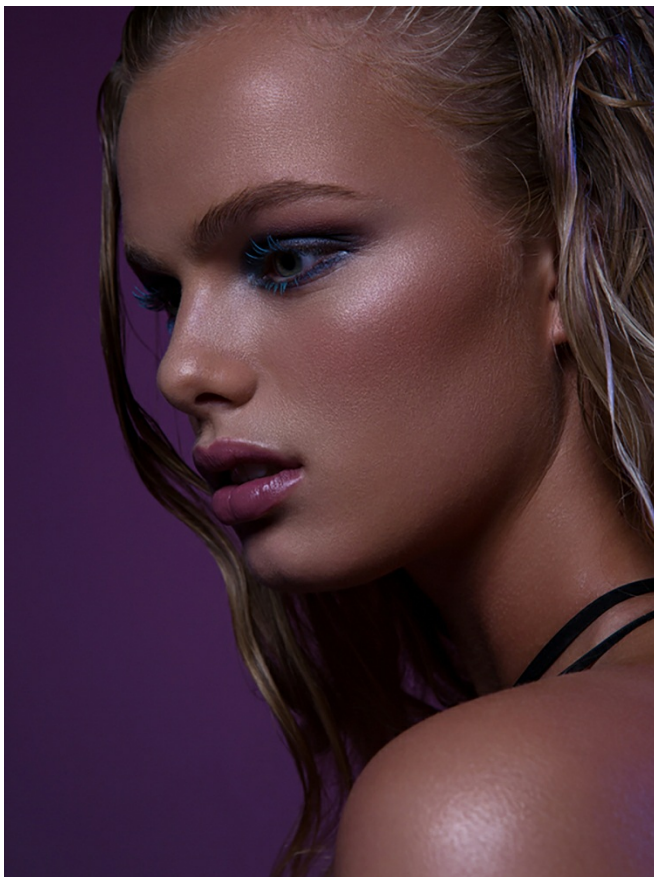


**ALEX FIA**

**MGMT**  
MODELS



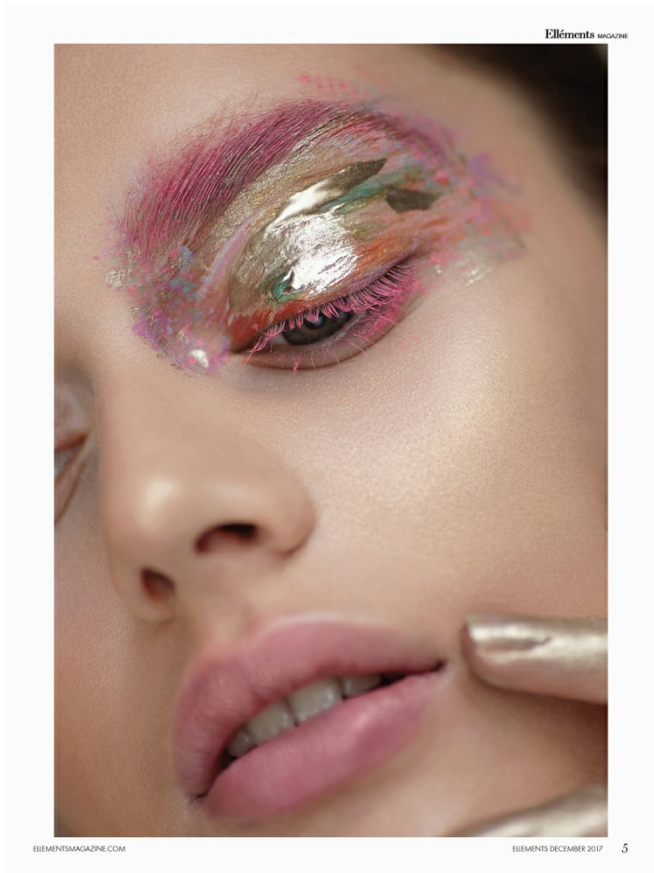
ALEX FIA

MCT  
 MODELS



**AQUA**

PHOTOGRAPHER: S61 PHOTOGRAPHY  
 MODEL: LILI HOUGHTON AT GINGERSNAP MODELS  
 MAKEUP ARTIST: ALEX FIA



# Exercise plan

All you need is 30 minutes spare time every other day and a set of 1 - 3kg dumbbells

**ALEX FIA**

**MCT**  
 MODELS





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**ALEX FIA**

**MCT**  
MODELS