

TIAGO CARREIRA



HEIGHT 186 | CHEST 98 | WAIST 83 | HIPS 96 | HAIR BROWN | EYES BLUE | SHOES 43

kult
STOCKHOLM

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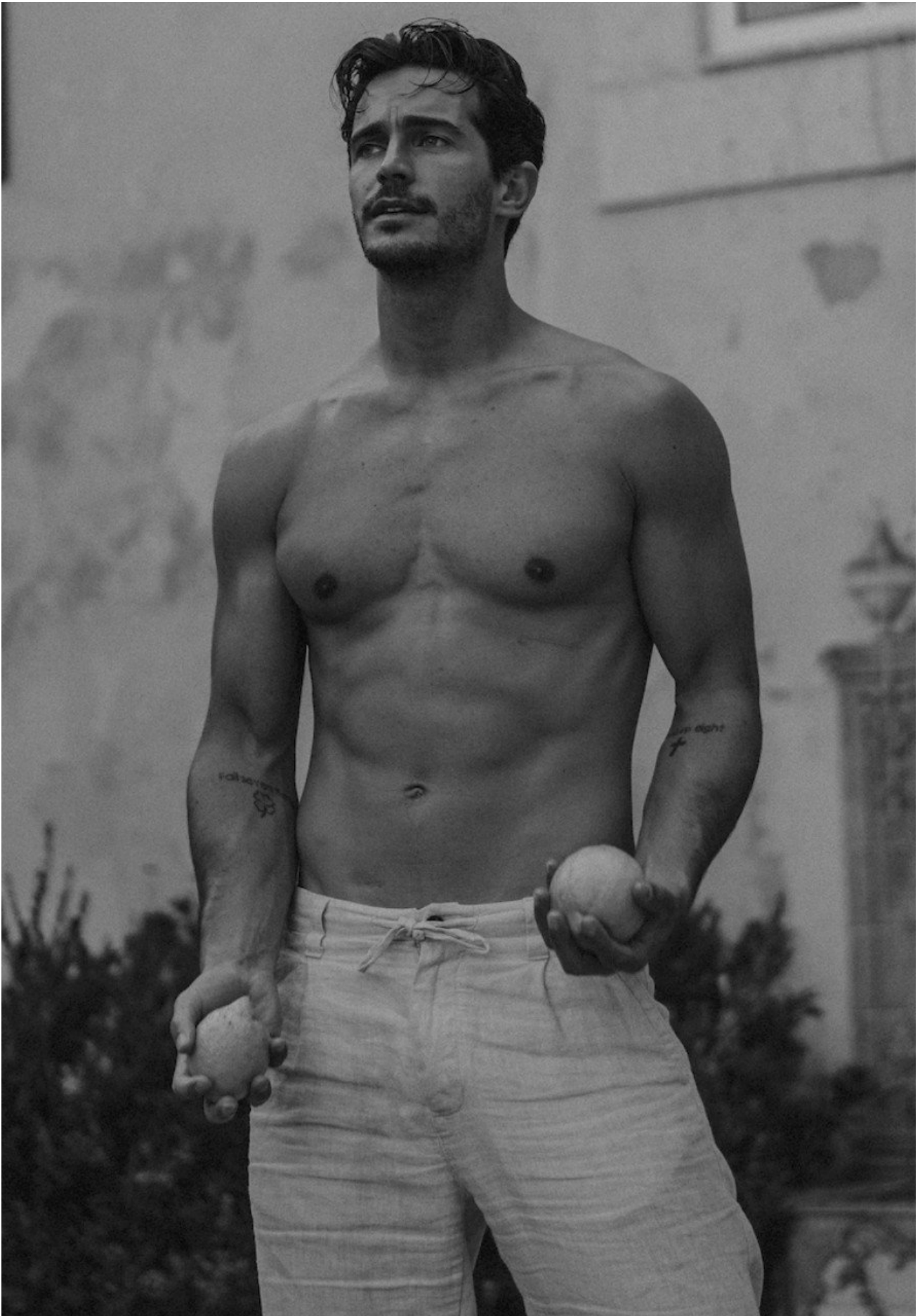
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Men's Health

100%
UTIL

MENOS 5 KG ESTE MÊS

Temos o plano
que precisa

CONSIGA UM CORPO DE CAPA

O fim da calvície

156

**ASSÉDIO
DOS HOMENS**
TUDO NA PÁG. 84

Refeições saudáveis em 10 minutos no microondas



005290 157820
RÇO 2018 PVP CONTINENTE 3.60€



NA CAPA
Tiago
Carreira

EDIÇÃO
ESPECIAL

2000

FI

21 receitas
de proteínas

SEXO

200 mulheres
falam de prazer

**NOVOS
PAIS**

Os desafios da
paternidade

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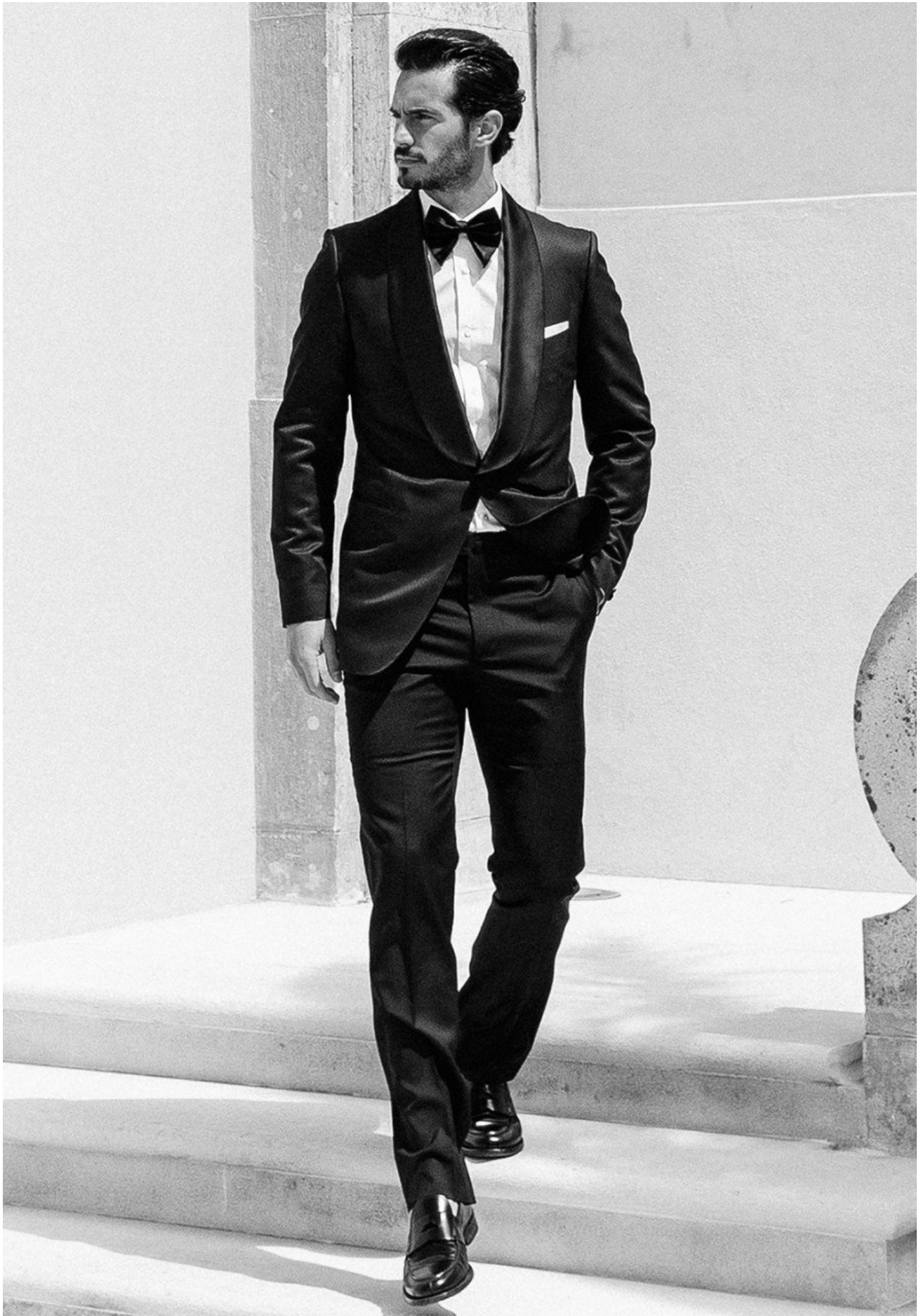
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