

With Cover Girl
Janna Breslin



fitness

the
bikini
body
issue

SAVE
R350
SUPPLEMENT
DISCOUNT
VOUCHERS
inside

**YOUR SUMMER
BODY STARTS HERE**

A step-by-step
guide to your best
shape yet!

**RESEARCH REVEALS
THE BEST WAY
TO LOSE FAT!**

**FIND
YOUR
ENERGY**
BEAT THE
MID-DAY
SLUMP

SEPTEMBER - OCTOBER 2016
R45.00 (VAT INCL)
Other countries R29.47 excl TAX
Printed in South Africa

8week TOTAL BODY PLAN!
WORKOUT & DIET