

BRANDMODELS

WESTON BOUCHER - FITNESS

HAIR: BROWN
EYES: BLUE
HEIGHT: 6' 1"
INSEAM: 32
WAIST: 32
SHIRT: 16.5/34
SUIT: 40R
SHOE: 12



Men's Health
JULY 2018 MAKING BETTER MEN

FIT AT ANY AGE!
GET INTO YOUR BEST SHAPE EVER!

OUTWIT STRESS TODAY!
Get Fitter And Happier

FIGHT FAT & WIN
Drop 5kg In 8 Weeks

100% Energy, All Day

OUTSMART YOUR GENES

12 BEST MUSCLE MEALS FOR

STYLE
Look Damn Good In Every Decade

FROM THIS TO THIS!

R50.50 (VAT INCL)
Namibia: N\$53.00

0 7 2 4 9

MHGUY WESTON BOUCHER







WORKOUTS DON'T HAVE TO BE COMPLICATED, OR REQUIRE FANCY EQUIPMENT. ONE OF OUR FAVOURITE TOOLS? THE MED BALL.

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01

STRENGTH

- ▣ Play The Game Game
- ▣ Nail The Superman Push-up
- ▣ Power Up Your Legs

BEGINNER'S GUIDE

Power Up Your Best Body Ever

BY EMILY ABRATE

Fitness doesn't have to be joyless. You can make your workout fun, and still be in the best shape of your life.

Training at Switch Playground in Manhattan or Cape Town feels more like a party than a workout. Bright lights flash as DJs spin the latest tracks from Drake and Rihanna, while you and your partner sweat through a series of workout stations. In fact, there are more ways than ever these days — from boutique gyms to iPhone apps to augmented virtual reality fitness devices — to infuse your workouts with the joy of play. The goal, of course, is to forget that your abs are on fire and your arms are turning to jelly. “Time spent in a gym doing something that feels like work just adds to the hours we spend at work in our day,” says Lenny Williams, a sports psychologist at the University of California. “Play provides a ton of benefits, and you experience intrinsic motivation.” Level up your own daily workouts with these six ideas from the gamification age.





"I'm terrified of being physically impaired in relation to my lifestyle, so I'll invest whatever it takes to remain as healthy as possible."













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© Photo by Marissa Boucher, @TheBoudoirDivas 2014







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ULTIMATE STARTER KIT

FOR HIM









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Photo by Marissa Bouchér, The Boudoir Divas, 2012 ©

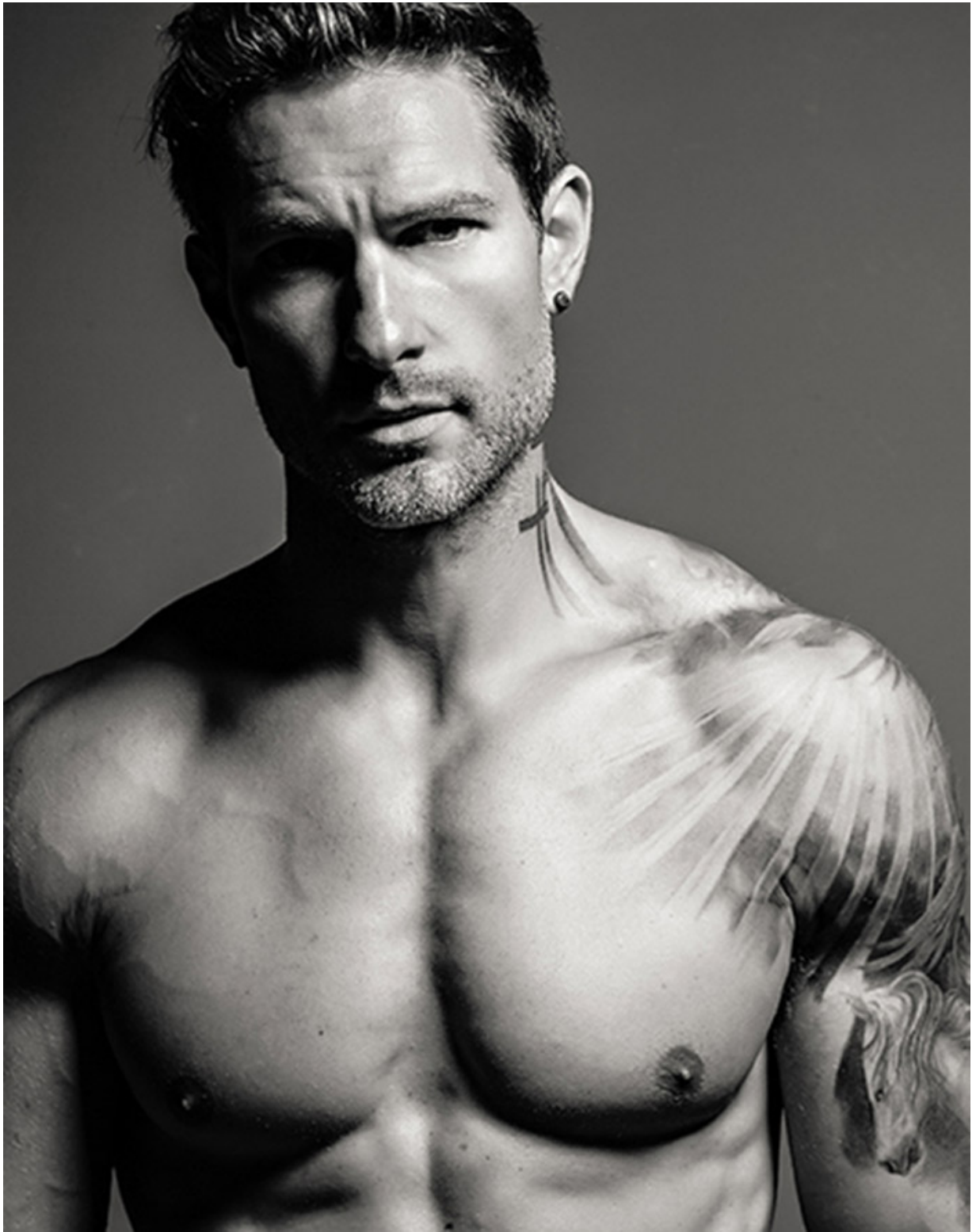














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