

DAMAN



PHOTO ROBERTO CHIOVITTI

FRANCESCO BRUNETTI

HEIGHT: 187 CHEST: 99 WAIST: 78 HAIR: BLOND EYES: BLUE SUIT: 48 SHOES:

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SESSO & COPPIA

DIVENTA UN AMANTE PERFETTO CON LE POSIZIONI DEL KAMA SUTRA

FOR MEN

diretto da Andrea Biavardi

€ 2,00 (in Italia)

N. 182 APRILE 2018

CALCIO, NUOTO CORSA, BICI...

**HAI 20, 30, 40, 50 ANNI?
SCEGLI LO SPORT GIUSTO PER TE**

**"Vuoi
i muscoli?
Sii cattivo,
ma solo con
te stesso"**

**FRANCESCO
BRUNETTI**

Inviato delle tene
e personal
trainer

**LA PIÙ BELLA
DEL MESE**

**È LEI, LA...
CANALIS**

Livia Canalis
è la cugina
di Elisabetta
e... guarda
le sue foto:
buon sangue
non mente!

SPECIALE ALIMENTAZIONE

BIRRA TUTTO QUELLO CHE
CI PUOI FARE (oltre a berla)

ZUCCHERO I FALSI MITI
DA SFATARE

9 FACILI TRUCCHI
PER DIMAGRIRE

BICI 7 CAMPIONI TI SVELANO
I LORO SEGRETI

SALUTE

**COLESTEROLO,
GLICEMIA E TRIGLICERIDI:
ATTENTO A QUEI 3**

PSICOLOGIA

**CANCELLA
LE TUE CATTIVE
ABITUDINI**



CAIRO EDITORE

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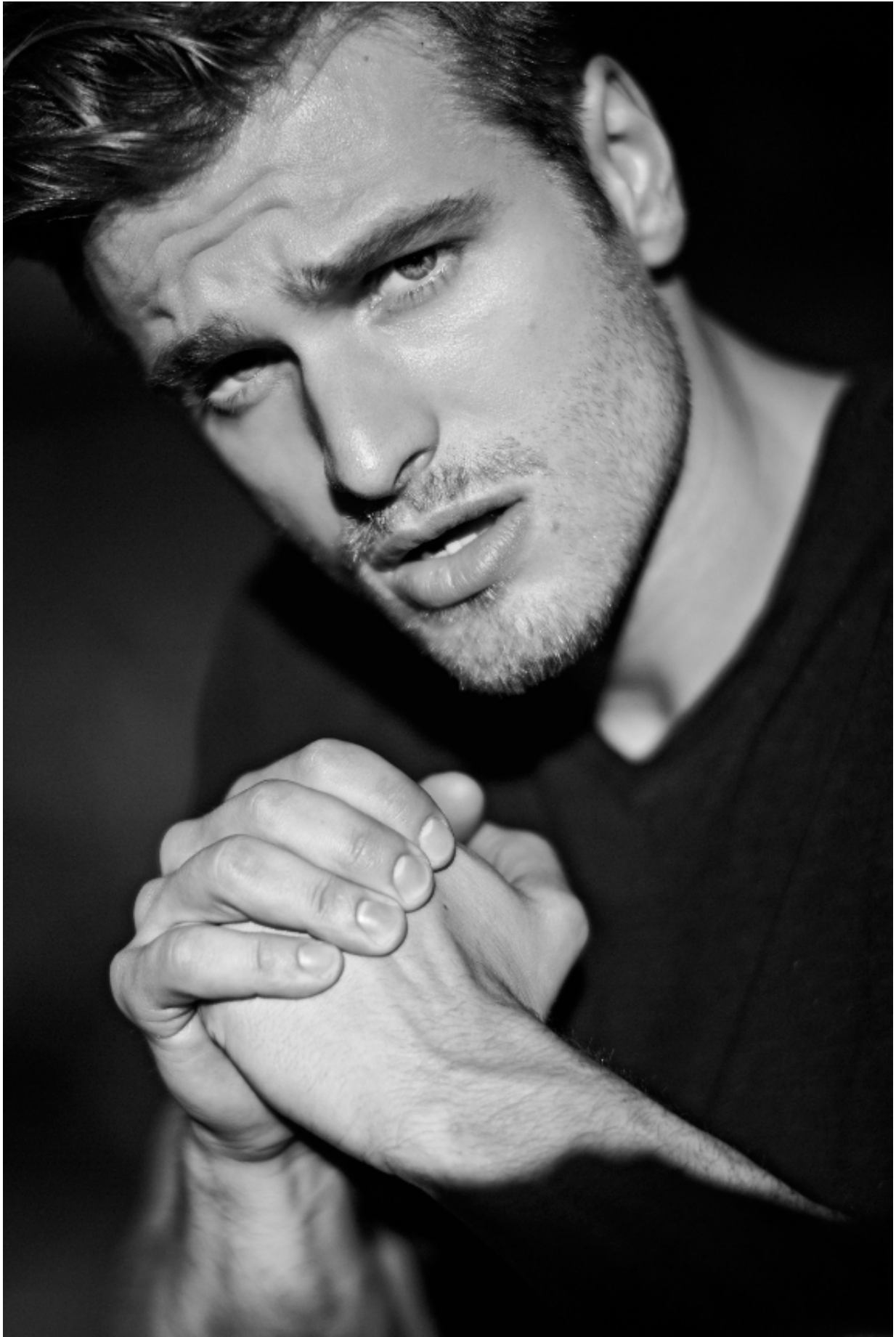
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