

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



T-SHIRT: ASOS
PANTS: ZARA
BELT: ZARA
WATCH: SKAGEN
BRACELET:
HORDSTROM

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green

MGM
M O D E L S

MGM
M O D E L S

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



MGM
MODELS

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm
shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



EDITORIALstory

BALCON

photographer **VINCENT CHINE**
model **BOBBY PENNEY** of **MAJOR MILAN**
styling and grooming **CEYBEL**

model wearing **RALPH LAUREN, BANANA REPUBLIC, ZARA, ZEGNA and WAPO**

3 | PERIOD

MGM
MODELS

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm
shoes size 43.5 · hair light brown · eyes blue-green



CONTENTS

MEN'S HEALTH SEPTEMBER 2018

COVER STORIES & FEATURES

DROP SKG!
Turn off your fat switch.
52

FUTURE-PROOF YOUR CAREER
Network your way to the top.
62

GOURMET GAINS
The best meals for men.
70

GROOMING AWARDS
Look better - instantly!
89

BUILD THIS BODY
MH Cover Guy, Joshua Capazario's training tips.
96

AROUND THE BIGGEST MOUNTAINS ON THE PLANET
Curate your own adventure.
112

VEGANISM! (FOR THE PART TIME MEAT LOVER)
5 flexible favourites.
118

YOU ARE NOT ALONE
The sufferings of sexual abuse.
124

P.102

FITNESS AWARDS!
The best tried and tested gadgets and gear of 2018.

Men's Health

SEAN LAURENCE (PHOTOGRAPH)

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm
shoes size 43.5 · hair light brown · eyes blue-green

SPRZĘT PRZYSZŁOŚCI: BUTY Z DRUKARKI 3D + 10 SUPERMODELI NA JESIEŃ

RUNNER'S WORLD

NR 9-10 (98) wrzesień-październik 2018

**To
będzie
Twój
bieg**
Plan od startu do mety
na każdy dystans
s. 40

TOP 6
ćwiczeń
na poprawę
szybkości
s. 86

**Co robić,
kiedy łapią
Cię skurcze**
s. 84

CENA 11,99 zł (w tym 8% VAT)
ISSN 1898-9608, nr ind. 239690 0 5
9 771898 196080 6

**MAŁE
KROKI
WIELKIE
WYNIKI**

59
**PROSTYCH
PATENTÓW,**
które dadzą Ci
nowe życiówki

PALIWO
**WYBORY
NA TALERZU**
**TAK powinien
jeść biegacz**
s. 52

MGM
MODELS

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green

MGM
MODELS

MGM
MODELS

BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green



BOBBY

height 187 cm · bust 96 cm · waist 80 cm · hips 95 cm

shoes size 43.5 · hair light brown · eyes blue-green

