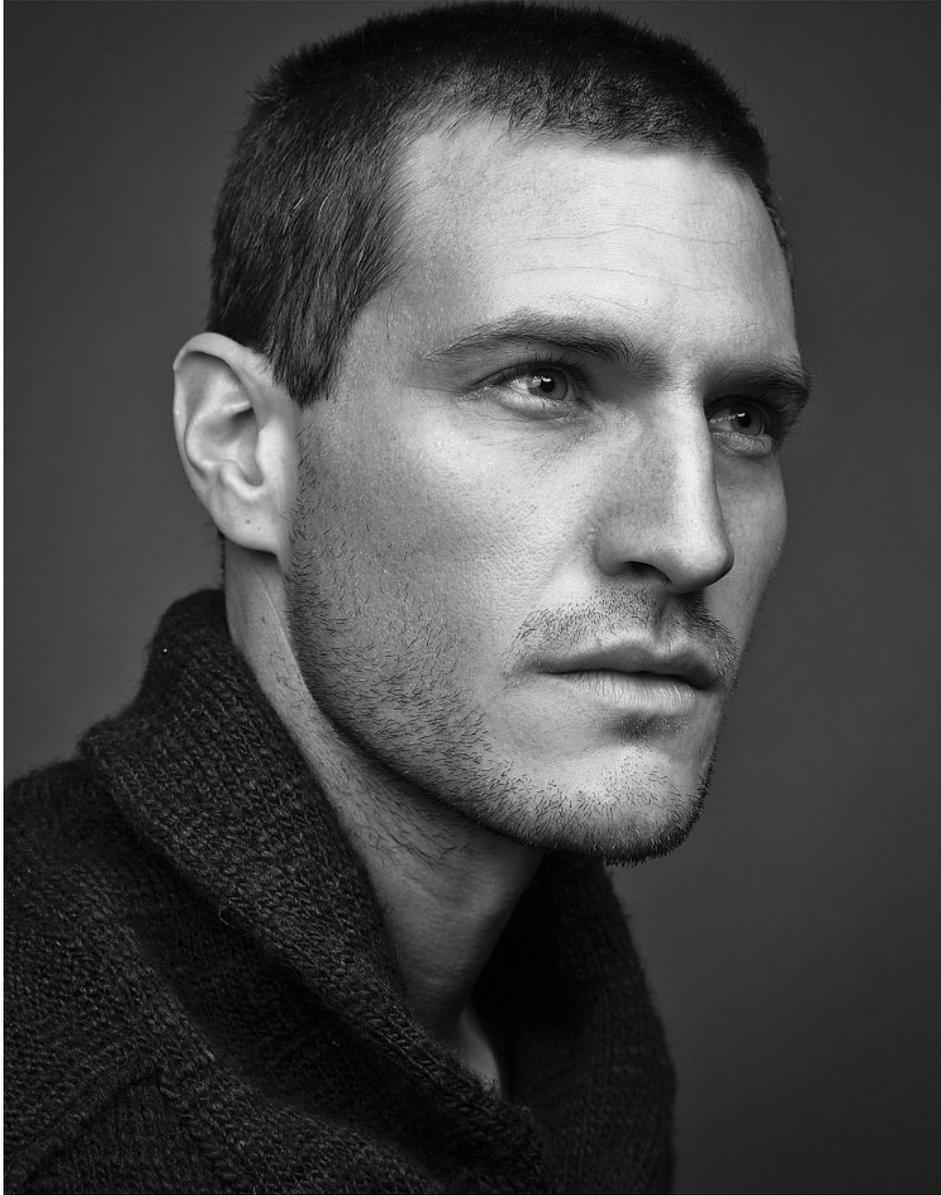
PHOTOGRAPHS BY SEAN LAURENZ

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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 tights-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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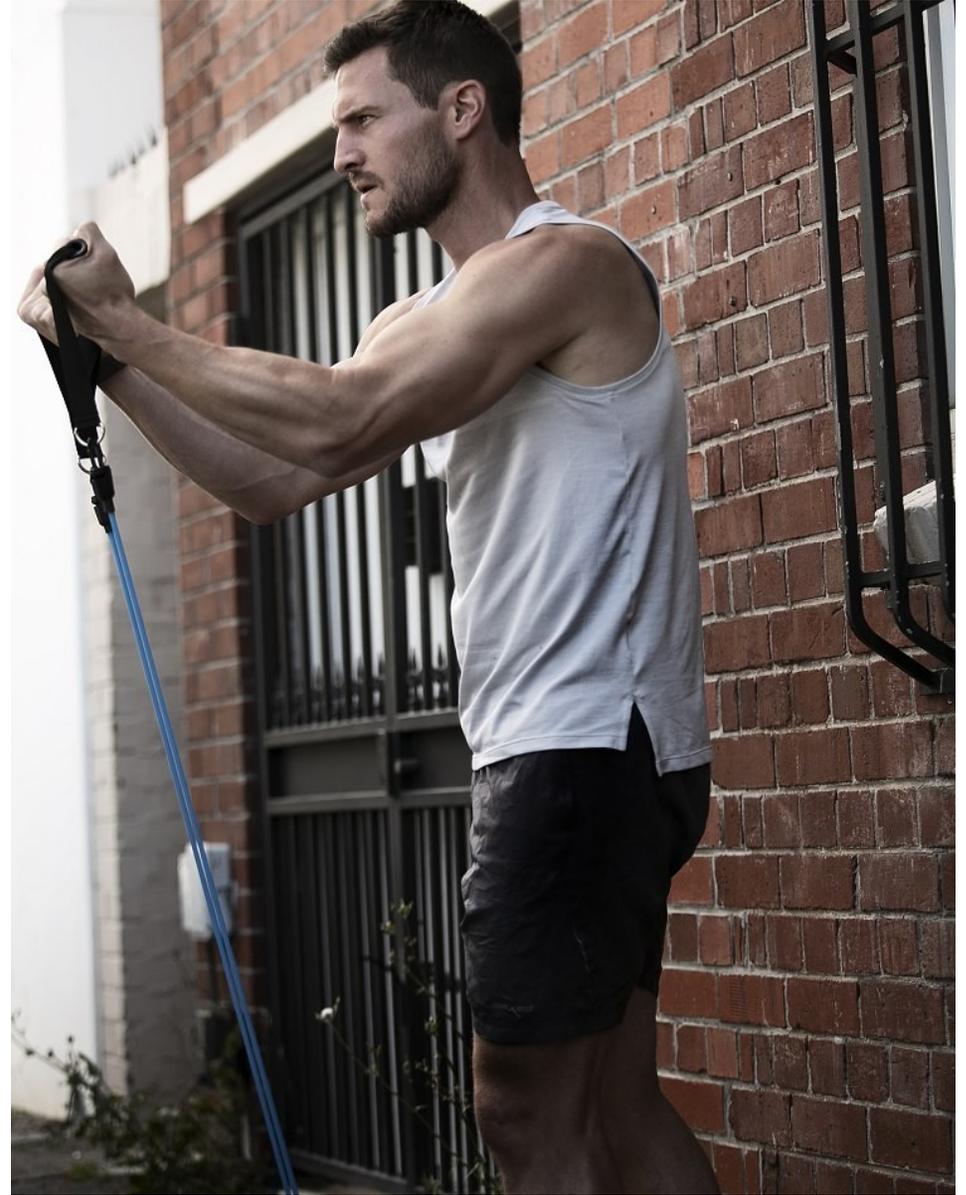


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Robb Report 45

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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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