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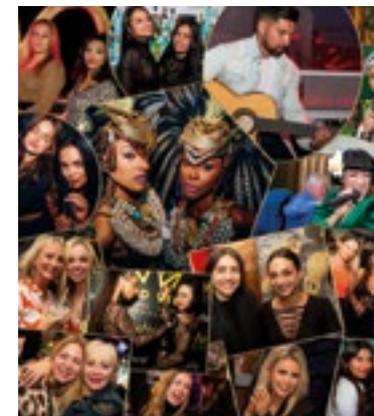
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MARBELLA



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Showing versatility

Gigi Hadid shocked fans with her unrecognizable new image and walk in the latest Versace show.



Ceremonial visit

Prince William & Kate Middleton made an official appearance in Wales to celebrate St. David's Day.



Coming soon again

The upcoming Kardashians' show on Hulu will be premiering next month and trailers for it are dropping non-stop. The family has revealed that this time, in comparison to their previous show, the viewer will be able to see more of their work and financial life but without losing that familiar and playful touch of their usual content.



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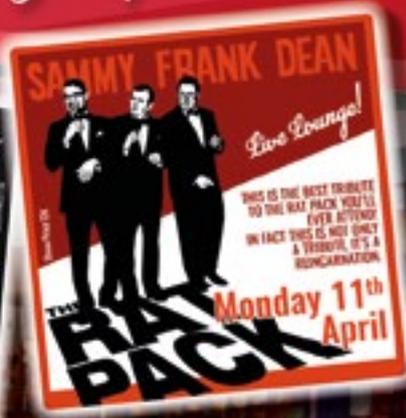
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Powerful duo

Co-actresses Jennifer Garner & Zoe Saldana wore sleek matching black ensembles for their movies' premiere.



Another show!

Jennifer Hudson revealed that she is going to host a new talk show packed with celebs and friends.



A new superhero

British actor Robert Pattinson surprised fans by showing up at an early screening party of his latest movie, 'The Batman', in Miami, Florida. This movie marks a new era for the actor and his co-star Zoe Kravitz, adventuring in a genre that they hadn't done before.

A vertical advertisement for 'Club de Carne Shelby'. At the top, a circular logo contains the text 'CLUB DE CARNE' at the top and 'SHELBY' in large, bold, white letters in the center. Below the logo, several pieces of succulent, roasted Argentine barbecue (asado) are shown on a metal skewer. The word 'ARGENTINO' is written in a curved font across the middle of the skewer. The background is dark with some smoke or steam rising from the bottom. At the bottom of the ad, contact information is provided: '@shelby.club.de.carne', '+34 603 58 18 77 | reservas.shelby@outlook.es', and 'Av. Pilar Calvo s/n, Marbella Arena'.

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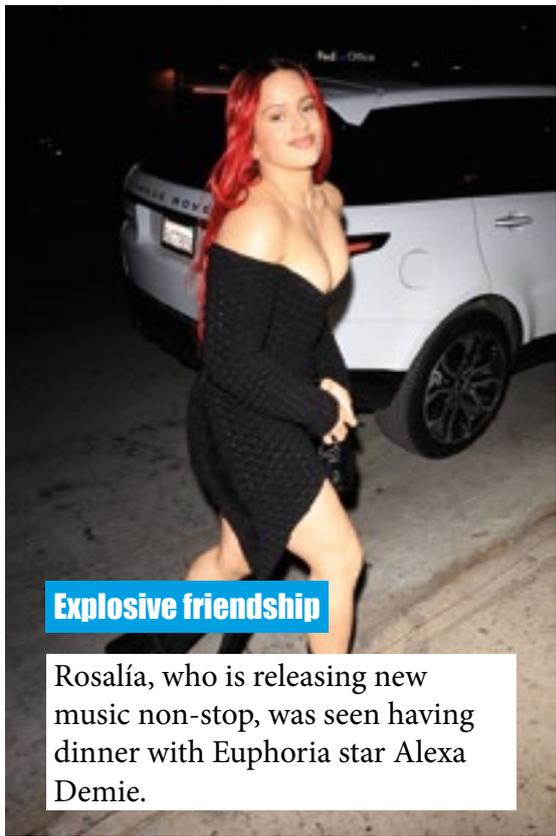
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Hollywood glamour

Lady Gaga looked absolutely gorgeous in this chic white dress that she wore for the SAG awards.



Explosive friendship

Rosalía, who is releasing new music non-stop, was seen having dinner with Euphoria star Alexa Demie.



Conscious celebs

Actress Blake Lively wore this pastel colored gown to show support to Ryan Reynolds, her husband, latest movie premiere. The couple have also revealed that they have donated one million dollars to Ukraine's humanitarian organizations recently.

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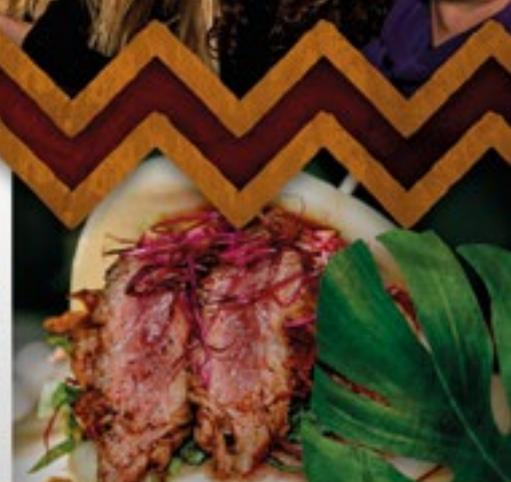
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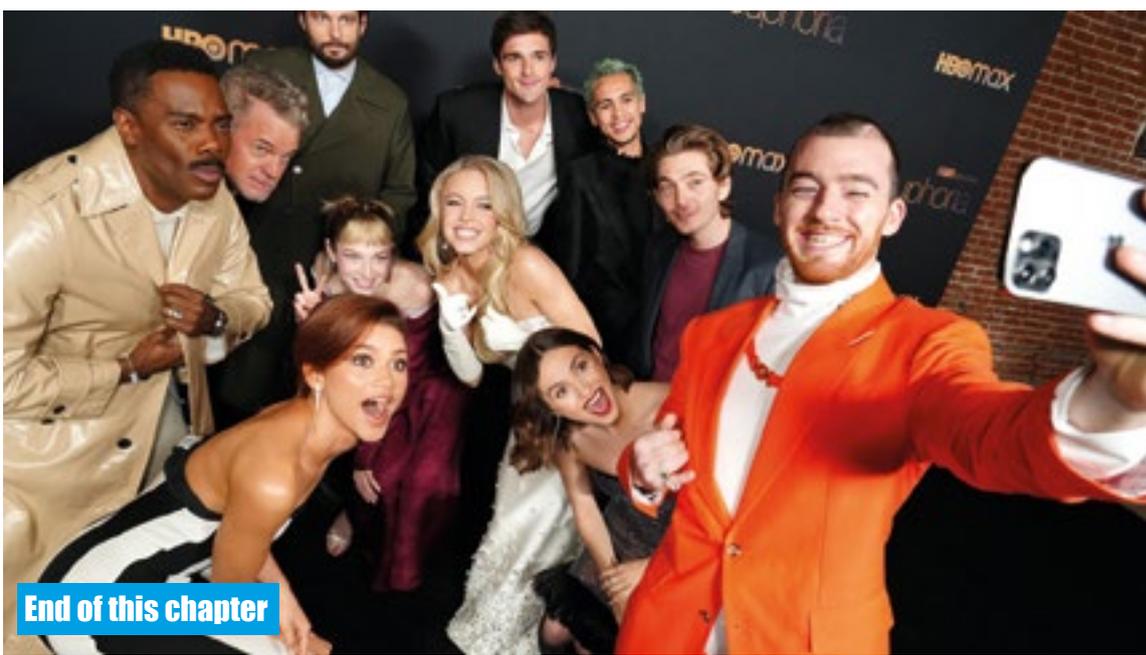
Class and style

Singer and actress Selena Gomez looked so elegant wearing this black dress with puffy oversized sleeves for the SAG awards.



A new star in LA

Benedict Cumberbatch received his own star at the Walk of Fame in Los Angeles, California.



End of this chapter

The cast of HBO hit series Euphoria celebrated the end of the second season of the show. This season, just like the first one, continued being a tremendous success for the streaming platform and for the stars careers. With a global following and a shocking ending, Euphoria fans are left wanting for the next season as soon as possible but the release date is still unknown.



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Safe and sound

Queen Elizabeth has been seen again after her battle with COVID, but no official statements has been released.



In the family

Mother and daughter, Cindy Crawford and Kaia Gerber walked down the runway together at Paris Fashion Week.



A life in movies

Actress Hellen Mirren received the Lifetime Achievement Award at the SAG Awards 2022 wearing this delicate floral gown. She gave an emotional speech after that and showed her most humble side to the audience by saying how grateful she was and that she didn't think she deserves this recognition.

LA CLANDESTINA

FOOD & DRINKS

A collage of several photographs showing people at a social event. The photos are arranged in a torn-paper style. One photo shows two women smiling, another shows a woman eating a red dessert, another shows a man and a woman smiling, another shows a man playing a guitar, another shows a group of people at a table with drinks, and another shows a group of people posing for a photo.

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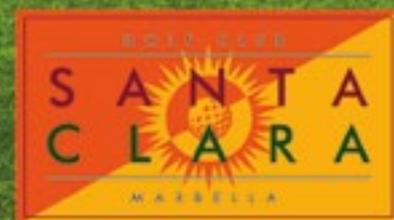
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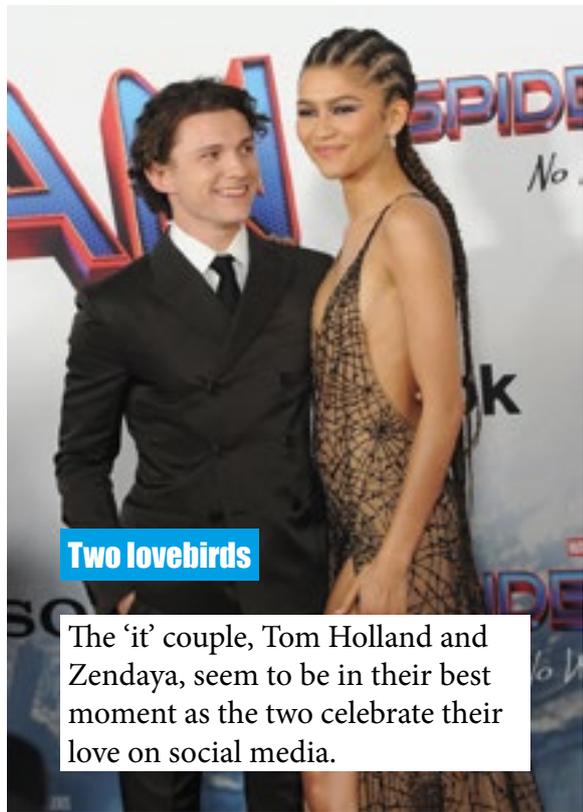
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Effortlessly chic

Actress Cate Blanchett received the Honorary Cesar Award last month in Paris wearing this two-piece.



Two lovebirds

The 'it' couple, Tom Holland and Zendaya, seem to be in their best moment as the two celebrate their love on social media.

From Seoul to Los Angeles

After the global success of the Korean show 'The Squid Games', stars Lee Jung-jae & Hyeon Jung have been awarded at the SAG Awards 2022. The actress has won the 'Outstanding Performance by a Female Actor in a Drama Series' award with her role being the first dramatic one in her career. The actor won 'Outstanding Performance by a Male Actor in a Drama Series'.



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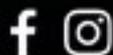
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El remate liftado por tres

¡Hola amigos! Soy Santi Moreno y desde la sección de pádel de About Marbella en este artículo os vamos a explicar el remate liftado por tres. Aunque técnicamente é remate liftado y el remate liftado por tres son muy parecidos, condicionan bastantes situaciones de pista: el globo, cómo tengo que mover el cuerpo... para poder lanzar la bola, que golpee en el cristal y sacarla de la pista.

Ahora pasamos a ser un poquito más ofensivos, y con cuatro o cinco consejos lo tenemos claro enseñada. ¡Vamos a ello!

Marcaremos cuáles son las diferencias entre un remate liftado normal y un remate liftado por tres.

La primera, importantísima, la empuñadura continental. O abrimos de muñeca o hacemos una empuñadura oeste de revés, que esto luego a la hora de colocarnos va a hacer que la bola se roce mucho más y coja más vueltas.



Segundo, golpeamos el liftado siempre desde la zona de fondo, porque el liftado en la pegada por tres es un golpe que necesita muchísimo recorrido. Cuanto más larga y más cerca del cristal de fondo lancemos la bola, mejor va a coger el efecto y mejor va a subir. Si hacemos un liftado y vota lejos del cristal, que sepáis que puede ser uno de los fallos porque la bola va a perder mucho efecto y no va a trepar de cristal a fuera de pista. Por eso esto es importante.

Tercero: posición del cuerpo. El hombro izquierdo siempre tiene que estar apuntando al cristal de fondo y tenemos que aprender a coger la bola en su punto más alto y un poquito detrás de la cabeza. Por eso veréis que hay muchos jugadores profesionales que se arquean cuando golpean. Lo que ocurre es que sí es cierto que el coordinan muy bien, impactando en la zona más alta.

Si queréis arquear más os recomendamos que la pierna derecha sea la que equilibre para poder bajar un poquito más. También lo veréis en muchos jugadores. Entonces, soy capaz de equilibrar, bajar más y así conseguir darle más recorrido y más rosca la bola.

En último lugar, como siempre, los liftados los acabamos hacia fuera. Es importante que tengáis esas pautas claras para poder hacer el golpe.

No es un golpe fuerte. Cuidado que la pegada por tres liftada no es fuerte, es cuestión de efecto. Será fuerte o habrá que darle más potencia cuando la queramos sacar con efecto plano. Es importante que lo tengamos claro. En este caso, bola profunda y mucho efecto. Os dejamos algunas imágenes explicativas.



Como siempre, muchísimas gracias por todo. Si queréis suscribiros a nuestro canal de YouTube Prodigy Land os esperamos por allí. Y también en el siguiente artículo en About Marbella. ¡Un abrazo fuerte!

Santiago Moreno Pardo

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VILLA PADIERNA GOLF CLUB

El Chip Rodado (Chip & Run)

Cada día vemos en nuestra academia de Villa Padierna como nuestros alumnos en gran parte influenciados por la televisión y lo que ven en el PGA Tour americano busca aprochar siempre por alto, utilizando siempre el sand wedge o el lob wedge e intentando ajustar su swing para cada tipo de golpe independientemente de si tienen o no mas o menos green para rodar la bola o si la bandera está cerca del borde de green o no, haciendo que la ejecución del golpe sea complicada o si tienen como los profesionales un rough alto alrededor de green que nos obliga a usar un palo más abierto.

Como nosotros lo vemos en nuestro método de enseñanza tenemos una máxima y es que la forma más fácil de hacer pocos golpes es manteniendo la bola en el suelo el mayor tiempo posible y por eso intentamos siempre que se puede hacer golpes rodados.

Con el golpe rodado lo que conseguimos es minimizar el grado de error del golpe, pues, aunque no hagamos un contacto perfecto mantendremos la bola en juego y muy probablemente nos dejaremos una oportunidad de embocar el siguiente golpe, mientras que con un palo abierto como el lob wedge o el sand wedge un golpe fallido probablemente habrá sido catastrófico.



El golpe rodado además nos permite entrenar un solo swing, pero con diferentes palos y con un solo swing podremos tener cubiertas casi todas las distancias que necesitemos para aprochar, la idea es hacer el swing que haríamos con un putt, pero con hierros a partir del pitching wedge y cambiando el palo, pero no el swing cambiaremos la distancia, una buena referencia de distancia es menos 5 metros por palo. Si hacemos 15 metros con nuestro hierro 9, haremos 20 metros con hierro 8 y así sucesivamente.

Como realizar el golpe:

Nos colocamos con un stance algo mas estrecho que si pateásemos, con esto lo que conseguimos es estar algo mas cerca de la bola.

Al ser un palo más largo que el putter para ganar en control sobre el palo agarraremos el grip lo más cerca de la varilla que sea posible.

Colocamos la bola en el centro del stance.

Apunte con sus pies un poco a la izquierda del objetivo con el fin de ayudar a liberar a desgirar las caderas.

Ponemos el 60% del peso en el pie izquierdo.

Movemos el palo sin quebrar las muñecas, intentando que el movimiento lo dominen los hombros.

Al igual que en el movimiento de putt es muy importante no decelerar en el impacto.

*Jimmy Martin de la academia
de golf de Villapadierna*

ROMPEMOS LOS TRÍCEPS!!!

Hoy volvemos a trabajar con una sola DUMBBELL

WE BREAK THE TRICEPS!!!

Today we work again with a single DUMBBELL



1. Extension de triceps a dos manos por encima de la cabeza: Realizamos una extensión completa del brazo enfocándonos en mantener los codos lo más cerrados posibles, si no tienes buena movilidad de hombro para mantener la posición utiliza un banco o una silla. Realiza 4 series con 12 repeticiones y descansa 60" entre cada una de ellas.

1. Extension of the triceps with two hands above the head: We perform a complete extension of the arm focusing on keeping the elbows as closed as possible, if you do not have good shoulder mobility to maintain the position, use a bench or a chair. Perform 4 series with 12 repetitions and rest 60" between each one of them.

2. Fondos en banco. Tal y como se ve en la imagen llevamos nuestros brazos hasta tener 90° en nuestros codos y estiramos esto manteniendo nuestra cadera lo más pegada al banco. Realiza 4 series de 12/15 repeticiones y descansa 60" entre cada una de ellas.

2. Bank funds. As seen in the image, we bring our arms up to 90° at our elbows and we stretch this keeping our hips as close to the bench as possible. Do 4 sets of 12/15 repetitions and rest 60" between each one.



3. Extensión de tríceps a una mano. Ahora trabajamos igual que en el número 1 pero unilateralmente ayudándonos con el brazo que no está trabajando sosteniendo el codo del que si para tener más control. Realiza 4 series de 10 repeticiones lentas y descansa 60" entre cada una de ellas.

3. One arm triceps extension. Now we work the same as in number 1 but unilaterally helping us with the arm that is not working holding the elbow of the one that is to have more control. Do 4 sets of 10 slow repetitions and rest 60" between each one.



4. Hiperextensión de tríceps. Buscamos el apoyo de un banco o superficie elevada estable como sale en la imagen y llevamos nuestro brazo hacia atrás extendiéndolo por completo y queriendo dar una pequeña pausa al fin de este para tener mayor congestión. Realiza 4 series de 15 repeticiones con peso bajo para que te permita hacer esa pausa a final y descansa 60" entre series.

4. Triceps hyperextension. We look for the support of a bench or stable elevated surface as it appears in the image and we take our arm backwards, extending it completely and wanting to give a small pause at the end of it to have more congestion. Perform 4 sets of 15 reps with low weight to allow you to take that break at the end and rest 60" between sets.



Instagram: [@alvaropuerma](#)

Facebook: [Alvaro Puerma Martínez](#)

THE CURVE IN INTERIOR DESIGN

When making an interior design project, many factors intervene that act in unison in the creation of a space, one of the most powerful in a space and to which we are going to dedicate this article is: The Curve



Apartment in The Four Seasons Private Residences, Madrid

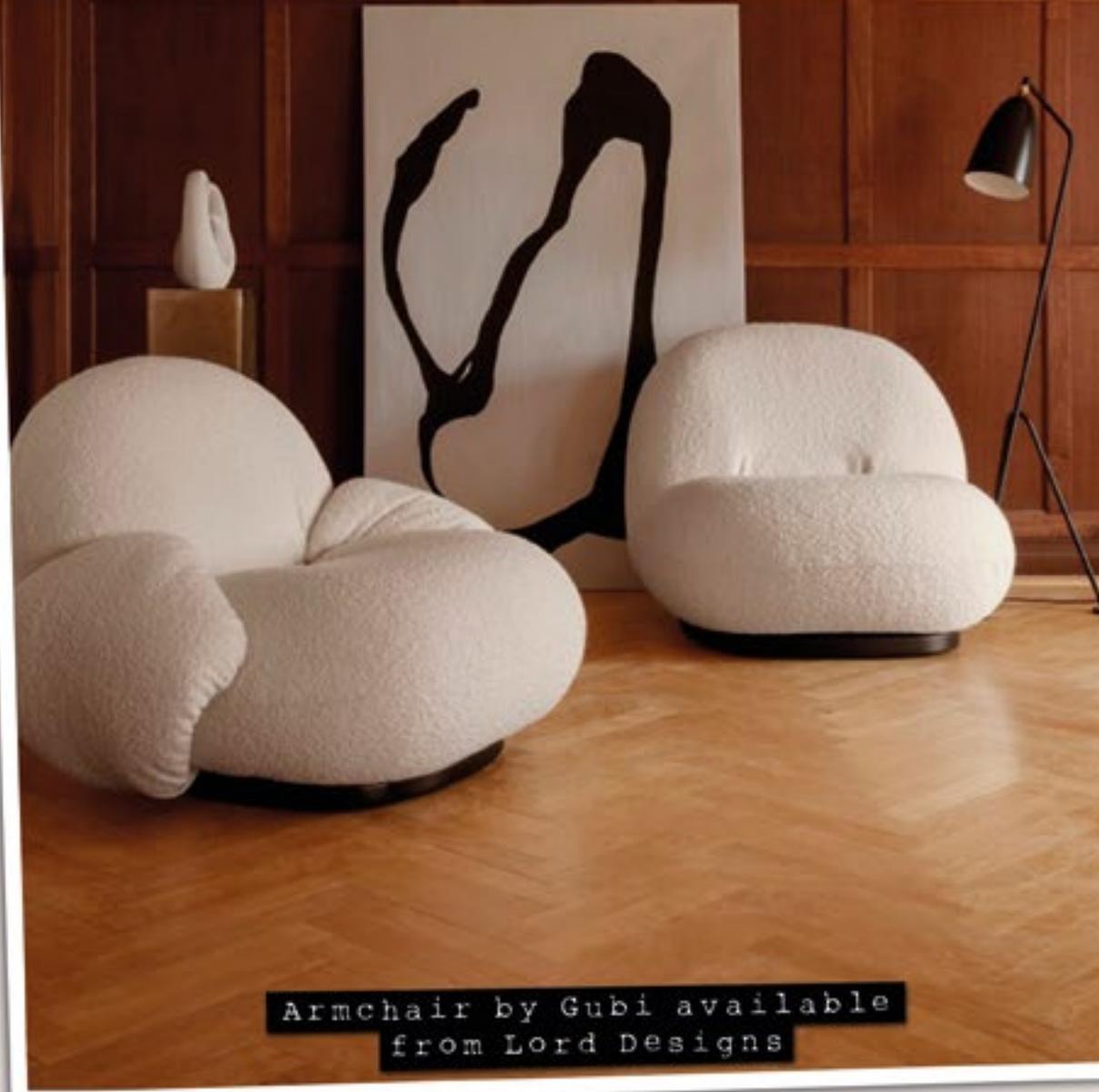
by LORD DESIGNS



Brasilia Cathedral, Brazil
Oscar Niemeyer

As Oscar Niemeyer, a great architect, used to say, *"the curve is free and sensual. I am attracted by the curve that I find in the mountains of my country, in the sinuous course of its rivers, in the waves of the sea, in the body of my favorite woman. The whole universe is made of curves."*

Representative of modernity, the curve is a symbol of softness, of nature, of freedom. For the human eye, it is not as aggressive as right angles, being more welcoming, since it creates spaces that clothe, protect... and not only that, it invites rest and calm.



Armchair by Gubi available from Lord Designs

With the explosion of minimalism and its straight lines, curves were left aside, but little by little they are gaining ground again, even making friends with this movement, creating what we know today as warm minimalism.

The truth is, that the curve, is not something new, and this organic geometry, associated with beauty, dates back to ancient classical constructions, such as the Roman Coliseum.

Throughout history there are countless references where we can find “The Curve” - in architectural elements such as arches, doors, columns, stairs or even furniture and decorative elements.



Along with all these psychological and emotional effects mentioned above, we must add that curves are in fashion and with them the return of some furniture icons from the 50s and 60s... Some examples that are sure to ring a bell are:

Arc lamp, by the Castiglioni brothers, is a light and at the same time imposing lamp. A curved arm stems from a round foot, from which hangs, at the end, a spherical screen.



Tulip chair, by Eero Saarinen, an American architect of Finnish origin, designed them in 1956 in pure white.



The "Whishbone" chair: created by Hans J. Wegner in 1950, is pure Danish design. In light wood and natural rope, with its curved back that offers maximum comfort.



The basis of any interior design consists of transforming a space, starting with its structure, floors, walls and ceiling, and continuing with the rest of the elements of the space, interior divisions, materials, lighting and furniture.



We love the delicate curves in this handrail & the subtle design detail

Apartment in the Four Seasons Private Residences, Madrid. Designed by Lord Designs



We can classify any of these designs as milestones in furniture, which give any room great character as they are unique pieces that elevate any design to a higher category. It is important to know how to use each element in its proper form.

The Egg Armchair: an egg-shaped armchair created by Arne Jacobsen in 1958.

Until now, architecture was in charge of determining the shape of a space, but today interior design allows us to play with spaces in a similar way. Since straight walls or ceilings are no longer a limiting element of interior designs, we can make an infinite number of curved coverings and mold the space to our tastes. This is why the curve is not only striking for its soft shapes and its delicacy, but its infrequency is one of the aspects that makes it so special



Abbaye de Fontevraud, France - The Restaurant & iBar



The ceiling is another architectural element that we tend to overlook, but focusing the decoration on the ceiling can be a very impressive strategy in the design of a space. Here at Lord Designs, we always consider the ceiling when designing a space.

When using the curve on ceilings, we can do so in many ways, highlighting vaults with paint, creating missing ceilings with organic designs, changes in materials, new volumes...



Here are two inspirational images we particularly love



In addition to walls and ceilings, to complete a decoration based on curves and organic design, many other elements come into play: stairs, latticework, furniture and decorative accessories. You can introduce the curve in rugs, chairs, lamps, sofas, cushions, vases and anything else you can imagine!



Hand picked rustic pots that we carefully selected to take pride of place on the center of the dining table in our recently completed Four Seasons Private Residences Project.

We all agree that the curve is wonderful, but it is very important to know how to use it, that's why at Lord Designs we recommend that you always do it in the hands of professionals. We should not abuse it and use it with great care in specific elements so that it does not produce the opposite effect to the desired one.



www.lorddesigns.com f Lord Designs Interiors

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According to MedicalNewsToday, thanks to its powerful toxin-eliminating properties, activated charcoal is proposed as a treatment for a growing list of conditions:

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- It is used as a gastrointestinal sorbent in cases of overdose and poisoning through the absorption of bacteria and medicine that cause it.
- It helps prevent bloating of the stomach and avoid creation of uncomfortable gas.
- Many oral health products containing activated charcoal claim to have a number of benefits such as being antiviral, antibacterial, antifungal, and detoxifying.
- Activated charcoal drinks help eliminating toxins from the body and treating overdoses and poisonings.
- Anything that is absorbed by charcoal stays in the digestive tract and never passes into the blood, being eliminated through the feces.



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- As an antibiotic agent, it is also good for the control of renal diseases.

How does it work? Zeolite has a natural negative charge. Thus, when ingested, it traps heavy metals and toxins that are positively charged. Then, they are expelled from the body through urine.

Source of information:

http://oa.upm.es/32548/1/Tectosilicatos_Costafreda.pdf

According to the study of the "Gomez Pardo Foundation" by the "Technical School of Mining and Energy Engineers" and "Universidad Politécnica de Madrid".



Whisky water

Benefits and applications:



- It allows to perceive more intense aromas since the alcohol is dissolved and the ingredients evaporate, so that many more nuances can be appreciated.
- Water helps to amplify the flavors and make them more intense. It also helps to reduce the feeling of alcohol in the mouth, a feature much appreciated by those who prefer smooth flavors on their palate.
- Similar to other spirits, adding water to whisky has the same effect as oxygenating a good wine by decanting.
- The temperature of the water is an important factor in allowing all the notes to be released. What is the best option? Room temperature and only a quarter of water in the glass so as not to dilute the drink too much. The colder it is, the less nuances will be perceived.

Dew of roses

A combination of spring water filtered twice with Zeolite and 3.3% water from the first distillation of Damascena roses.

According to the ecosfera.com article of June 23, 2020, clinical studies show that its components (terpenes, glycosides, flavonoids and anthocyanins) are powerful analgesics, bronchodilators, aminicrobionics and have anti-inflammatory properties.

Rose water intake:

- Moisturizes the skin from the inside and gives a healthy look.
- Improves mood, relieves stress and depression, decreases symptoms of anxiety.
- Relieves digestive problems, abdominal bloating or stomach pain.
- Heals colds and sore throats, thanks to its bronchodilator effects. Alivia la retención de líquidos e inflamaciones del cuerpo.
- Helps with fluid retention and inflammation.
- It works as a natural relaxant. It works as a natural relaxant.



Puntos de venta:

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AVOIDING HEADACHES



While the symptoms of headaches vary, more than 75% of people with the condition experience associated neck pain. Many of them also report muscle tension, neck stiffness, pressure behind the eye and problems with jaw function, these are often some of the causes of the headaches.

Doctors typically prescribe nonsteroidal anti-inflammatory drugs, muscle relaxants, and physical therapy to treat these associated symptoms. However, these treatments do not fully address the problems causing the symptoms, but assists in numbing the pain. A Chiropractor's expertise includes treating these symptoms by finding these underlying problems.

Clinical trials on the effects of Chiropractic spinal manipulation, massage therapy, and physical therapy for headaches suggest each of the therapies may be as effective as conventional preventive medications, such as propranolol (Inderal) and topiramate (Topamax).

Tension headaches are the most common type and appear as pain almost anywhere in the head, scalp, or neck. Tension headaches are often due to a combination of stress, back or neck strain, Chiropractic care has been proven to help provide relief. When you feel a headache developing, your first thought might be to take an over-the-counter pain medication that most time will work for a few hours or the day. However have you considered a more natural alternative and long term solution to treat headaches?



What will my Chiropractor do?

After carefully assessing and examining your spine, we correct the alignment of your spine to improve spinal function. This allows your body to function better and reduces risk of stress and tension building. Seeing one of our Chiropractors can help counteract the stress you face in daily life. Whether you spend long hours driving or you work an office job, stress can manifest in many ways that leads to headaches. We can also give you tips on posture, exercises, and relaxation techniques. Evaluating all possible causes of your headache pain helps us address the pain more effectively.

Our team believes in a multifaceted approach, we will work to understand your unique situation to help you find the root cause of your headaches. The next time you suffer from a headache, think twice about taking a pain reliever or contacting CostaSpine.



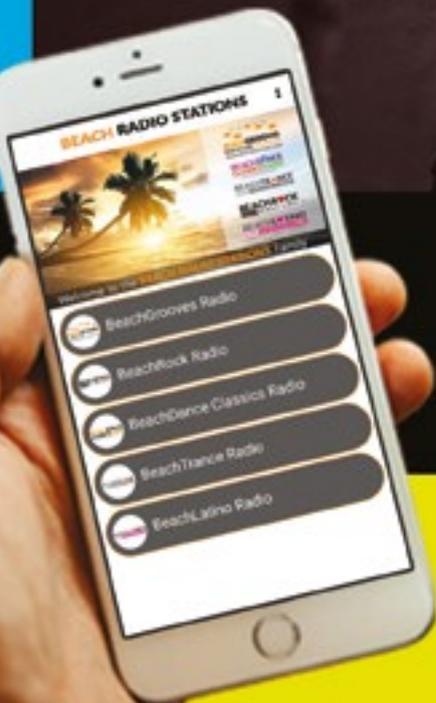


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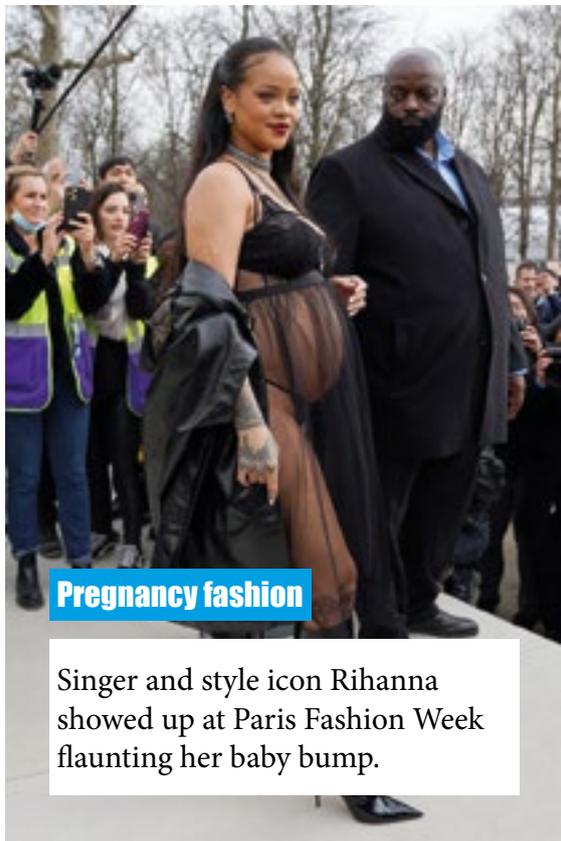
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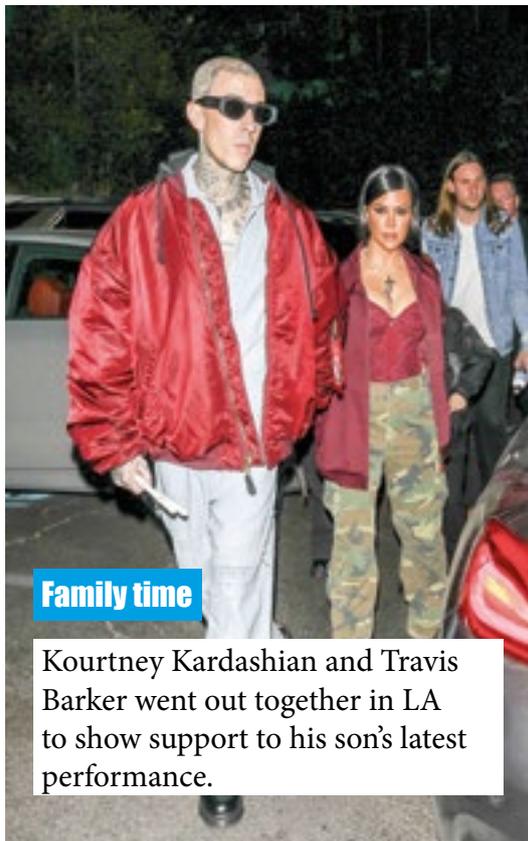
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Pregnancy fashion

Singer and style icon Rihanna showed up at Paris Fashion Week flaunting her baby bump.



Family time

Kourtney Kardashian and Travis Barker went out together in LA to show support to his son's latest performance.



The punk-rock princess

Canadian singer Avril Lavigne celebrated the release of her latest album 'Love Sux' in a special concert in Los Angeles. This album, which is the seventh one the singer has created, will be accompanied by a worldwide tour after she had to cancel previous ones due to the pandemic and her own personal health issues.

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HIGHREVO FITNESS STUDIO

HIGH REVO ES PARA TODOS

Muchas son las veces que escuchamos a personas decir "High Revo no es para mí..." "mi condición física no es buena, no concuerda con mi objetivo, soy demasiado mayor, tengo sobrepeso, nunca he hecho deporte..." He de decirte que ninguna de estas son una excusa para no entrenar con nosotros.

HIGH REVO SÍ ES PARA TI...

- **CONDICIÓN FÍSICA:** Entrenamos con los dispositivos Myzone, los cuales miden tu frecuencia cardiaca y estarán configurados 100% para ti. Entrenarás en tus propias zonas de esfuerzo y la competición será de ti contra ti. La condición física no es un problema y por tanto tu edad tampoco lo será.
- **ENTRENADOR:** En High Revo nunca estarás solo, nuestros entrenadores estarán guiándote paso a paso durante todo el entrenamiento, enseñándote técnica, corrigiendo y motivando a sacar lo mejor de ti. Eso si, cada uno a su nivel.
- **OBJETIVOS:** Tanto si tu objetivo es perder grasa, ganar masa muscular, mejorar tu salud o hacerte más ágil, este entrenamiento es para ti.

Entrenarás todas las partes de tu cuerpo con un volumen óptimo de trabajo, cada sesión esta perfectamente planificada para conseguir tus objetivos.

Clases de Glutes & Legs: Piernas y Glúteos, 45 minutos de entrenamiento para el desarrollo de la parte inferior de tu cuerpo. Entrena tus glúteos como nunca antes con nuestro material exclusivo de GluteBuilder.

Push & pull: focaliza el tren superior (pecho, espalda, hombros, bíceps y tríceps) con entrenamiento de pesas a la vez que aceleras la quema de calorías con los intervalos en cardio.

Abs & cardio: Enfocada en el trabajo de CORE, resistencia y agilidad. Quema de calorías sin parar, acelera tu metabolismo y lleva tu cuerpo al límite todos los miércoles y sábados.

Puedes combinar este entrenamiento con tu entrenamiento habitual de gym o puedes solo hacer High Revo, no necesitas más que 45 minutos al día para obtener los máximos resultados.

Nuestra familia High Revo está compuesta por todo tipo de personas, gente joven, mayor, gente muy fit, gente que nunca ha hecho deporte, gente con mas y menos porcentaje de grasa, masa muscular, gente con patologías. Pero todos formamos parte de la familia. Ven a visitarnos y siente el ambiente y las revoluciones de High Revo.

¡¡¡Te esperamos!!!

Many are the times that we hear people say to us 'High Revo is not for me..... my physical condition is not good enough..... this would not help me achieve my goals.... I am too old..... I am too overweight..... I am untrained.... or I have never done any exercise?....

We are here to tell you that none of the above excuses are reasons not to train at High Revo.

HIGH REVO IS FOR YOU....

- **PHYSICAL CONDITION:** We train with the Myzone technology which measures your heart rate frequency and which is specifically configured to you as an individual. You will train within your own heart rate capacity training zones and your competition will be YOU versus YOU. Therefore, your physical condition and your age are not a factor.
- **TRAINERS:** At High Revo you will never be alone. Our trainers will be there at all times to guide you step by step throughout the entire training session. We will teach you correct techniques and form and motivate you to bring out the very best you can be at your own specific level.
- **GOALS:** Whether your goal is to lose weight, build muscle mass, improve your health or just generally make you more agile, this type of training is for you.

will train all parts of your body with each session specifically designed to achieve your objectives. **GLUTES&LEGS:45'** dedicated to the development of your lower body. You will train your glutes like never before with our exclusive Glutebuilder equipment.

PUSH & PULL: This session is focused on the upper part of the body (chest, back, shoulders, biceps and triceps) with free weights. In addition, there are also cardio blocks for the enhancement and acceleration of burning calories.

ABS & CARDIO: This session focuses on your CORE, agility and resistance. You will accelerate your metabolism, burn calories like crazy and push your body to its limits every Wednesday and Saturday.

You can combine any of the High Revo sessions with your usual gym training or you can do the High Revo sessions on their own. You only need 45 minutes a day of specialised work to obtain optimum results.

The High Revo family is comprised of all different types of people... young and old, super fit and not so fit, heavier and lighter, muscular or leaner and people with injuries and/or medical conditions. It doesn't matter as we ALL form part of this family. Come and see us and feel the High Revo revolutions.

We are waiting to meet you!!!

THE TRAINING SESSIONS:

45 minutes duration of strength and cardio. You

HORARIO / SCHEDULE

	LUN / MON	MAR / TUE	MIE / WED	JUE / THU	VIE / FRI	SÁB / SAT
8.15	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	
9:30	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	10:30
11:00	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	ABS & CARDIO
14:00	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	
18:00	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	
19:30	LEGS & GLUTES	PUSH & PULL	ABS & CARDIO	LEGS & GLUTES	PULL & PUSH	





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THE NEW MERCEDES AMG EQE 43 4MATIC AND EQE 53 4MATIC+ WITH BATTERY-ELECTRIC DRIVE



Mercedes-AMG is consistently pushing ahead with the Future of Driving Performance and expanding its product portfolio with battery-electric performance models. New to the range are the two Mercedes-AMG EQE 43 4MATIC business saloons and Mercedes-AMG EQE 53 4MATIC+. They are based on the electric-exclusive Mercedes architecture of the luxury and premium class (EVA2). AMG-specific solutions – particularly in the areas of drive, suspension, brakes, sound, exterior and interior design, and equipment – ensure a dynamic and emotively appealing AMG driving experience.

"The compact format of the EQE forms the perfect starting point for realising a highly agile and very emotional driving experience with our AMG-specific solutions. This applies in particular to the areas of drive, chassis, brakes and, above all, sound. This ensures that our customers can also look forward to our brand's hallmark Driving Performance in our second all-electric model series," says Jochen Hermann, Chief Technical Officer of Mercedes-AMG GmbH.

Both new Mercedes-AMG EQE models offer a performance-oriented drive concept with two electric motors. The powerful electric drivetrain (eATS), with a motor on each of the axles, also offers fully variable all-wheel drive, which optimally transmits the drive power to the asphalt under all driving conditions. The power spectrum ranges from 476 hp in the EQE 43 4MATIC to 687 hp in the EQE 53 4MATIC+ with optional AMG DYNAMIC PLUS Package and boost function. The maximum torque ranges from 858 to 1000 Nm.



By: Guillermo Fernández de Ateca Barber.



AMG SOUND EXPERIENCE: emotional sound spectrum for a unique driving experience

Mercedes-AMG models have always stood for emotionality. The vehicle sound has always been an important part of the hallmark AMG driving experience – even for all-electric AMG Performance vehicles. The sound system creates a unique sound experience with the help of special speakers, bass actuator and a sound generator. There are the "Authentic" and optional "Performance" programs (only EQE 53 with AMG DYNAMIC PLUS Package). Both are available in three variants each: "Balanced", "Sport" and "Powerful". The tonality and intensity of this exclusive AMG SOUND EXPERIENCE is tuned to the current driving status, the selected drive program or the driver's wishes, both inside and out.

AMG-specific electric motors for perfectly balanced Driving Performance

The AMG-specific electric motors at the front and rear axles are permanently excited synchronous motors (PSM). The decided emphasis on performance is already evident in the output and torque values. In addition, the electric motors are characterised by an optimal balance of power increase, efficiency and noise comfort. The electric motors of the EQE 43 4MATIC feature AMG-specific tuning and control. The EQE 53 4MATIC+ uses AMG-specific electric motors with adapted windings and laminations, higher currents and a specific inverter. This enables higher engine speeds and even more power, which is particularly noticeable during acceleration and at top speed.

New battery generation with a capacity of 90.6 kWh

New battery generation with a capacity of 90.6 kWh

The new Mercedes-AMG EQE models are equipped with a powerful 328-volt high-performance drive battery manufactured using the latest lithium-ion technology. It has a usable energy content of 90.6 kWh and consists of ten modules with a total of 360 pouch cells. The battery management system in the EQE 53 is also tuned specifically for AMG. In the Sport and Sport+ drive programs the focus is on performance, in the Comfort drive program the focus is on operating range.



Short charging times through intelligent thermal management

Another advantage of the new battery generation is the short charging times. The energy storage system can charge with up to 170 kW at fast charging stations with direct current. In this case, electricity for 180 kilometres can be recharged in just 15 minutes.



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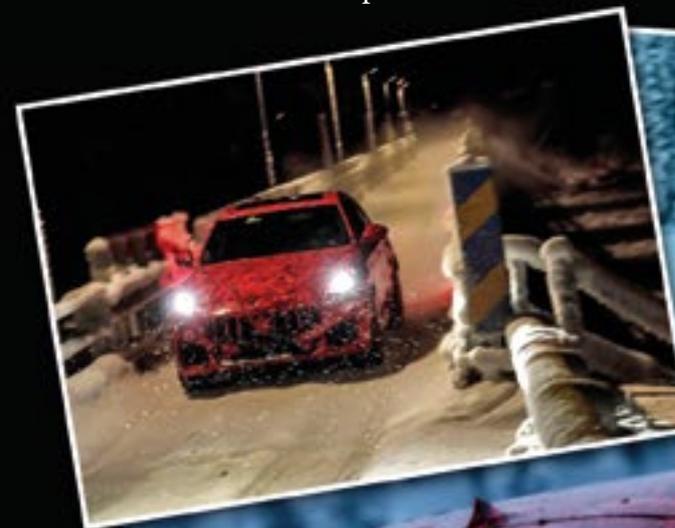
Maserati produces a complete range of unique cars with an amazing personality, immediately recognisable anywhere. With their style, technology and innately exclusive character, they delight the most discerning, demanding tastes and have always been a global automotive industry benchmark. A tradition of successful cars, each of them redefining what makes an Italian sports car in terms of design, performance, comfort, elegance and safety, currently available on more than seventy markets internationally. Ambassadors of this heritage are the Quattroporte flagship, the Ghibli sports sedan, now also available in hybrid version, the Trident Brand's first electrified car, and the Levante, the first made by Maserati SUV, all models denoted by use of the choicest materials and technical solutions of superlative excellence. A complete range, including V6 and V8 petrol, 4 cylinder hybrid and V6 diesel powerplants, with rear-wheel and four-wheel drive. The range's prestige was recently even further enhanced by the introduction of the new Trofeo Collection, comprising Ghibli, Quattroporte and Levante, equipped with the powerful 580 hp V8 engine. The top-of-the-range is the new MC20 supercar, powered by the ground-breaking Nettuno V6 engine, incorporating F1-derived technologies now made available in the power unit of a standard production car for the first time.

A prototype of the new Grecale SUV has been photographed outside the historic Maserati plant on Viale Ciro Menotti in Modena. The employees were the first to diffuse these images on the social networks.

Innovative by nature, Maserati decided to share the photos of the new model exclusively with the Maserati Family.

The prototype cars are currently undergoing a period of intensive road, circuit and off-road tests, in various conditions of use, to acquire vital data for the preparation of the new SUV's final setup.

The Grecale will be built at Cassino (Italy), where an investment of about 800 million Euros is planned.



By: Guillermo Fernández de Ateca Barber.



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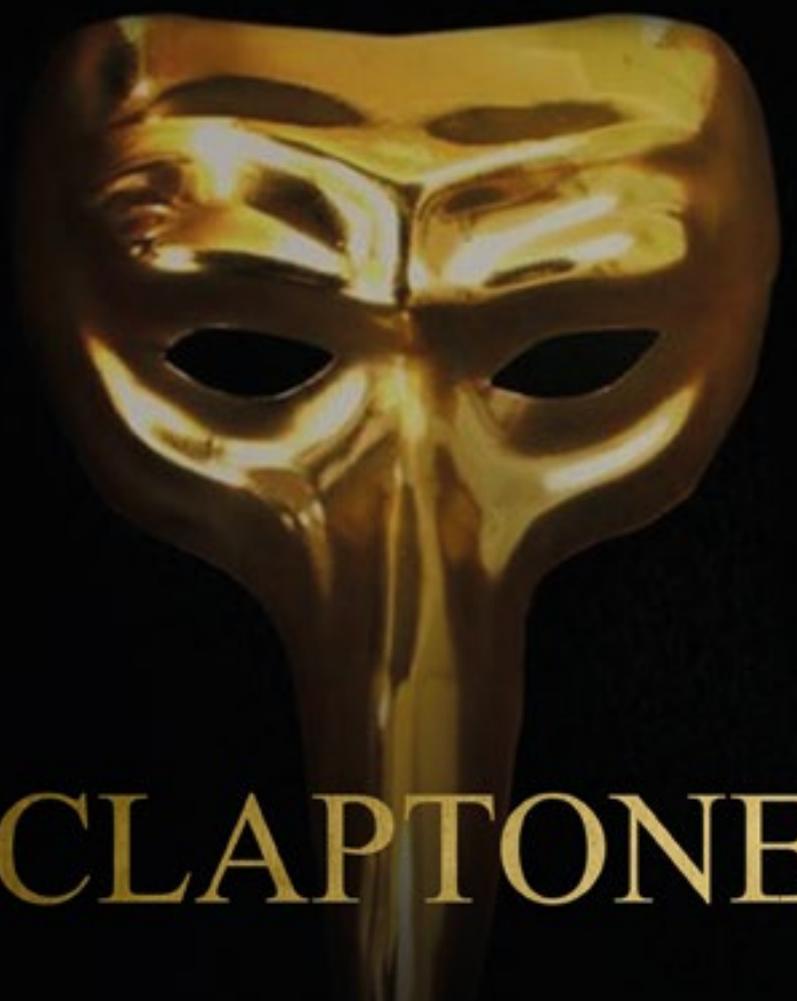
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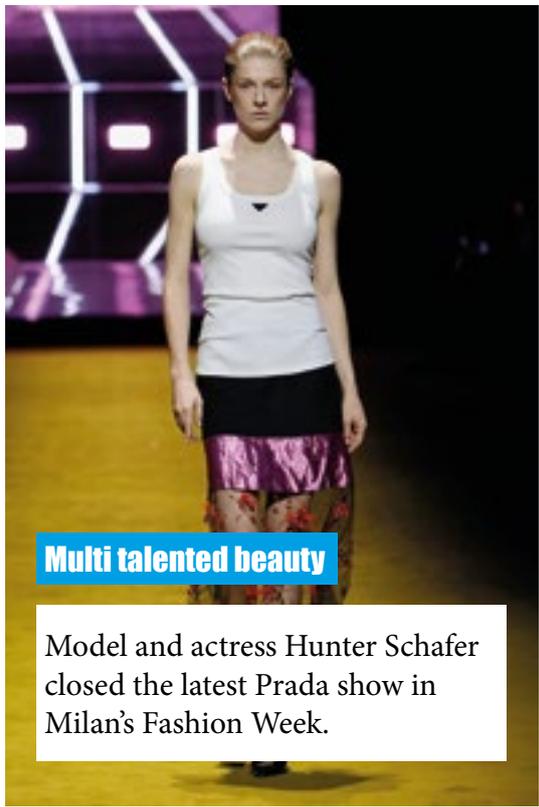
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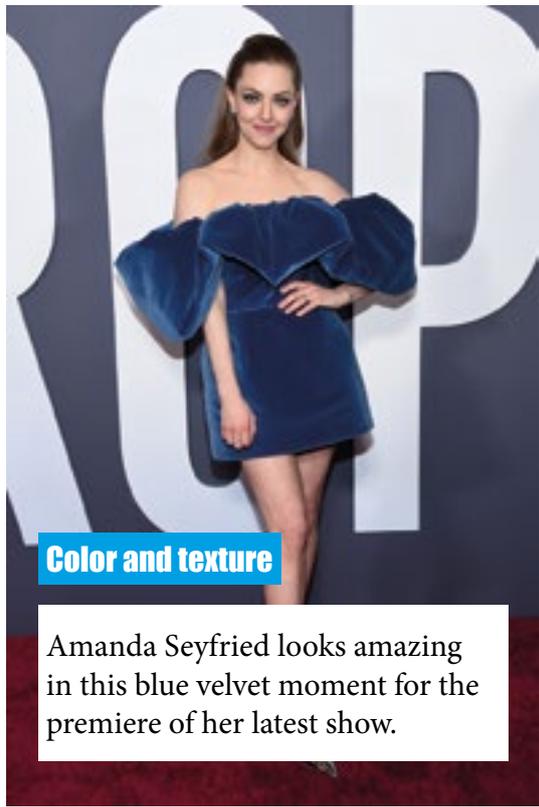
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Multi talented beauty

Model and actress Hunter Schafer closed the latest Prada show in Milan's Fashion Week.



Color and texture

Amanda Seyfried looks amazing in this blue velvet moment for the premiere of her latest show.



She's a mom now!

Actress Jennifer Lawrence gave birth to a healthy baby last month. The new mom welcomed her first child to the family with her husband Cooke Maroney. The two announced her pregnancy earlier last year and we have been able to see the evolution through Lawrence's red carpet appearances.



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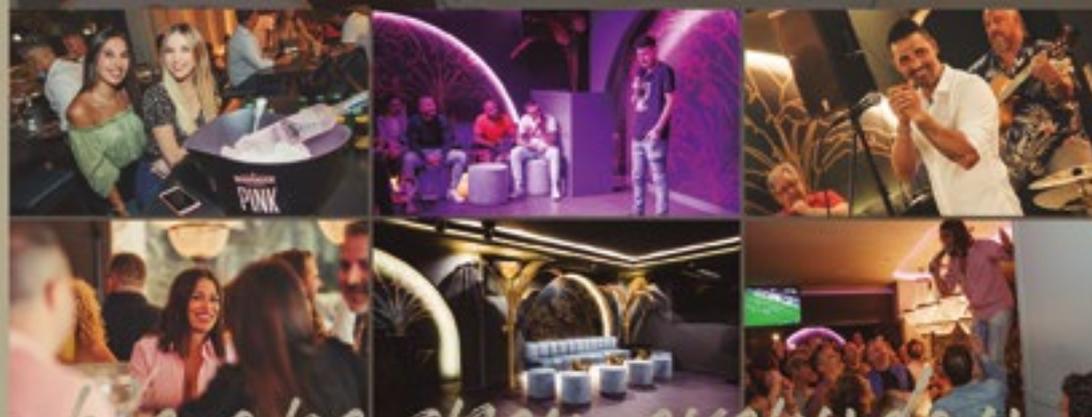
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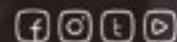
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Less is more

Actress Courteney Cox chose this flowy black dress for the premiere of her latest series.



The punk couple

Megan Fox and MGK showed support to Avril Lavigne by attending her album launching.



A brief pause

Kim Kardashian flew all the way to Europe to attend to numerous shows at the Paris and Milan Fashion Weeks, and chose futuristic ensembles to do so. These days are not being the easiest for the celeb, since her ex keeps making claims and public posts in regards to her, her family and her new relationship.

A large collage for the 'Old Vic Latino Marbella 2018' event. The top part features a woman in a black and gold sequined dress with a large gold crown graphic and the text 'OLD VIC DISCOTECA - LATINA MARBELLA'. Below this is a grid of photos showing people at a party. At the bottom, there is contact information: 'INFO & RESERVAS +34 633 950 785C/Nuestra Señora de Gracia, 2, Marbella' and social media handles for Instagram and Facebook.

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Lingerie moment

Singer Anitta showcased her toned body with this sculptural little black dress in Premios Lo Nuestro.



Color blocking

Fashion icon Anna Wintour chose the color combination of green and black to go to Paris Fashion Week.

Romantic moments

Super model Bella Hadid was seen enjoying Milan with her boyfriend in recent pictures. Bella, who was in Europe working during Paris and Milan Fashion Weeks, used her time off the runway to do some touristy activities as a couple. The two keep their relationship somewhat private in regards to celebrities' couples, and rarely make official announcements or public appearances.



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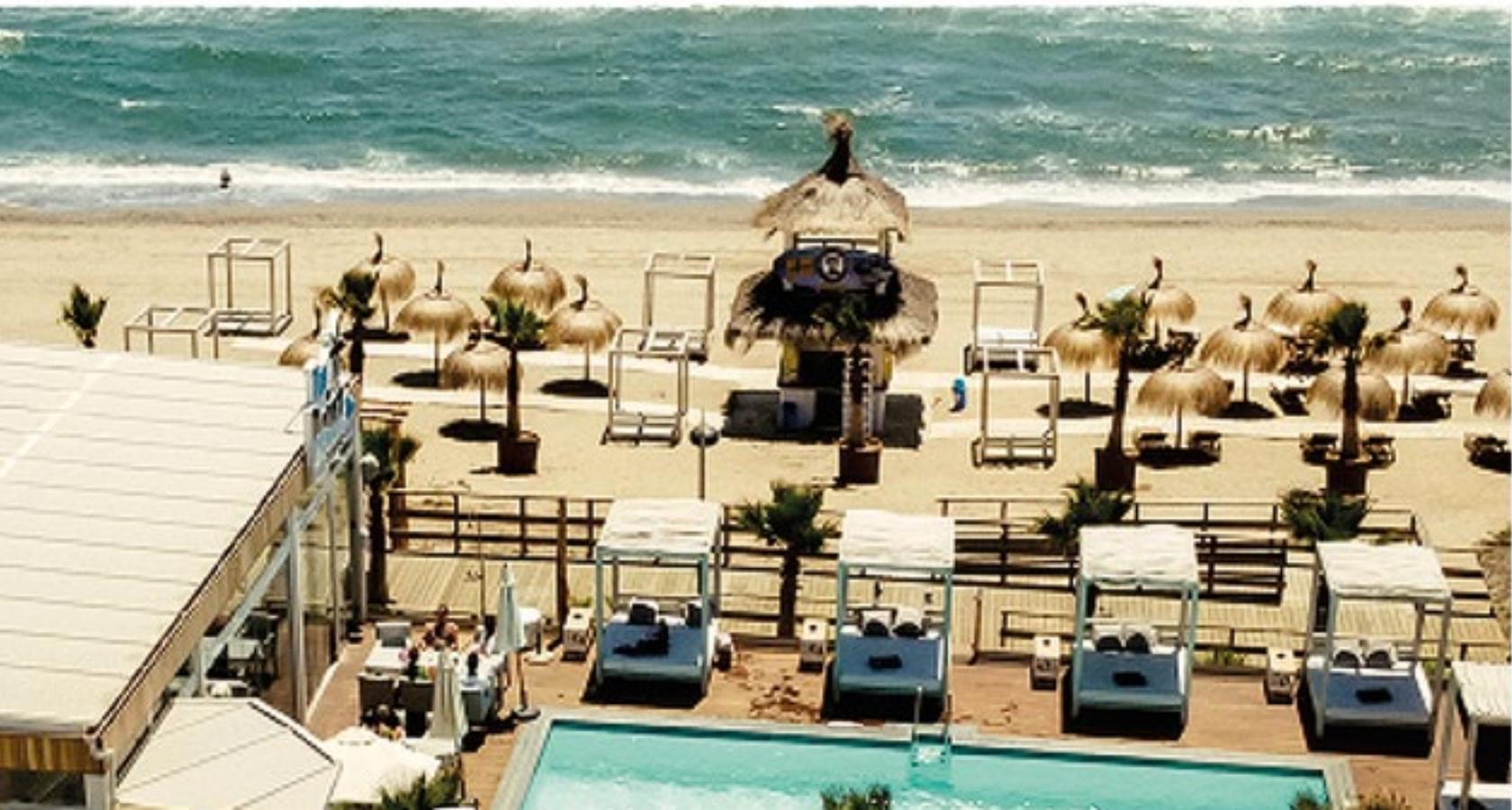
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