

BOSS MODELS

CAPE TOWN

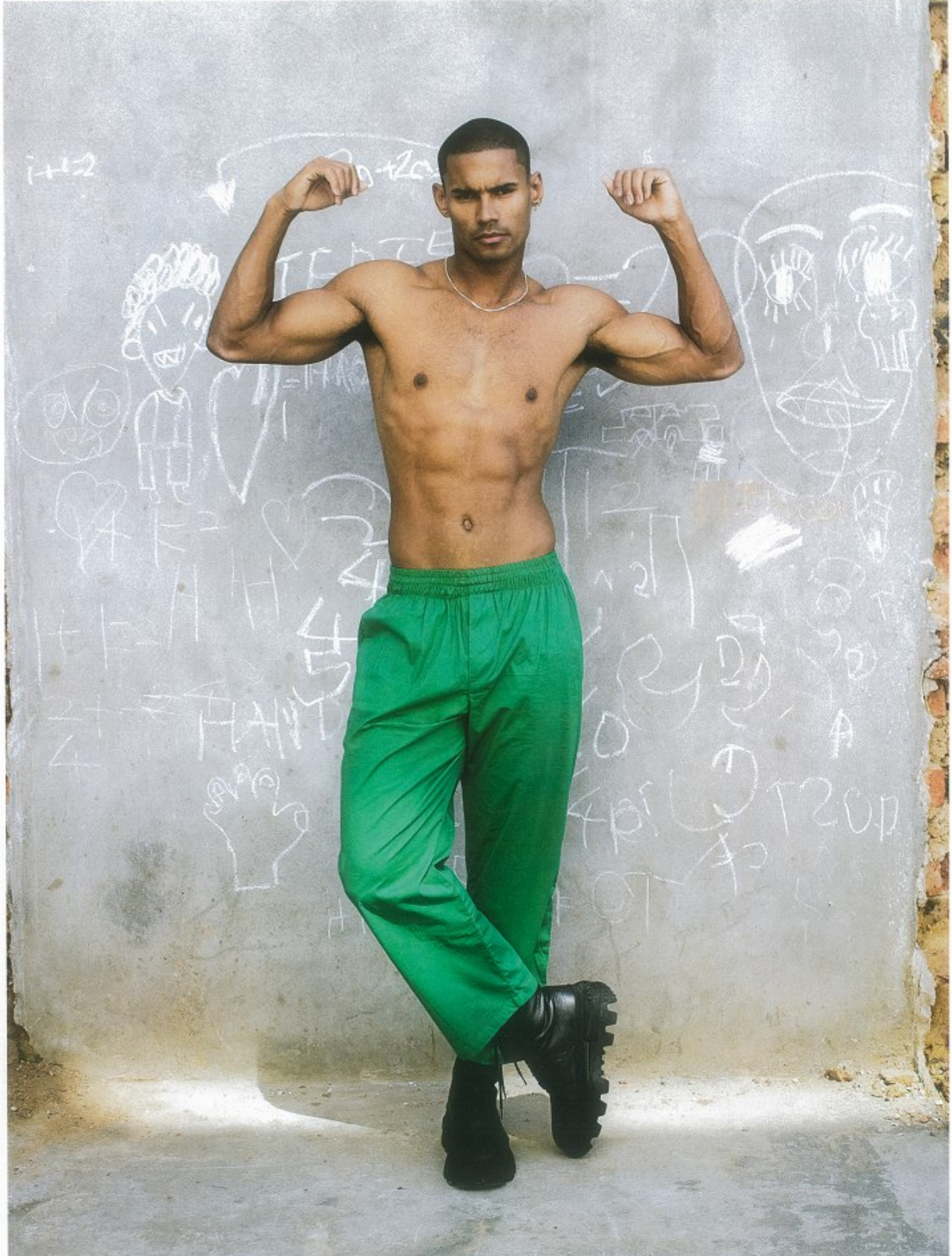


JACKWIN O'REILLY

Height: 183cm Chest: 98cm Waist: 74cm Suit: 40 R Shoe: 8.5 UK Hair: Black Eyes: Brown

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Men's Health

NOV/DEC 2023

Men's Health

**RIPPED
RIGHT
NOW**

BUILD A BEACH
READY RIG

IN JUST

**28
DAYS**

**MH FOOD
SPECIAL**

Delicious, Nutritious
Homemade Pizza

+ The Ultimate
Muscle Meal

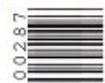
ON THE
COVER
JACKWIN
O'REILLY

**THE SCIENCE
OF HAPPY**
END YOUR YEAR
ON A HIGH NOTE

**THE FUTURE
OF FITNESS**
How AI Will
Change Your
Health and
Wealth

**BURN
FAT, GET
FASTER**
The Secret
Power of
Zone 2
Training

R70
(VAT INCL)
NAMIBIA N\$70



YOUR SUMMER BODY

JACKWIN O'REILLY

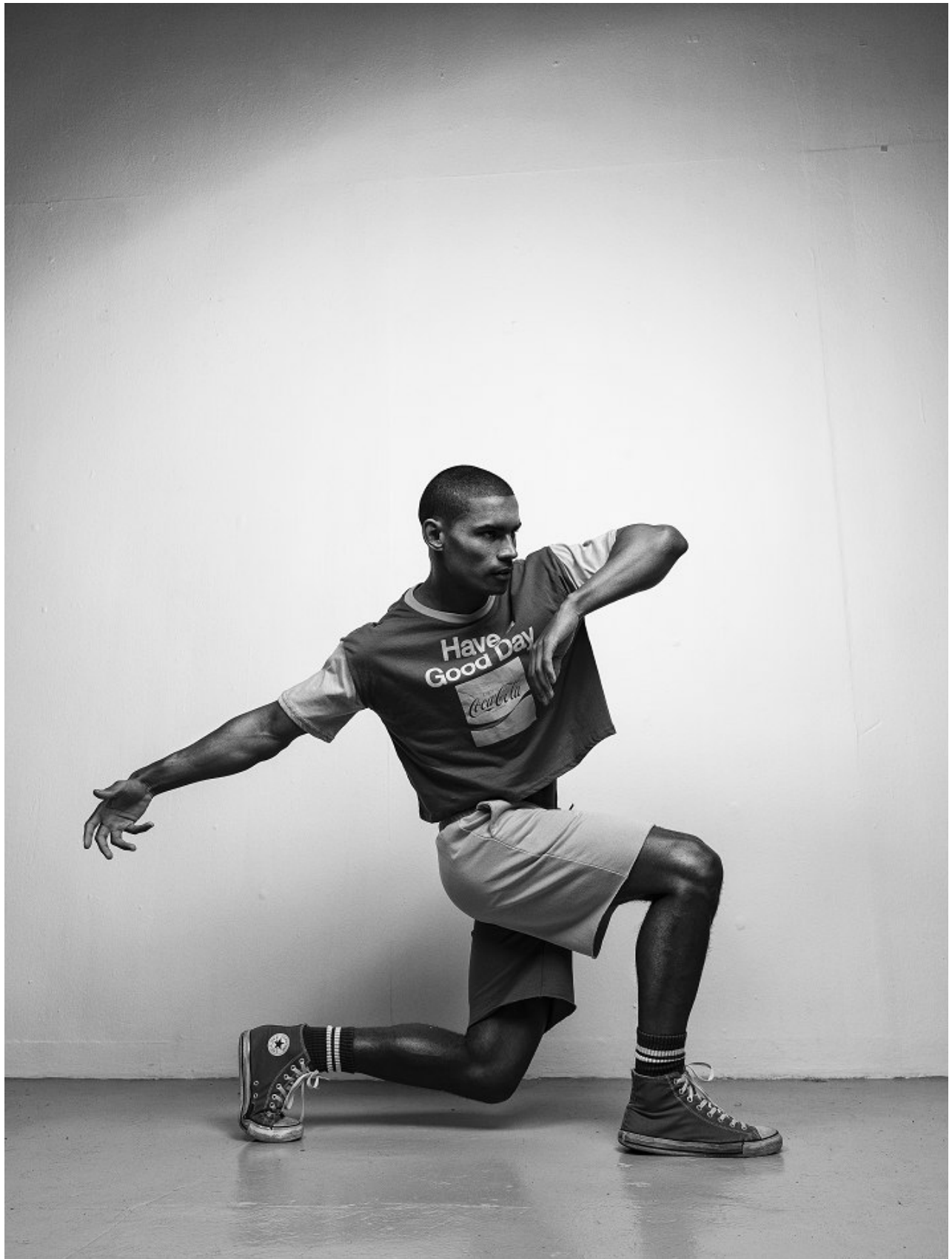
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LAST-MINUTE BEACH MUSCLE

NOVEMBER/DECEMBER 2023 287

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THE PREPPY

GOLFER

Back in the day, informal threads matched the sophistication of their formal counterparts. Borrow from history by donning a preppy polo shirt spun from breathable cotton. It's understated but suave, and choosing a colour like pink will hammer home your confidence. Just stay away from anything too bright.

Trenery golfer R799

Scotch & Soda knit R4 799

Denham Razor clean denim R4 299

Decathlon belt R239 [decathlon.co.za](https://www.decathlon.co.za)

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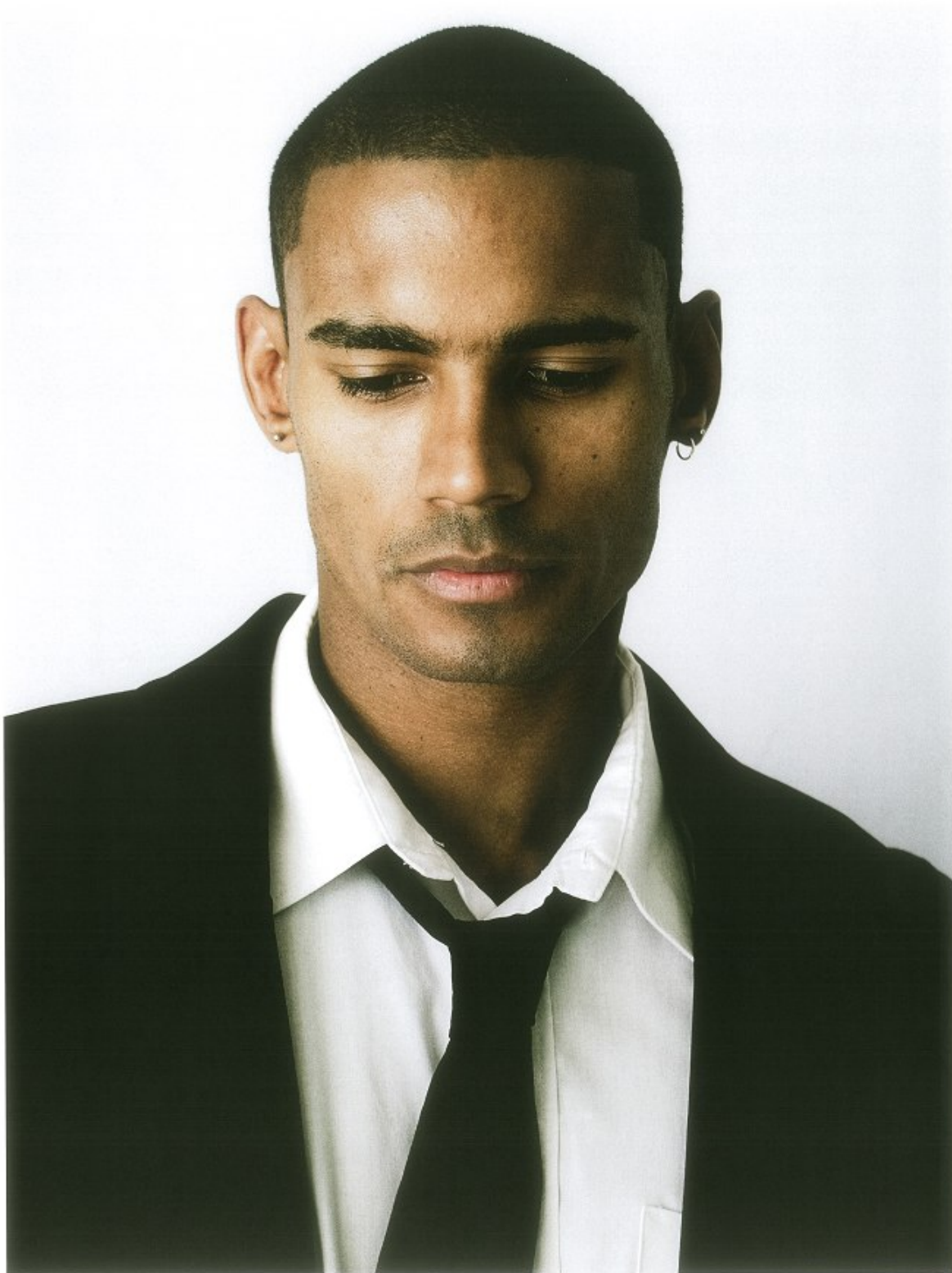


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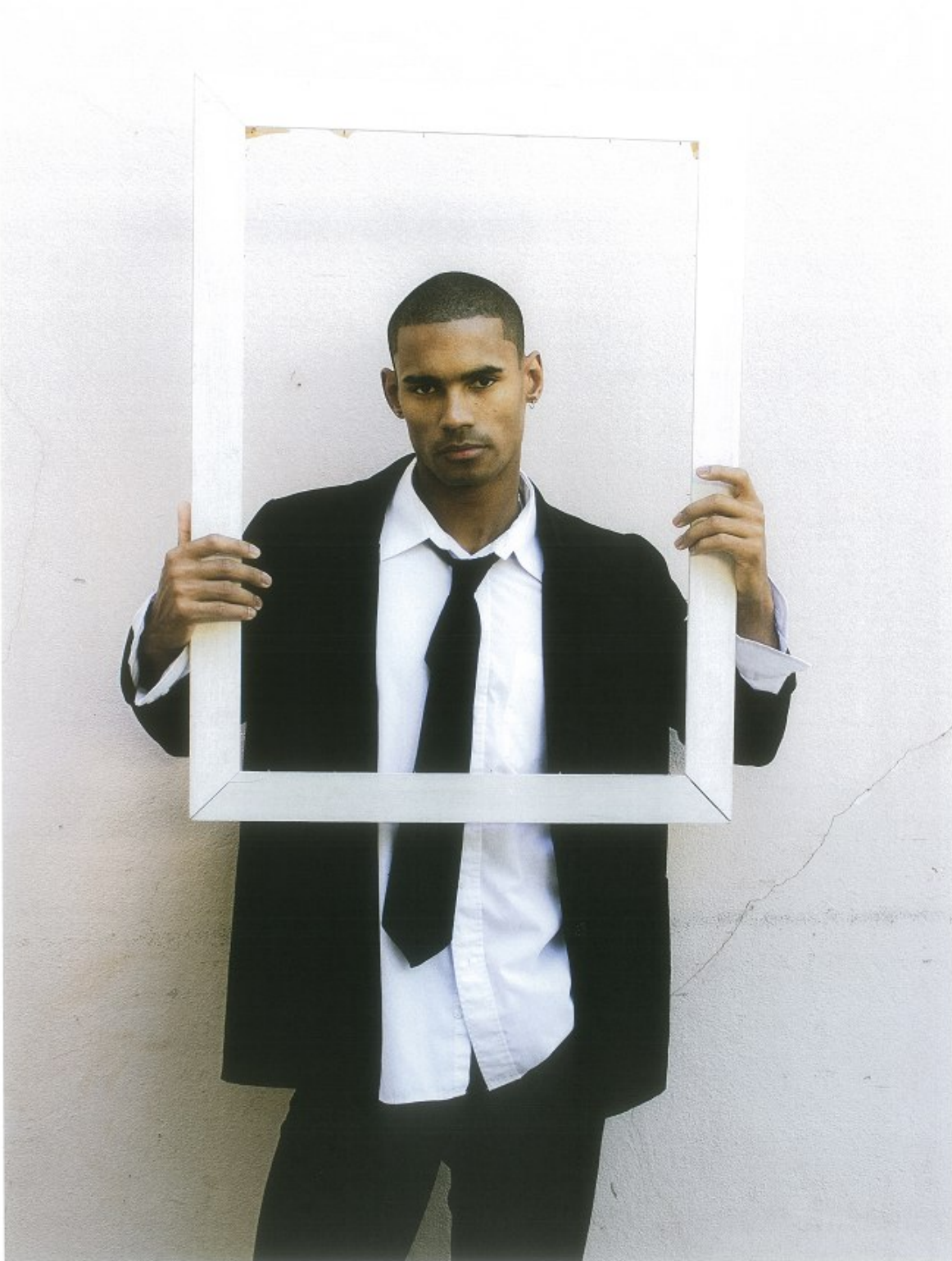


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EASY-TO-STYLE

CLASSIC

There's something so effortlessly chic about a sleeveless pullover. This iconic item works whether you're dressing down for beachside drinks or dressing up for a night out. Pull this over a boxy white Tee or striped blue linen shirt to instantly take any look from good to great.

Polo cap R549
Denham Lawrence vest R3 699
Trenery pants R1 599
Huawei GT 4 watch R6 999
JacobsbyJacobs necklace R350



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QUALITY OVER

QUANTITY

A timeless aesthetic demands garments that are built to last. So, when you're choosing a suit, shell out a little extra to make sure you're getting the finest fabrics like merino wool, linen and cotton.

Trenery blazer R4 999

Trenery T-shirt R699

Zara pants R899

Polo belt R549

Bass & Co Larkin shoe R3 399

CHIMI sunglasses R3 999

chimi-online.com/za

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MH.G2S

GUIDE TO STYLE



SELF-MADE
adidas Originals V-day Jacket

AUTUMN/WINTER 2022 FASHION + SPORT

Men'sHealth

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07

Diesel jacket R6 999
H&M pants R899
H&M turtleneck R329
New Balance sneakers R2 300

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