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# SUMMARY SUMARIO

ESTABILIDAD Y FUERZA  
A LOS HOMBROS 64



NEW BOO FOR  
THE SINGER 104



GASTRONOMY 7

LOOKING  
BACK 14



HEADBOARD  
TRENDS 64



Who's In Who's Out  
As usual, ABSOLUT  
MAGAZINE attended the  
hottest parties and events  
on the coast. Where you  
there? 120



MAJOR NETFLIX  
TV SERIES CAST  
MARBELLA ACTORS 24



LIFESTYLE 49 SOCIAL 77

BENEFITS OF  
STRETCHING 56

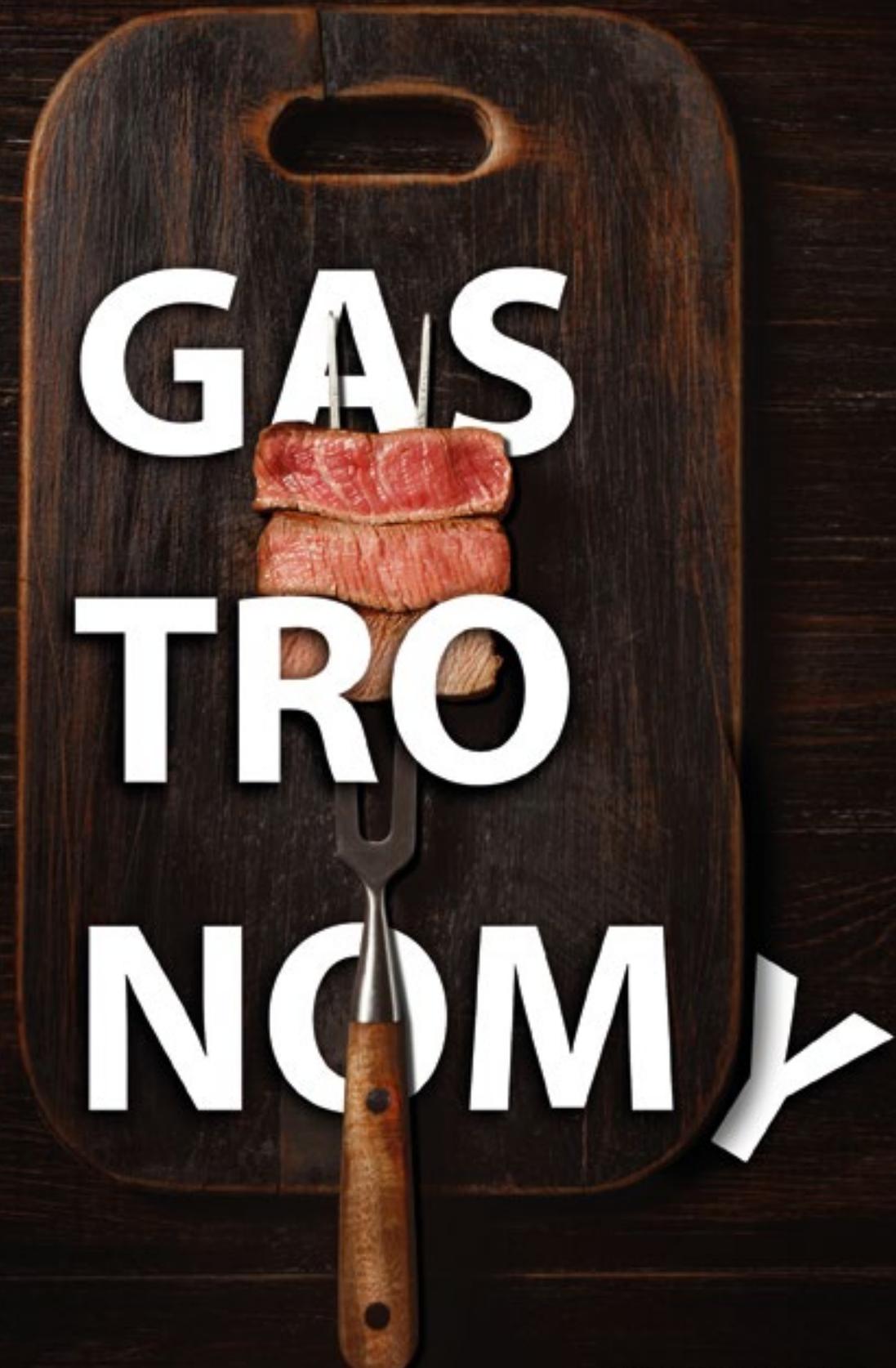
AUTOMOCIÓN 88

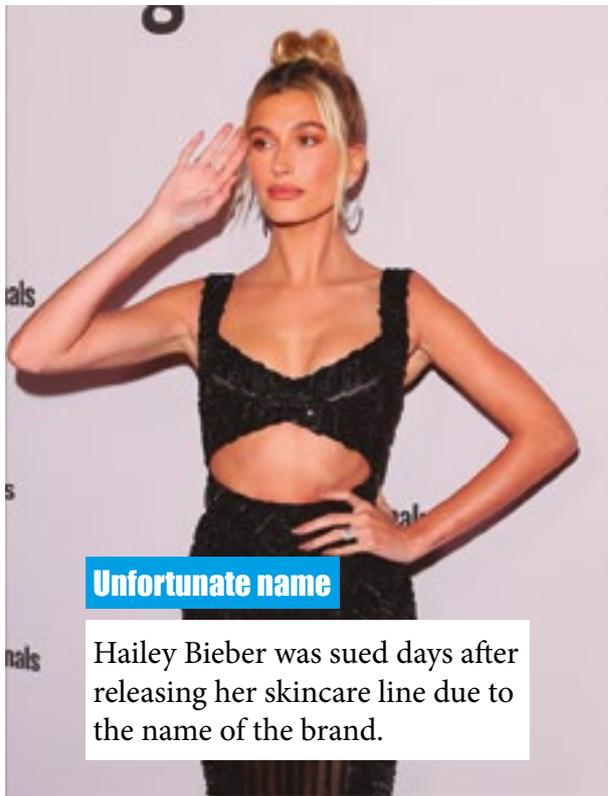


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### Unfortunate name

Hailey Bieber was sued days after releasing her skincare line due to the name of the brand.

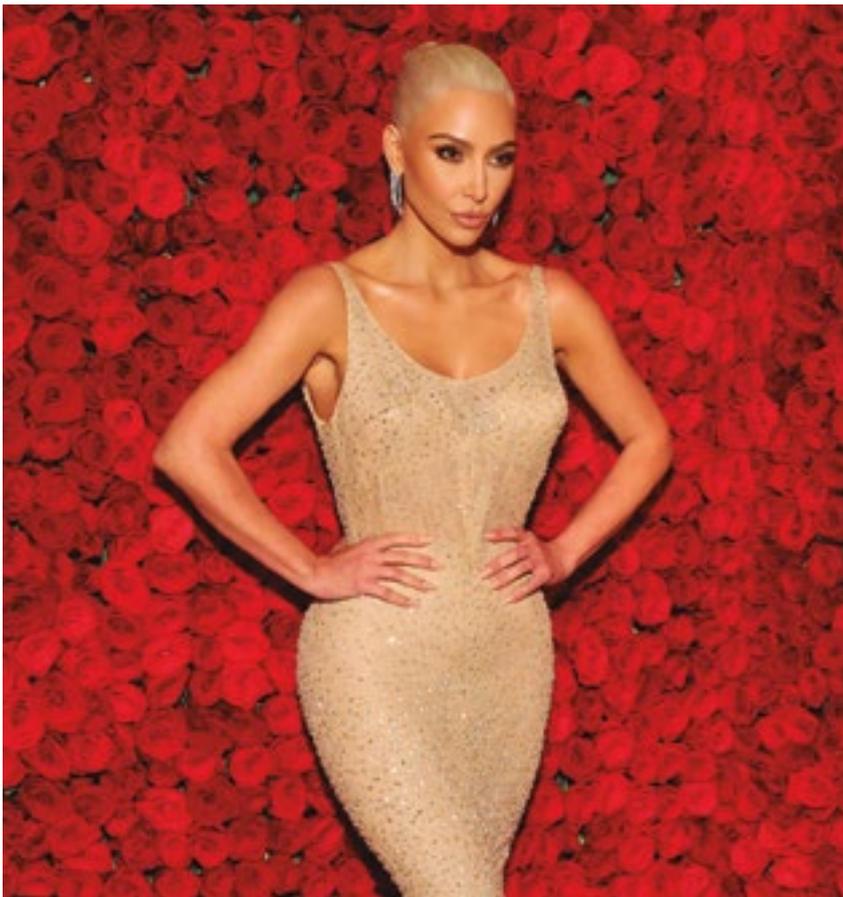


### To another era

Anne Hathaway was seen in a retro look for her upcoming movie 'Mother's instinct'.

## The infamous dress

Kim Kardashian broke her silence following the immense backlash that she has received after wearing the original Marilyn Monroe's dress for the latest MET Gala. According to rumors, Kim would have broken and distressed the piece to which she had said that those are lies and she only wore it for a few minutes before wearing a replica.



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# DOMINGOS

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PARA TODA  
LA FAMILIA





**Daytime goth**

Kourtney Kardashian was loyal to her signature style and wore all black for a LA walk.



**Working duo**

Javier Bardem and Nicole Kidman will be working together once again for the musical 'Spellbound'.



**Everything takes time**

New Zealand singer Lorde discussed the public's reaction to her latest record 'Solar Power' which was released a year ago. She admits that since people did not enjoy it that much at first she felt hurt, but she was convinced it was the album that she needed to make. Luckily listeners have grown to enjoy the singer's work now.



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**Hard news**

Elon Musk's 18 y.o. child Vivian recently filed papers to not be related to him anymore.



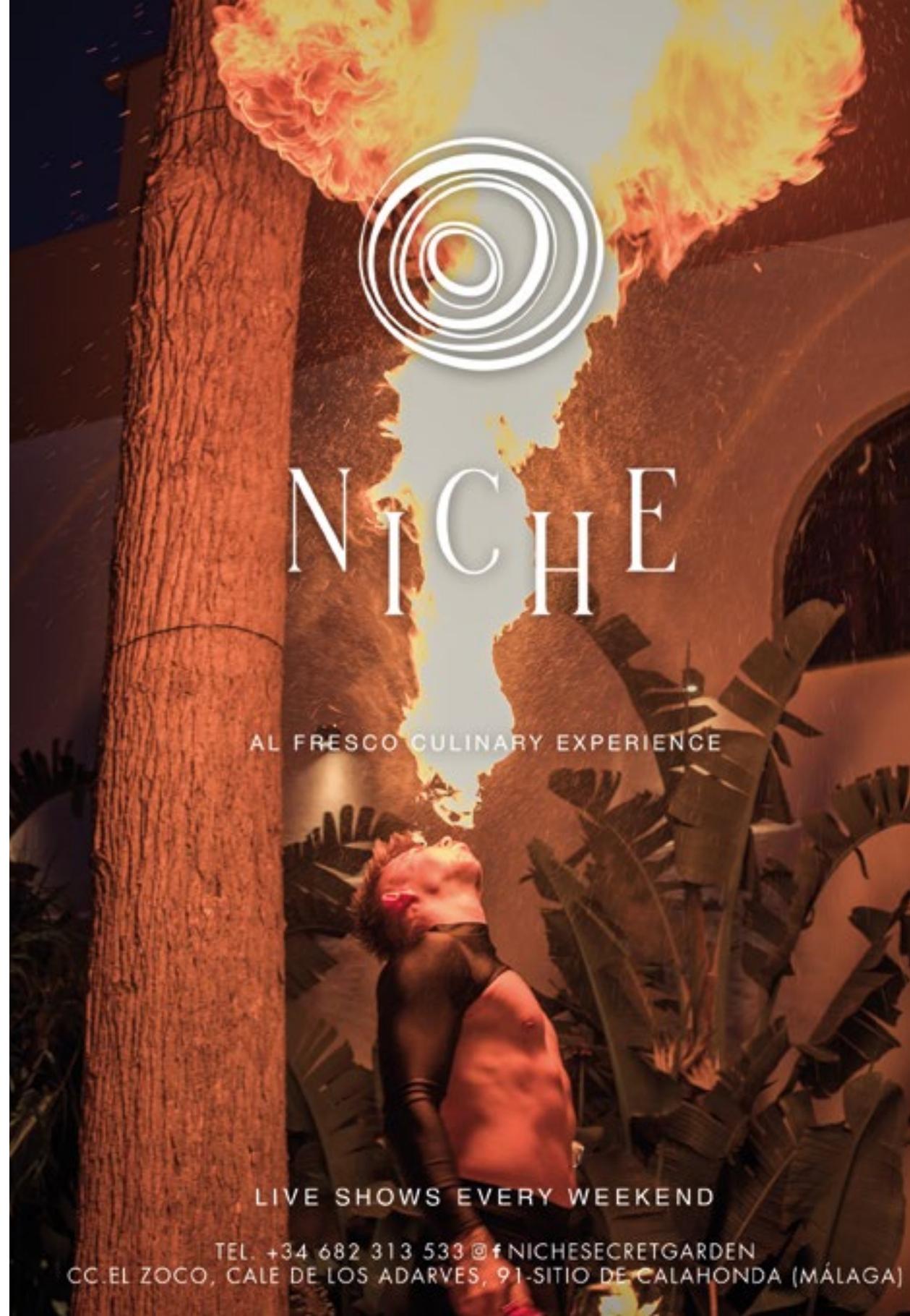
**Indefinite hiatus**

Sandra Bullock has announced that she will be taking a break from acting due to feeling burnt out.



**Looking back...**

Singer and actress Selena Gomez has admitted to regret one of her album's cover despite all the public praise and musical success that LP had. In that particular photoshoot she appeared naked, while strategically covering everything that was needed. She revealed that being overly sexual is not something that she particularly enjoys, but understand that the artistic choice for that was the right one for that album, message and moment.



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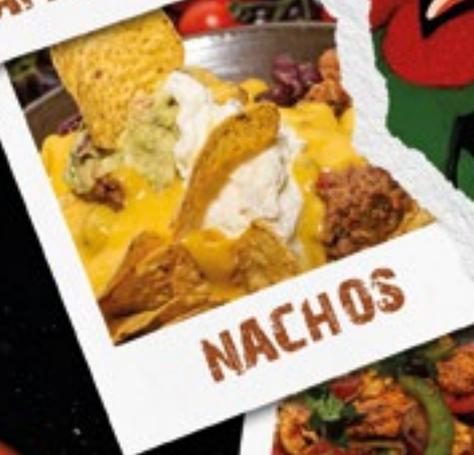
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# MAJOR NETFLIX TV SERIES CAST MARBELLA ACTORS



You may not be aware of this, but we actually have many stars here in Marbella who are part of big Netflix productions. One thing is for sure, here in the south of Spain we have an extraordinary amount of feature film productions shot here, but what's more interesting are the actors in these big feature productions, that come from right here in Marbella!

You must know about the Netflix series 'Warrior Nun' and 'The Witcher' right? Well we know about two actors, Mahesh Jadu & Fred Pritchard who got cast in these series, that come from Marbella. We'll break down the details of each one for you right here!

Mahesh Jadu plays the character 'Vilgefortz' in 'The Witcher', an Important character for the villainous side of the story. Mahesh is a tremendous actor who is well known for being in various feature productions aside from 'The Witcher', such as 'Marco Polo' on Netflix. Mahesh also teaches Master classes every summer at Marbella Film School. I personally attended one of these courses, where he focused on tackling Villainous characters, and I even got to film a short scene under his Direction. This entire experience for me was great and I extremely enjoyed it. He helped me understand what mindset you must put yourself in, refine my skills and techniques, as well as being a kind hearted person with true love for acting, which is easily visible through his teaching.



One of our wonderful teen students at Marbella Film School, Fred Pritchard, worked hard and managed to book a role in 'Warrior Nun', playing the role of 'Diego', a sick orphan who shares a room with the lead character, 'Ava', played by Alba Baptista. Now that he has gone through the whole process and appears in 2 episodes of the series, we have gone ahead and asked him a few questions to tell us about all the interesting things he experienced.

## Can you tell us a little bit about how you got into acting?

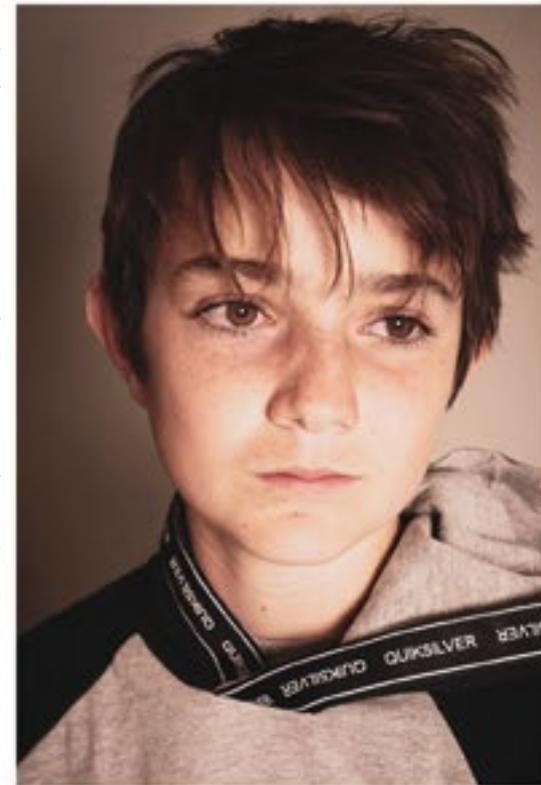
After moving to Spain 5 years ago at the age of 9, I developed a love of acting through performing in drama lessons and productions at my school, Laude International College in San Pedro. I continued to learn and broaden my experience through attending classes with Nicole at Marbella film school.

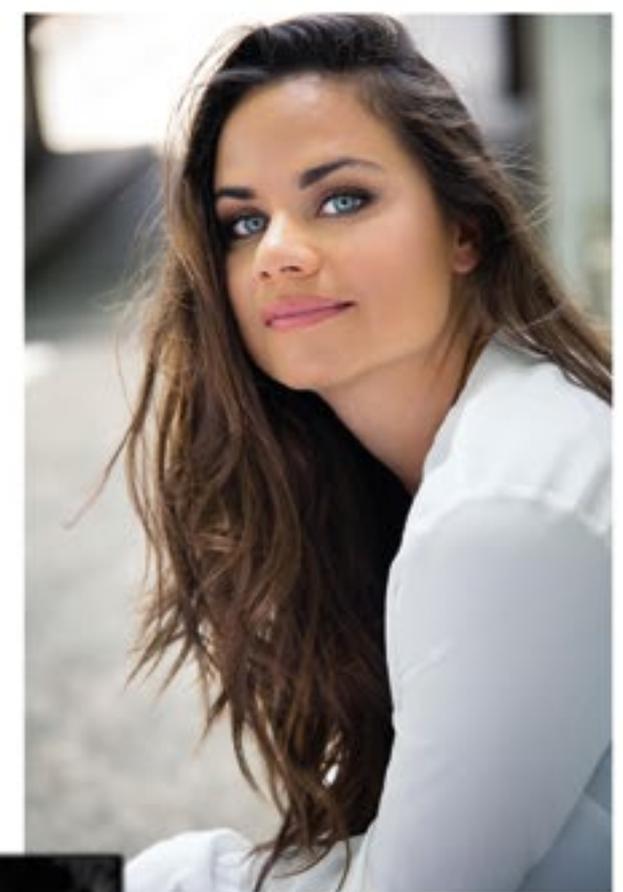
My first experience of filming was appearing in a live action trailer, Anthem Conviction, for the EA Sports video game which was Directed by Neil Blomkamp. It was filmed in Ubeda and Sabiote in Andalucia in a spectacular medieval castle. The experience was amazing, but performing in a Netflix series felt even more exciting.

## What was it like being on set and how did you feel?

The excitement started when I arrived and was given my own trailer to relax and get ready into my costume, that is when it really began to feel real. I was driven to the location with my fellow actors which made me feel very important.

When we arrived on set it was a hive of activity. I couldn't believe how many crew members are involved behind the scenes from the lighting, sound, props, make up, wardrobe and camera operators to name just a few! Each person plays a crucial part and seems so busy, but as soon as the director calls 'silence' and 'action!', everyone stops completely still and you could hear a pin drop. Each scene was shot several times with different camera angles, or until the director was happy.





**Nicole Moerland - Founder of Marbella Film School**

Nicole is of Dutch and Indonesian descent born in Holland and raised in Andalucia, Spain, and attended Aloha College when. In 2004, she attended the prestigious Stella Adler Academy of Acting in Los Angeles and graduated in 2007. She has worked and lived in Holland, Spain, UK and USA gaining invaluable experience working with some of the world's most talented Actors and Directors including Rutger Hauer at The Film Factory, as well as Director, Peter Yates. She founded the Perth Film School (Australia) & Marbella Film School (Spain). She speaks fluent Dutch, Spanish, English and is learning Bahasa Indonesia.

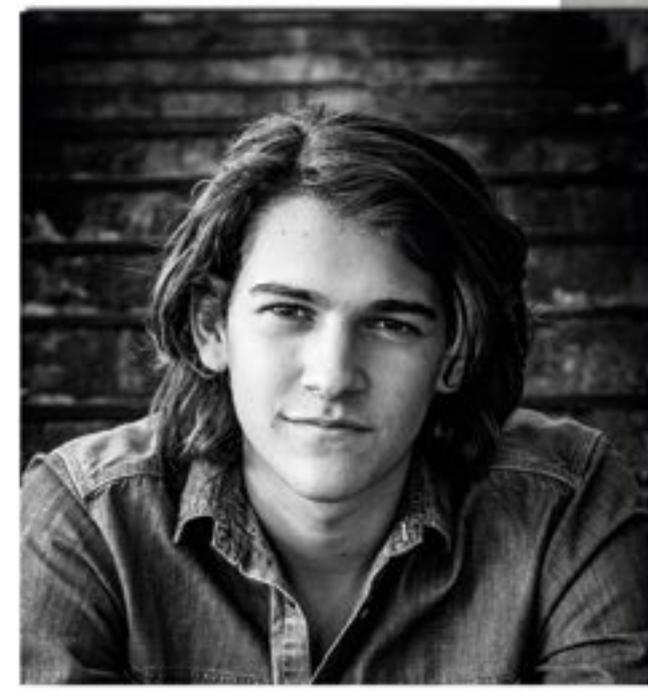
**What was it like working with the rest of the cast?**

I feel so lucky to have worked with such professional and talented actors. My scenes were mainly with Alba Baptista from Portugal who is incredible in her role, Frances Tomelty, who is a very experienced and well-known actress from Ireland and Tristan Ulloa, a popular Spanish actor. Although I was very nervous, they were all so patient and kind to me and gave me plenty of advice. I worked with two different Directors on different episodes, Jet Wilkinson and Agnieszka Smoczynska. They had different styles and I realised how each project can be given a different dynamic by the director.

It was an incredible and exciting experience for me, and I have learnt so much about how the film industry works. In the future I would love to continue my acting learning journey and I hope to study Drama at University one day. In the meantime, I will carry on enjoying my classes with Nicole at Marbella Film School.



Fun Fact: Did you know director Jet Wilkinson, who directed Fred's scene in warrior nun, taught a master class at Nicole's film school in Australia?



**Pablo Martel - Administrator of Marbella Film School**

Pablo is a half Spanish half English young actor, currently on a gap year working at and attending Marbella Film School, after having finished studying IB at Swans School International. He is continuously working on his professional acting career, through auditions and working on his skills and techniques, and is planning to attend a screen acting Bachelor's degree in Berlin by the end of this year. He is always eager and passionate about acting and can't wait to get started with his professional career.



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**New prince?**

Even though Khloe Kardashiansays she's single, some sources claim she might be in a talking stage now.



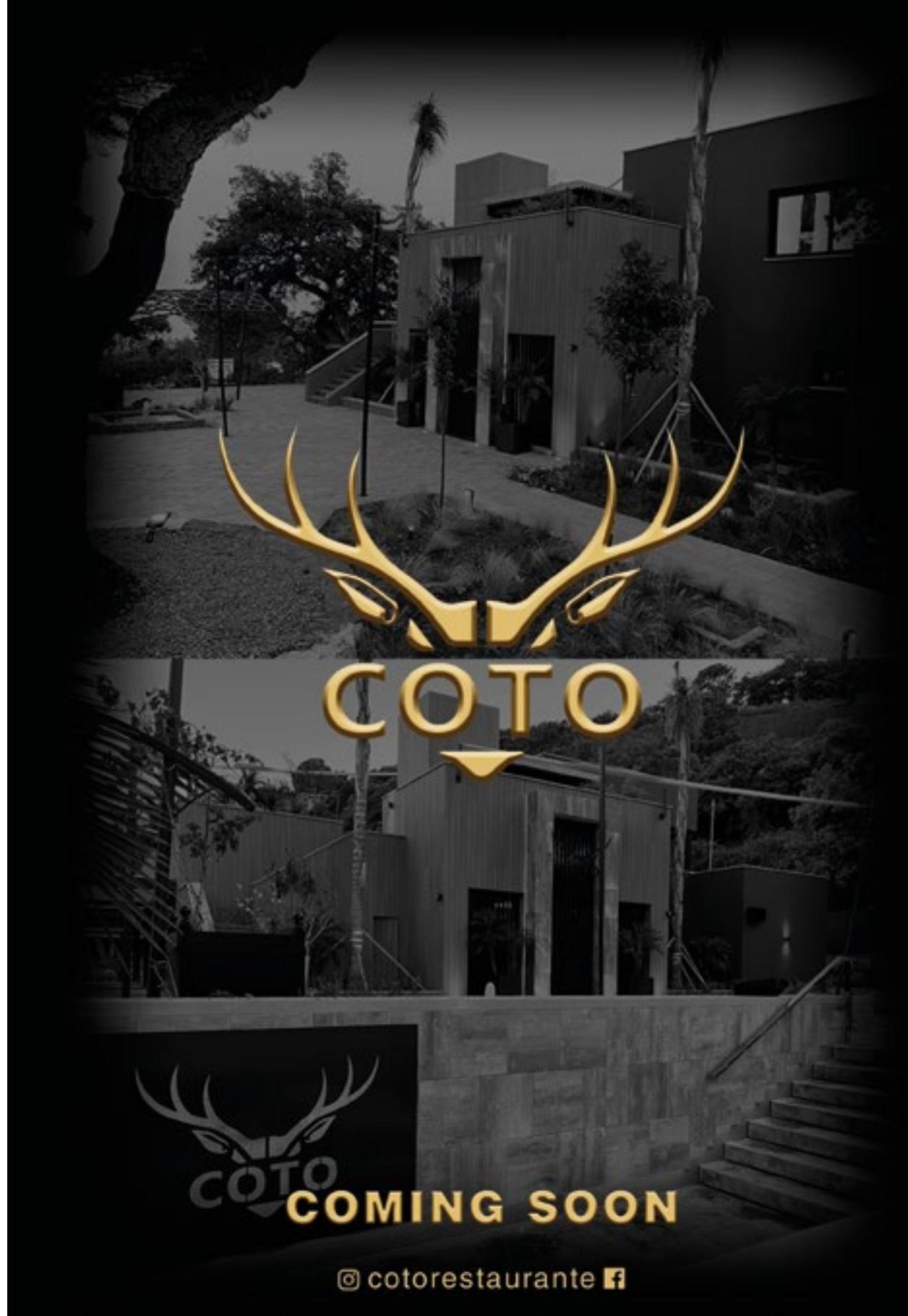
**Pure class**

Viola Davis wore this elegant all white suit for the launch event of Paramount+ UK.



**Back to the stage**

Beyoncé has made her official return to the music industry after some time without any major releases. The singer pre-released the first single of her upcoming album 'Renaissance', called 'Break My Soul' and it showcases heavy influences of house music and American ballroom culture.



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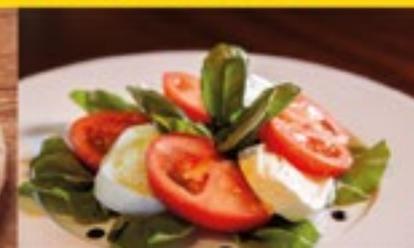
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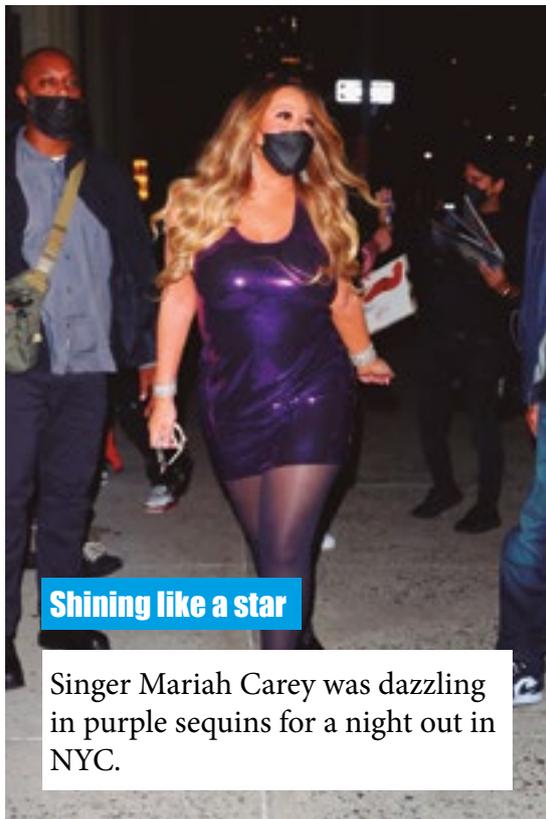
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**Shining like a star**

Singer Mariah Carey was dazzling in purple sequins for a night out in NYC.



**Massive strenght**

Orlando Bloom showed off his toned physique after one of his gym sessions in Australia.



**Everything can work out**

Fashion icon and actress Zooezy Deschanel celebrated father's day by posting a super wholesome picture to her instagram account. In that pic, we can see her children having fun with her ex-husband Jacob Pechenik and her current boyfriend Jonathan Scott. This beautiful moment showcases how she has managed to create a beautiful and healthy family.

A collage of food and coffee photos on a dark blue background. The photos are framed with white scalloped borders. The top left photo shows a breakfast dish with toast, strawberries, and orange slices. The top right photo shows a coffee cup and a plate of food. The middle left photo shows a hand holding a coffee cup with latte art. The middle right photo shows a bowl of salad. The bottom left photo shows a plate of tacos. The bottom right photo shows a plate of food with a drink. At the bottom right, there is a white line-art logo of a house with a bicycle in front of it.

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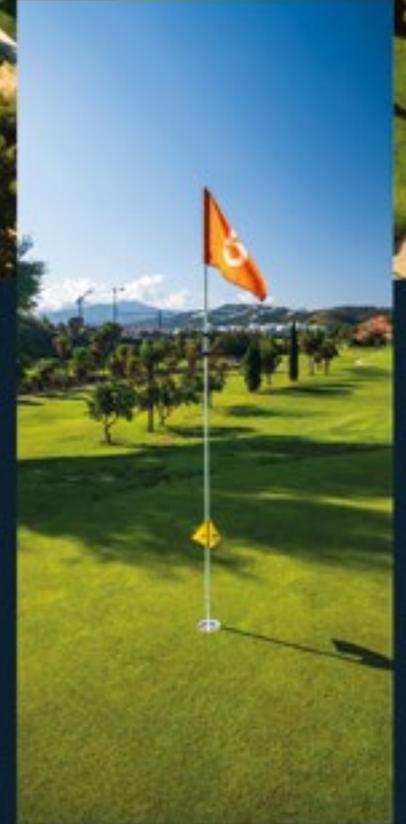


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# Benefits of stretching

When people think of fitness they often only think of cardiovascular and strength training, but there is another important component of fitness that people tend not to consider — stretching.

We all know that stretching is good for you, but most of us rarely stretch. The only time many of us will stretch is if we feel a slight ache or pain. Everyone is told that it is important to stretch but not many people have any idea why we stretch. Stretching can be explained as when we deliberately flex or extend a specific muscle or muscle group in order to improve the muscle's elasticity. Thus, resulting in a feeling of increased muscle control, flexibility, and range of motion. As we get older our bodies tend to degenerate. We lose our bodies' elasticity, our muscle tone, and bone density. The water content in our tendons decreases and as a result, our tendons get stiffer. All these factors can contribute to the natural decrease in our flexibility.

Therefore, it's so important to not only stretch daily but to stay active to maintain joint flexibility at all ages but more so as we age, if we stop moving it can negatively impact our quality of life and limit you from doing what you love most.

Benefits of stretching:

## 1. Decreases muscle stiffness and increases range of motion

As we age, our muscles grow shorter and tighter and we become less flexible. As a result, we become more susceptible to injuries. Stretching is an effective way to maintain and increase flexibility. A regular stretching routine will keep you flexible.

## 2. May reduce your risk of injury

A flexible muscle is less likely to become injured if you have to make a sudden move. By increasing the range of motion in a particular joint through stretching, you can decrease the resistance on your body's muscles during various activities.

## 3. Helps relieve post-exercise aches and pains

After a hard workout, stretching your muscles helps keep them loose and lessens the shortening and tightening effect that can lead to post-workout aches and pains.

## 4. Improves posture

Stretching the muscles of the lower back, shoulders and chest helps keep your back in better alignment and improves your posture

## 5. Helps reduce or manage stress

Well-stretched muscles hold less tension and, therefore, can help you feel less stressed.

## 6. Reduces muscular tension and enhances muscular relaxation

Chronically tense muscles tend to cut off their own circulation, resulting in a lack of oxygen and essential nutrients. Stretching allows your muscles to relax.

## 7. Improves muscle efficiency and function

Because a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.

8. Prepares the body for the stress of exercise  
Stretching prior to exercise allows your muscles to loosen up and become better able to withstand the impact of the activity you choose to do.

## 9. Promotes circulation

Improve circulation: Stretching increases the blood flow to the muscles, which not only helps to nourish the muscles, but also helps to eliminate waste byproducts from muscle tissue.

Most people understand the importance of stretching before or after exercise but when else should you stretch?

Stretch periodically throughout the entire day. It is a great way to stay loose and to help ease the stress of everyday life. One of the most productive ways to utilize time is to stretch while watching television.

Stretching before exercise or as part of your warm-up is great, but pre-exercise stretching is not meant to improve your flexibility; its purpose is simply to prepare you for exercise. The best type of stretching to do before working out is called Dynamic stretching. It is a form of stretching improves speed, agility and acceleration. It involves the active tightening of your muscles and moving your joints through their full range of motion throughout the stretch. These functional and sport-specific movements help increase muscle temperature and decrease muscle stiffness.

The best type of stretching to do after your workout is called Static stretching. Static stretching requires you to move a muscle as far as it can go without feeling any pain, then hold that position for 20 to 45 seconds. You should repeat static stretches two to three times each. Static stretches should be used as part of your cool-down routine to help prevent injury. Using static stretching as a maintenance stretching program will also help reduce your risk of injury.

Another great time to stretch is just before going to bed. This works at a neuromuscular level, as the increased muscle length is the last thing your nervous system remembers before going to sleep. Sleep is also the time when your muscles and soft tissues heal, which means your muscles are healing in an elongated, or stretched position. So, if you are wondering if it's possible to become more flexible as we age then the answer is YES, so why not get started straight away. If you are looking for a more personalised stretching programme then get your body assessed to determine what areas need working on.



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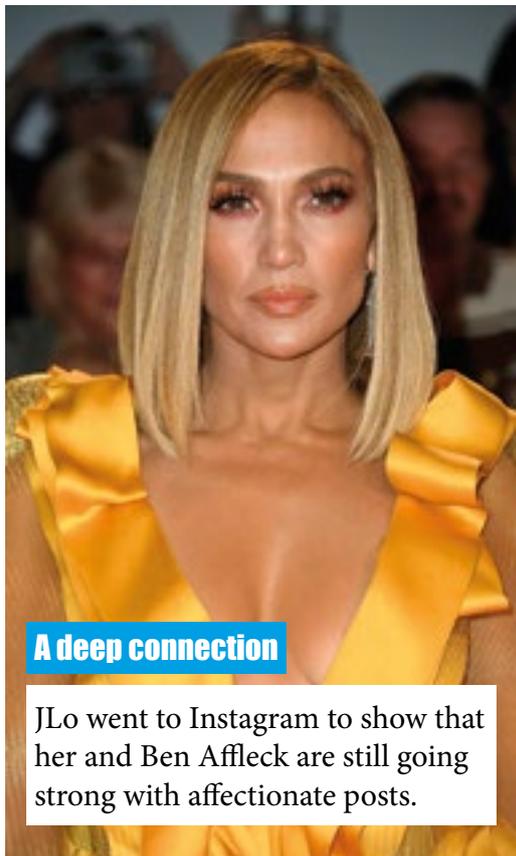
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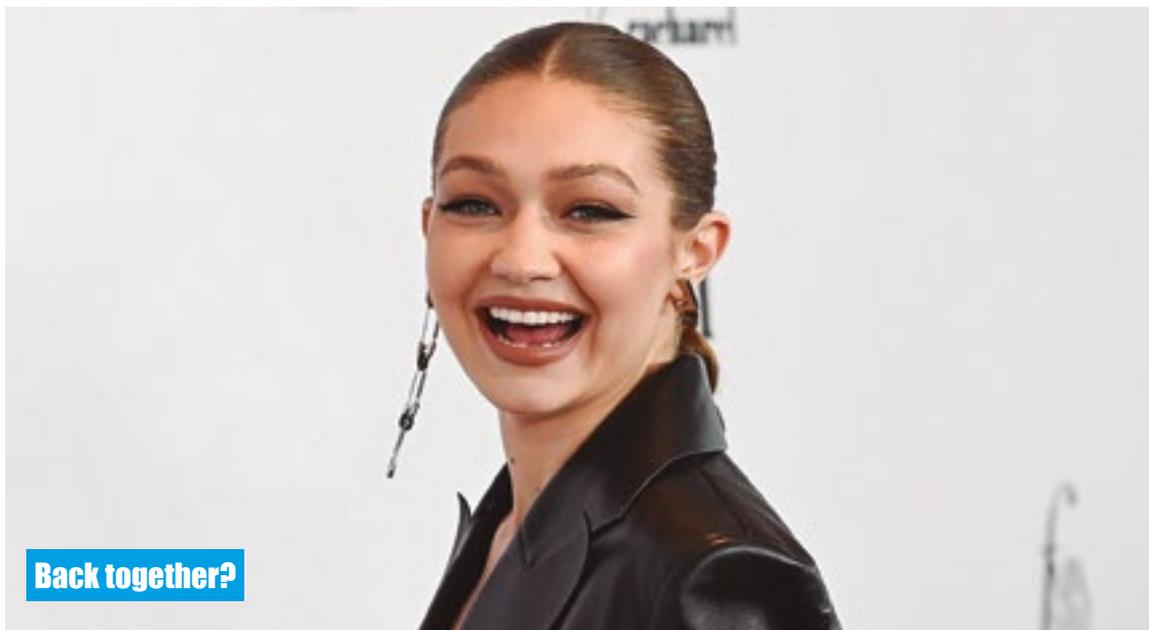
**A deep connection**

JLo went to Instagram to show that her and Ben Affleck are still going strong with affectionate posts.



**Low-key life**

Matthew Fox said he retired from acting since he reached all his goals and wanted to focus on his family.



**Back together?**

American supermodel Gigi Hadid uploaded a cute picture of her baby and Zayn Malik to Instagram for father's day. This picture has confused many fans that thought Gigi and Zayn were not a couple anymore (following their public breakup that took place months ago). Since both of them are quite private when it comes to personal stuff we don't know anything for sure.

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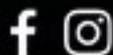
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## ESTABILIDAD Y FUERZA A LOS HOMBROS.

Hoy os traigo 4 ejercicios donde seguro que lograrás llevar a tus hombros a un punto más elevado

**1.** Rotaciones para manguitos rotadores, perfecto para empezar tu rutina de hombros después de un buen calentamiento, rota la kettlebell alrededor de la cabeza tal y como se ve en las imágenes, cambia de dirección en cada repetición y realiza unas 4 series de 20 movimientos totales con 60" de descanso entre ellas.

## STABILITY AND STRENGTH AT THE SHOULDERS.

Today I bring you 4 exercises where you will surely be able to take your shoulders to a higher point

**1.** Rotator cuff rotations, perfect to start your shoulder routine after a good warm-up, rotate the kettlebell around your head as seen in the images, change direction on each repetition and perform about 4 sets of 20 movements total with 60" of rest between them.



**2.** Kettlebell swing para activar bin nuestro core y deltoides dandole una pausa en la extensión (imagen derecha) y realiza 8 series donde cambiarás en cada serie de brazo con 15 movimientos y 30" de descanso entre ellas.

**2.** Kettlebell swing to activate our core and deltoids by giving them a pause in the extension (right image) and perform 8 series where you will change each arm series with 15 movements and 30" of rest between them.



**3.** Shoulder press button, con la kettlebell del revés y en posición de lunge realizaremos el movimiento controlado con poco peso, realiza 8 series donde cambiarás en cada series de lado con 8 movimientos y 45"/60" de descanso entre ellas.

**3.** Shoulder press button, with the kettlebell upside down and in a lunge position we will perform the controlled movement with little weight, perform 8 series where you will change each series to the side with 8 movements and 45"/60" rest between them.



**4.** Shoulder press estricto, de pie y con las piernas rectas realizamos 8 series de 5 repeticiones pesadas y descansando 60"/90" entre cada una de ellas.

**4.** Strict shoulder press, standing and with straight legs, perform 8 sets of 5 heavy repetitions, resting 60"/90" between each one.



 alvaropuerma

 Alvaro Puerma Martínez  
ABOUT MARBELLA MAGAZINE / 65

# HEADBOARD TRENDS. HOW TO CHOOSE THE PERFECT HEADBOARD

A Headboard is an accessory that wants to be a focal point of every bedroom and thus, it has the capacity to transform it completely.

Since the bedroom is a den where you need to feel calm and relaxed, incorporating your personal style and preferences into it is essential.

You can change the look of your bedroom with just one decorative detail, and that's possible with a simple headboard. It can be minimalist and understated or just the opposite – a contrasting accent that will energize your interior.

## A Cane or Rattan headboard

Rattan and cane have taken over the interior design world lately, and with good reason. It is a natural and durable material that adds warmth and harmony to any room. So, if you want to achieve a bohemian or cocooning bedroom, this is the best choice. To complete the look of your dreamy space, also add a few round cane baskets or a cane rattan shade. This style combines perfectly with walls in nude colors such as vanilla, beige and champagne.

On the Caribbean Island of Mustique, Interior Designer Veere Grenney has redesigned a bamboo house that is a study in neutrals and natural materials, set off by the green of the palms outside and the glorious blue of the ocean



A bamboo beach house  
designed by Veere Grenney

The open-plan sitting and dining room is decorated in similar neutral hues to the bamboo



Below the sitting and dining room is the TV room, in which the walls and ceiling are clad in the same cured bamboo from Saint Vincent.

### Wood Paneled headboard

Wood is really timeless. It is a classic material that goes with all styles of decoration, that brings warmth and that offers infinite versatility. We love this curved wooden panel design by Ukrainian Designers “Quader Architecture”. This interior is solid with its use of simple and clear materials, like wall paint and wood – it might look quite minimalistic, but also spacy and expressive.



### Natural Linens & Cottons

If you want to modernize the cocooning and Scandinavian style parental suite, we advise you to take a look at the linen headboards. With its soft natural beige (or gray) color, this fabric has the ability to create a relaxing environment filled with serenity.

Cotton will be a hot favourite next year, not only on the bed, but also as window dressings. This natural decorative accessory will structure the night space in a restful way. We love this organic shaped linen headboard & not to mention the peachy tones of this interior by Three Birds Renovations



Matchy Matchy

We are just loving the originality & perfect simplicity of matching headboard and scatter cushions. A match made in heaven.

# Making Waves



Oh so stylish and luxurious, the curved headboard is another one of our favourites. Make it extra lush by upholstering it in a Boucle Fabric



We're also huge fans of four-poster beds, which can work well in both traditional and modern interiors. The Lucite & Brass bed from Anthropologie is a super choice - Lucite feels so modern yet glam and glitzy at the same time.



## Bed Crown, Anyone?

It's time to rethink bed canopies! This season we are bringing some of our favourite neglected (and at times mildly controversial) decorative elements back into fashion. And I must admit, here at Lord Designs, we have a weak spot for the all-time classic, Bed Canopy.

We are currently designing a girly bedroom for one of our youngest clients, where we are implementing a bed canopy with scallop trim. We just cannot wait to see the result!

This custom-designed bed, by one of our all time favourite designers, Kelly Wearstler, was inspired by an iconic 1930s Salvador Dalí sofa in the shape of Mae West's lips.





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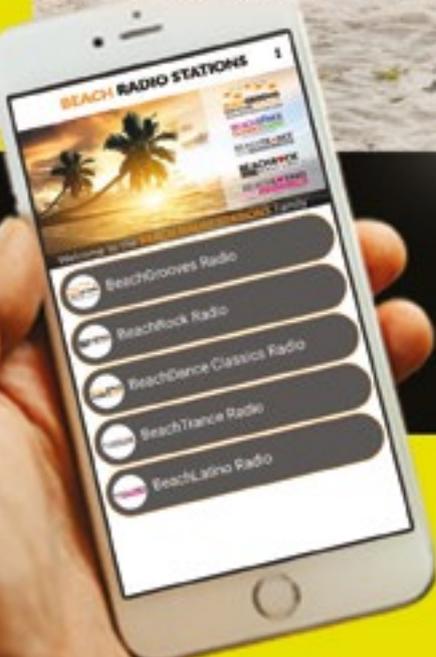
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**Movie throwback**

Chris Evans revealed that he would be interested in reprising the role of Fantastic Four's Johnny Storm.



**Breaking the mold**

Julia Fox wore this daring look with matching theatrical makeup for the Tribeca red carpet.

**Happy ever after**

Britney Spears & Sam Asghari tied the knot last month in a fairytale like event. Not only the decoration was to die for, the guests that went to the wedding were nothing but special: Madonna, Selena Gomez, Paris Hilton, Drew Barrymore and many more well known names. We are so glad that Britney is finally living her dream just like she wants it.



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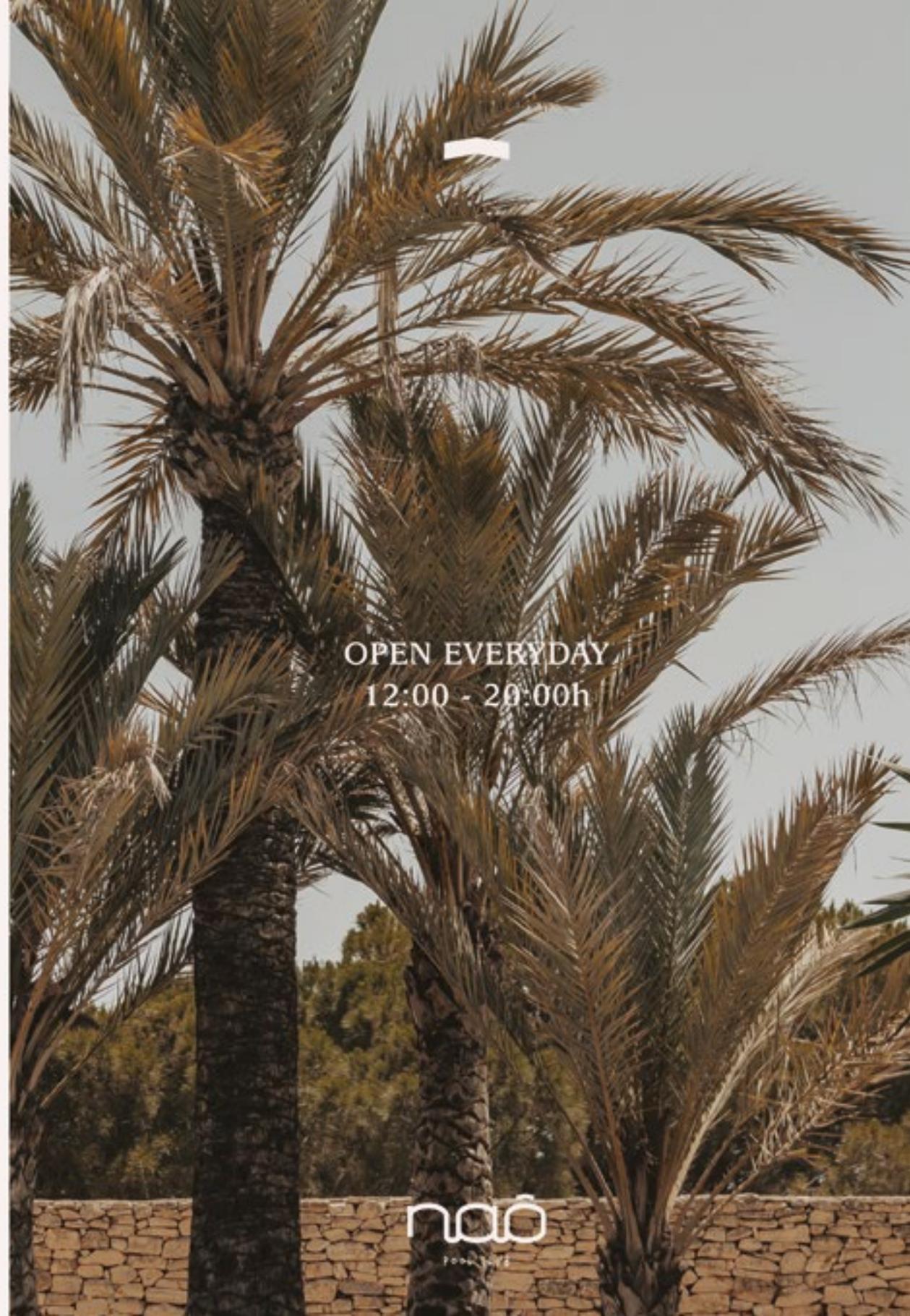
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# PORSCHE 911 SPORT CLASSIC

The new 911 Sport Classic is the second of four collector's items that Porsche has presented from its Heritage Design strategy. A total of 1,250 examples of the limited-edition model by Porsche Exclusive Manufaktur will revive the style of the 1960s and early 1970s. Like its immediate predecessor, the 997-based 911 Sport Classic presented in 2009, the appearance of this model is inspired by the original 911 (1964 – 1973) and in particular the 1972 911 Carrera RS 2.7. The 911 Sport Classic can be ordered now, with prices starting from 276.284 euros[1]. Delivery will be available from European Porsche Centres from July 2022 onwards and additional markets will follow.

“The Heritage Design models represent the more emotionally driven concepts of the Porsche product strategy,” says Alexander Fabig, Head of Customisation and Classic. “This unique approach sees the Style Porsche design department working with Porsche Exclusive Manufaktur to reinterpret iconic 911 models and equipment from the 1950s through to the 1980s and to revive design features from those decades.” Porsche is launching four limited-edition models over an extended period. The first of these was presented in 2020: the 911 Targa 4S Heritage Design Edition with design elements from the 1950s and 1960s.

Porsche Design has also created a high-quality chronograph exclusively available to drivers who purchase the collector's edition vehicle. The watch seamlessly picks up on numerous details from the new 911 Sport Classic design. As part of the Heritage Design Classic package, selected interior elements of the new 911 Sport Classic will also be available for most current 911 models.



By: Guillermo Fernández de Ateca Barber.

## Reinterpreting historical design elements



The wide body – otherwise reserved for the 911 Turbo models – a fixed rear spoiler in the style of the legendary 'ducktail' Carrera RS 2.7 and the double-bubble roof underscore the distinctiveness of the new 911 Sport Classic.

As with the first 997-generation 911 Sport Classic launched in 2009, the designers were inspired by the Fashion Grey paintwork of the early Porsche 356 when choosing the exclusive paint finish for the new limited-edition model. "The new 911 Sport Classic is the first vehicle to feature Sport Grey Metallic paintwork," says Michael Mauer, Vice President Style Porsche. "Grey is never boring, quite often a statement and always cool." As an alternative to the exclusive Sport Grey Metallic finish, the new 911 Sport Classic is also available in solid Black, Agate Grey Metallic or Gentian Blue Metallic[3]. Twin stripes painted on the bonnet, roof and rear spoiler in light Sports Grey emphasise the car's sporty design.

550 PS for the most powerful manual 911 available today

The powertrain concept is equally unique: the 3.7-litre, twin-turbo flat-six engine transmits its 405 kW (550 PS) to the road via the rear wheels only. In combination with the seven-speed manual gearbox, the new 911 Sport Classic is the most powerful manual 911 available today.

The gearbox has an auto-blip function that compensates for engine-speed differences between the gears with a brief burst of revs when shifting down. The standard sports exhaust system is specially tailored to the model for an even more emotive sound experience.

The suspension, based on that of the 911 Turbo and 911 GTS models, meets high performance requirements: thanks to the standard Porsche Active Suspension Management (PASM), its shock absorbers respond to dynamic changes at lightning speed. PASM is combined as standard with the sports suspension, which features a 10-millimetre-lower ride height.



In the interior, the iconic Pepita houndstooth pattern can be found on the door panels and seat centres, while two-tone, semi-aniline leather upholstery in Black/Classic Cognac provides an elegant contrast with the exterior colour.

By: **Guillermo Fernández de Ateca Barber.**

ABOUT MARBELLA MAGAZINE / 91

# Mercedes-Maybach

## GLS 600 4MATIC



The exclusive 20-inch RAYS forged aluminum wheels incorporate a nine-spoke design that enhances rigidity. A diamond-cut white-and-red NISMO logo on the rim marks their exclusivity.

### Hip-hugging comfort inside

Inside the cabin, unique to GT-R NISMO are the leather-appointed RECARO® seats with red synthetic suede inserts. Ergonomically sculpted, heated, reclining seats comfortably, yet firmly, support the driver and front-seat passenger. Interior trim features include discreet red stitching on the seats, center console, door trim and steering wheel.

As with the 2021 GT-R Premium model, the GT-R NISMO's instrument panel is dominated by a video game-inspired, multi-function display that was created in collaboration with Polyphony Digital, makers of the Gran Turismo electronic game.

### Aerodynamics, design and hefty dose of carbon fiber

With aerodynamic gains in mind, the design of the GT-R NISMO evolved for the last model year – with the changes completely functional. Cooling was increased for key areas, such as the engine bay and brakes, all without negatively affecting the drag coefficient value of 0.26.

### Brembo calipers meet carbon ceramic rotors

Nissan collaborated with Italian brake manufacturer Brembo to create a special brake package for the GT-R NISMO. Special large calipers – 16.1 inches in the front and 15.3 inches at the rear – join carbon ceramic rotors.

The six-piston front and four-piston rear calipers are exceptionally rigid. Their construction brings a significant improvement to brake reaction time (versus pre-2020 models). This delivers a more responsive and progressive brake pedal, full of feedback to allow precise modulation of braking force. The result is the ability to shed speed quicker and more effectively while staying resistant to fade.

### Handling, grip and steering redefined

The 2021 GT-R NISMO's suspension tuning improves cornering stability (lateral G), with enhanced yaw-rate response and smoother ride quality (versus the 2019 model). The steering features better linearity and precision than ever, requiring minimal corrections even at speeds reaching 186 mph.



By: Guillermo Fernández de Ateca Barber.



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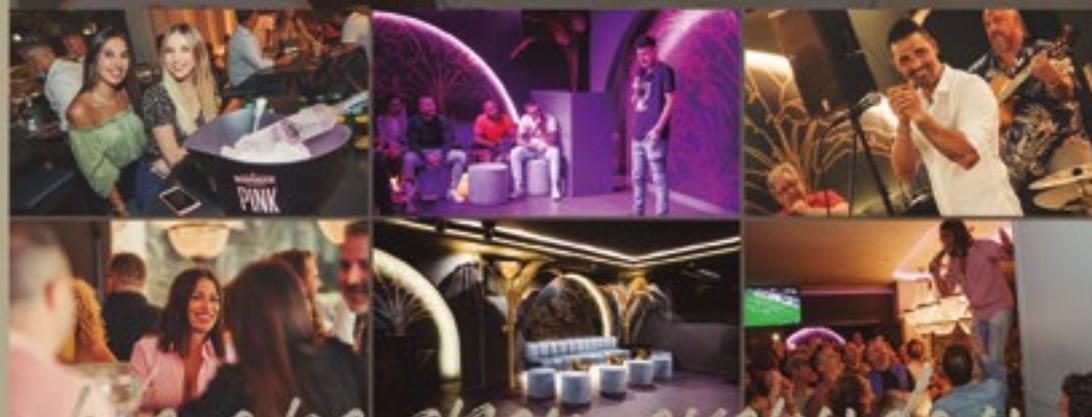
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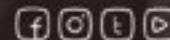
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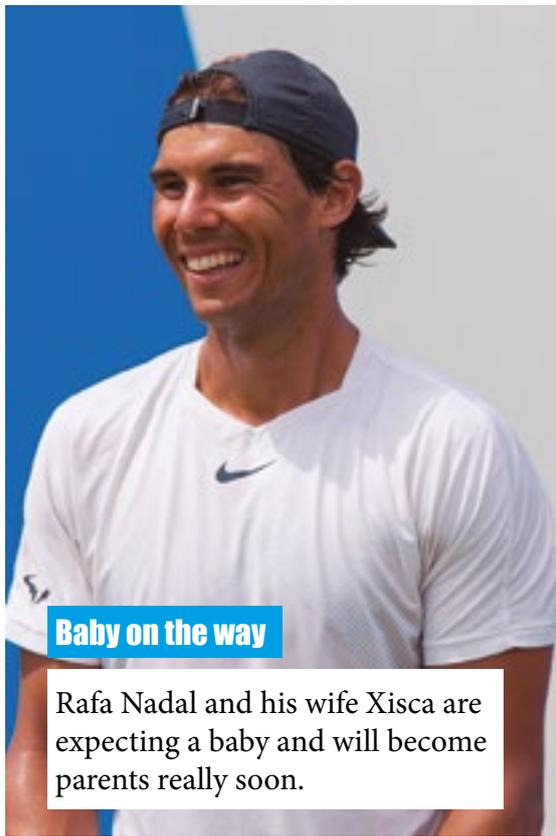
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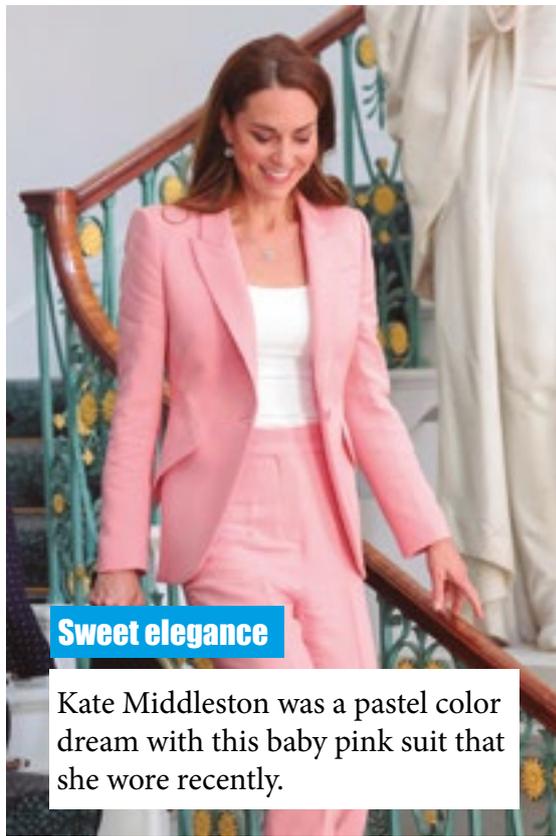
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### Baby on the way

Rafa Nadal and his wife Xisca are expecting a baby and will become parents really soon.



### Sweet elegance

Kate Middleton was a pastel color dream with this baby pink suit that she wore recently.

### New boo for the singer

Brazilian singer Anitta seems to have scored a new boo. According to media outlets, she and the producer Murda Beatz have been dating for a few months after meeting for the first time at this year's Coachella Music Festival. The couple made things official via instagram on Brazil's Valentine's Day with a sweet video.



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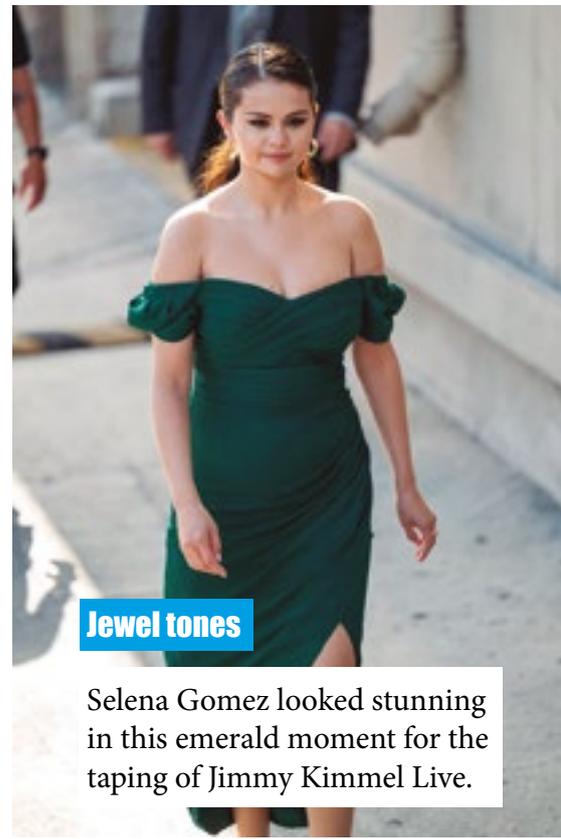
**Health issues**

Justin Bieber has been diagnosed with Ramsay Hunt Syndrome and has half of his face paralysed.



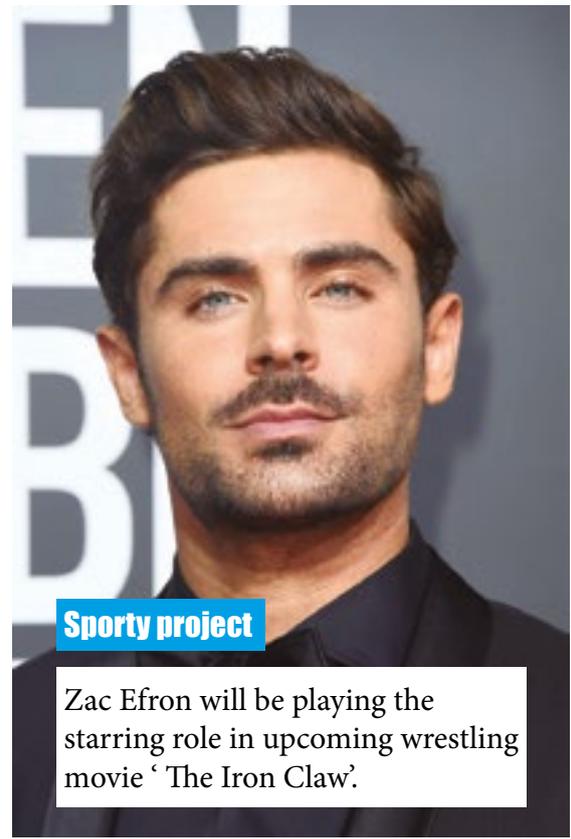
**Official couple**

Demi Moore confirmed her new relationship with boyfriend Daniel Humm via Instagram.



**Jewel tones**

Selena Gomez looked stunning in this emerald moment for the taping of Jimmy Kimmel Live.



**Sporty project**

Zac Efron will be playing the starring role in upcoming wrestling movie 'The Iron Claw'.



**Getting their coin**

Actresses Sarah Jessica Parker, Cynthia Nixon, & Kristin Davis made it to list of Highest-Paid TV actors for the years 2021-22. With their roles for the 'Sex and the City' remake 'And Just Like That...' each one of them was paid \$650K-\$750K per episode!



**A conscious step**

Kim Kardashian looked back to her marriage with Kanye West in a recent interview. When asked if she felt guilt over leaving the relationship, she said that she had previously tried everything to make things work out so she left feeling confident in her decision.

# La Jungla





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