

FOR MEN

diritto da Andrea Bonardi

2,20 €

200 APRILE 2020

SPECIALE COMBATTI IL CORONAVIRUS!

FITNESS: allenati così in casa c'è anche il personal in realtà virtuale

CORRI: come farlo anche se all'aperto non si può

MANGIA COSÌ e aumenta le difese immunitarie

SESSO: non è tempo di avventure

LAVORO: impara a farlo da casa

NON DIMENTICARE
LE 30 REGOLE
PER EVITARE IL CONTAGIO

LA PIÙ BELLA
DEL MONDO
AMBRA VITIELLO
Dimenticate il Covid-19 e ritrovate il fascino del Nostro

PER FANFOLTI
Da Gesù Crocifisso del Crocifisso al personal trainer

PSICOLOGIA
10 esercizi per controllare L'ANSIA



#MILITARYBAG

@MARGARITAPR_OFFICIAL

Fatti reclutare dallo STILE MILITARE

Se ancora rimpiangi i bei tempi della ruffa punta a un look street army con qualche tocco camouflage per mimetizzarti ovunque tu vada.



DA TOP GUN
Mantieni la mentalità in bianco gli occhiali da sole in stile aviatore dotati di un meccanismo che permette di agganciare le lenti e di cambiare per far fronte alle diverse condizioni di illuminazione. **Parache Design** (100 euro)

A VIA, IN MISSIONE!
Realizzato con tele tutti originali anni '70 dell'Esercito Italiano il berretto da combattimento M6000 è fornito di diversi scomparti per il telefono e spazio per appunti in carta tonda di manico. **2000 Limited Edition** (100 euro)

CHE BOMBA DI PROFUMO!

Riprodurre nel flacone il nome di un'arma militare dalla lunga storia, con l'aroma caratteristico della Pistoia americana al centro. Flaco di volume 100/50/25/10/5/2.5/1.25/0.625/0.3125/0.15625/0.078125/0.0390625/0.01953125/0.009765625/0.0048828125/0.00244140625/0.001220703125/0.0006103515625/0.00030517578125/0.000152587890625/0.0000762939453125/0.00003814697265625/0.000019073486328125/0.0000095367431640625/0.00000476837158203125/0.000002384185791015625/0.0000011920928955078125/0.00000059604644775390625/0.000000298023223876953125/0.0000001490116119384765625/0.00000007450580596923828125/0.000000037252902984619140625/0.0000000186264514923095703125/0.00000000931322574615478515625/0.000000004656612873077392578125/0.0000000023283064365386962890625/0.00000000116415321826934814453125/0.000000000582076609134674072265625/0.0000000002910383045673370361328125/0.00000000014551915228366851806640625/0.000000000072759576141834259033203125/0.0000000000363797880709171295166015625/0.00000000001818989403545856475830078125/0.000000000009094947017729282379150390625/0.0000000000045474735088646191895751953125/0.00000000000227373675443230959478759765625/0.000000000001136868377216154797393798828125/0.0000000000005684341886080773986968994140625/0.000000000000284217094304038699348449707265625/0.000000000000142108547152019349674224853628125/0.00000000000007105427357600967483711242716640625/0.0000000000000355271367880048374185562133203125/0.000000000000017763568394002418709278106640625/0.0000000000000088817841970012093546390533203125/0.000000000000004440892098500604677319526640625/0.0000000000000022204460492503023386597633203125/0.0000000000000011102230246251511693298816640625/0.000000000000000555111512312555796649440833203125/0.000000000000000277555756156277898324722133203125/0.00000000000000013877787807813894916236106640625/0.000000000000000069388939039069474581180533203125/0.00000000000000003469446951953473729059026640625/0.000000000000000017347234759767368645295133203125/0.00000000000000000867361737988368342726256640625/0.0000000000000000043368086899418417136312833203125/0.000000000000000002168404344970920856816416640625/0.000000000000000001084202172485460428408233203125/0.00000000000000000054210108624273021420416640625/0.0000000000000000002710505431213651071020833203125/0.0000000000000000001355252715606825355510416640625/0.00000000000000000006776263578034126777520833203125/0.000000000000000000033881317890170633887610416640625/0.00000000000000000001694065894508531694380520833203125/0.000000000000000000008470329472542658471902610416640625/0.00000000000000000000423516473627132923551020833203125/0.00000000000000000000211758236813564646775510416640625/0.000000000000000000001058791184067823233877610416640625/0.0000000000000000000005293955920339116168877610416640625/0.000000000000000000000264697796016955808443877610416640625/0.0000000000000000000001323488980084779042218877610416640625/0.00000000000000000000006617444900423895211093877610416640625/0.000000000000000000000033087224502119476055468877610416640625/0.00000000000000000000001654361225105973802773443877610416640625/0.000000000000000000000008271806125529869013867218877610416640625/0.000000000000000000000004135903062764934506933608877610416640625/0.0000000000000000000000020679515313824672534667218877610416640625/0.0000000000000000000000010339757656912336267333608877610416640625/0.00000000000000000000000051698788284561668136667218877610416640625/0.00000000000000000000000025849394142280834406833608877610416640625/0.00000000000000000000000012924697071140417203416608877610416640625/0.000000000000000000000000064623485355702086017067218877610416640625/0.000000000000000000000000032311742677851040053533608877610416640625/0.0000000000000000000000000161558713389252002671667218877610416640625/0.0000000000000000000000000080779356694626001335833608877610416640625/0.0000000000000000000000000040389678347313000667667218877610416640625/0.00000000000000000000000000201948391736565003338833608877610416640625/0.0000000000000000000000000010097419586828250166941667218877610416640625/0.00000000000000000000000000050487097934141250834733608877610416640625/0.00000000000000000000000000025243548967070625416941667218877610416640625/0.00000000000000000000000000012621774483535312707233608877610416640625/0.0000000000000000000000000000631088724176765635361667218877610416640625/0.00000000000000000000000000003155443620883782676833608877610416640625/0.0000000000000000000000000000157772181044189133841667218877610416640625/0.00000000000000000000000000000788860905220945669233608877610416640625/0.0000000000000000000000000000039443045261047283461667218877610416640625/0.0000000000000000000000000000019721522630523641730833608877610416640625/0.000000000000000000000000000000986076131526182086541667218877610416640625/0.0000000000000000000000000000004930380657630910432733608877610416640625/0.00000000000000000000000000000024651903288154552163667218877610416640625/0.00000000000000000000000000000012325951644077276081833608877610416640625/0.0000000000000000000000000000000616297582203863804081667218877610416640625/0.000000000000000000000000000000030814879110193190204083360887761041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