

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

ARMS & ABS
THE AMAZING 28-DAY
NEW BODY PLAN!

TONS OF USEFUL STUFF

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 771122 7430700 01207

R45.00 (R5.50 incl VAT)
Outside RSA: R59.47 (incl VAT) NetWb: \$45.00

Art Cover by SEAN SANDERS

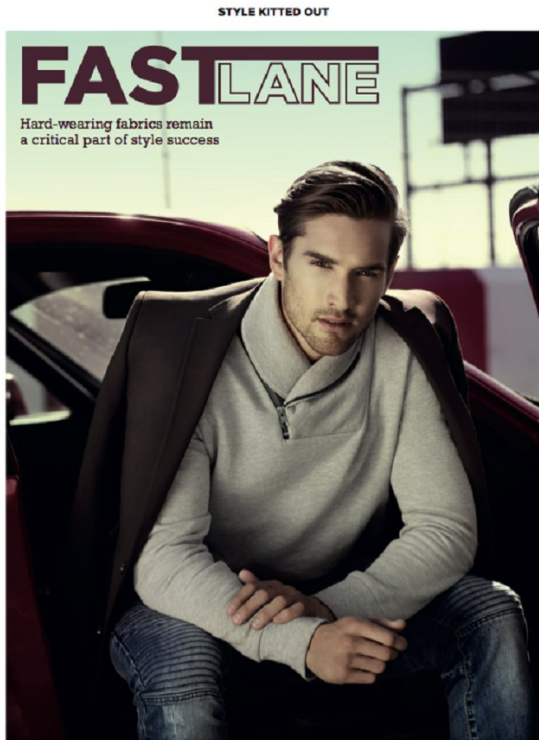
The image shows the cover of Men's Health magazine for January 2015. It features a shirtless, muscular man (Sean Sanders) with a slight smile, wearing orange swim trunks. He is flexing his right arm. The magazine title 'Men's Health' is in large red letters. Various headlines are scattered around the cover, including 'INTIMATE FASTING', 'ARMS & ABS', 'YOUR COMEBACK STARTS HERE!', and '2015 REVOLUTIONS'. There is also a barcode and pricing information at the bottom left.

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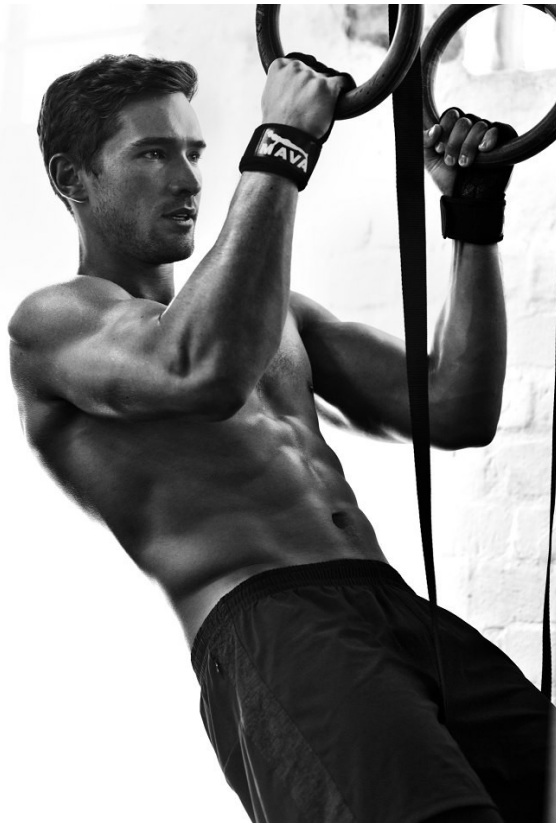


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