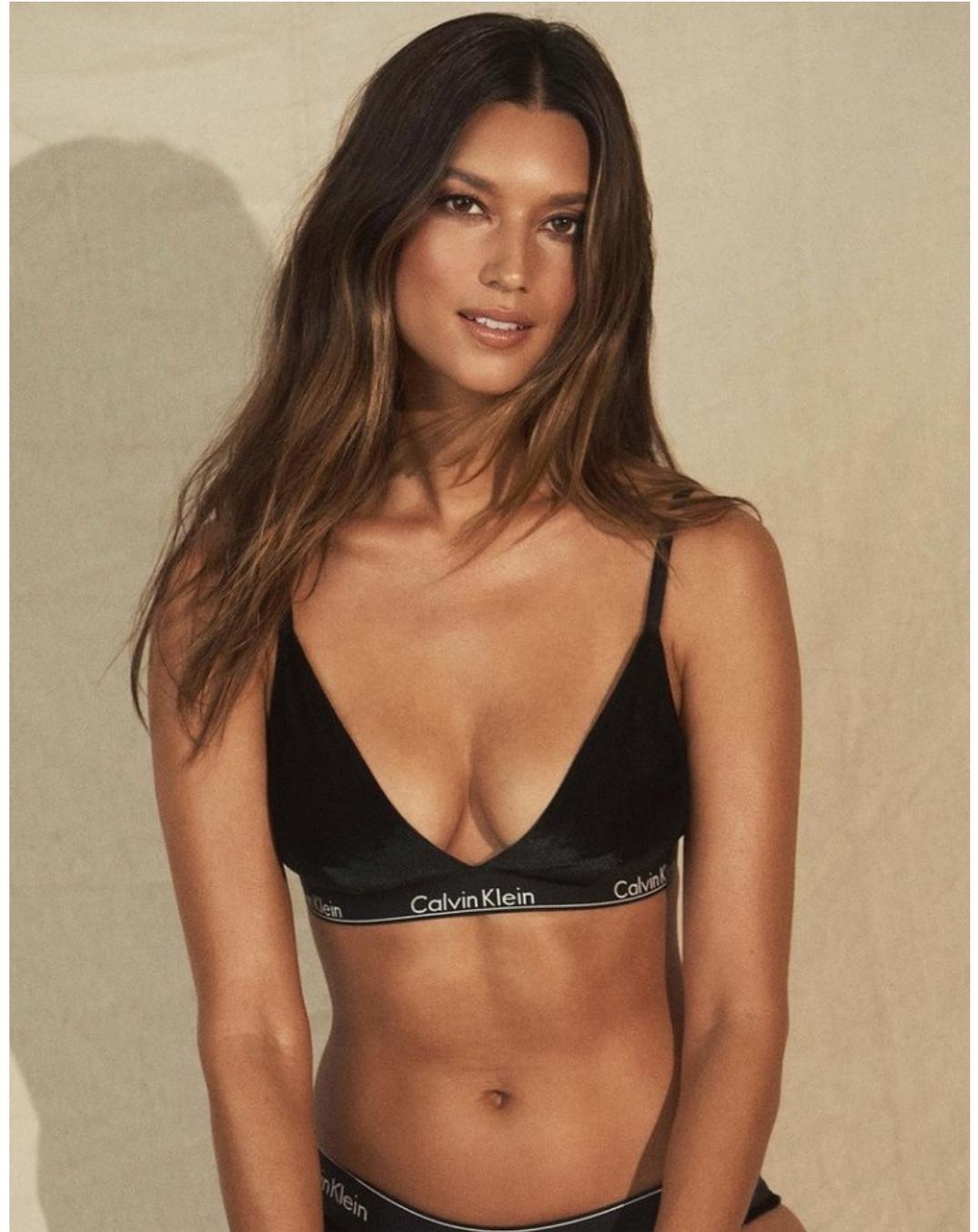




Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



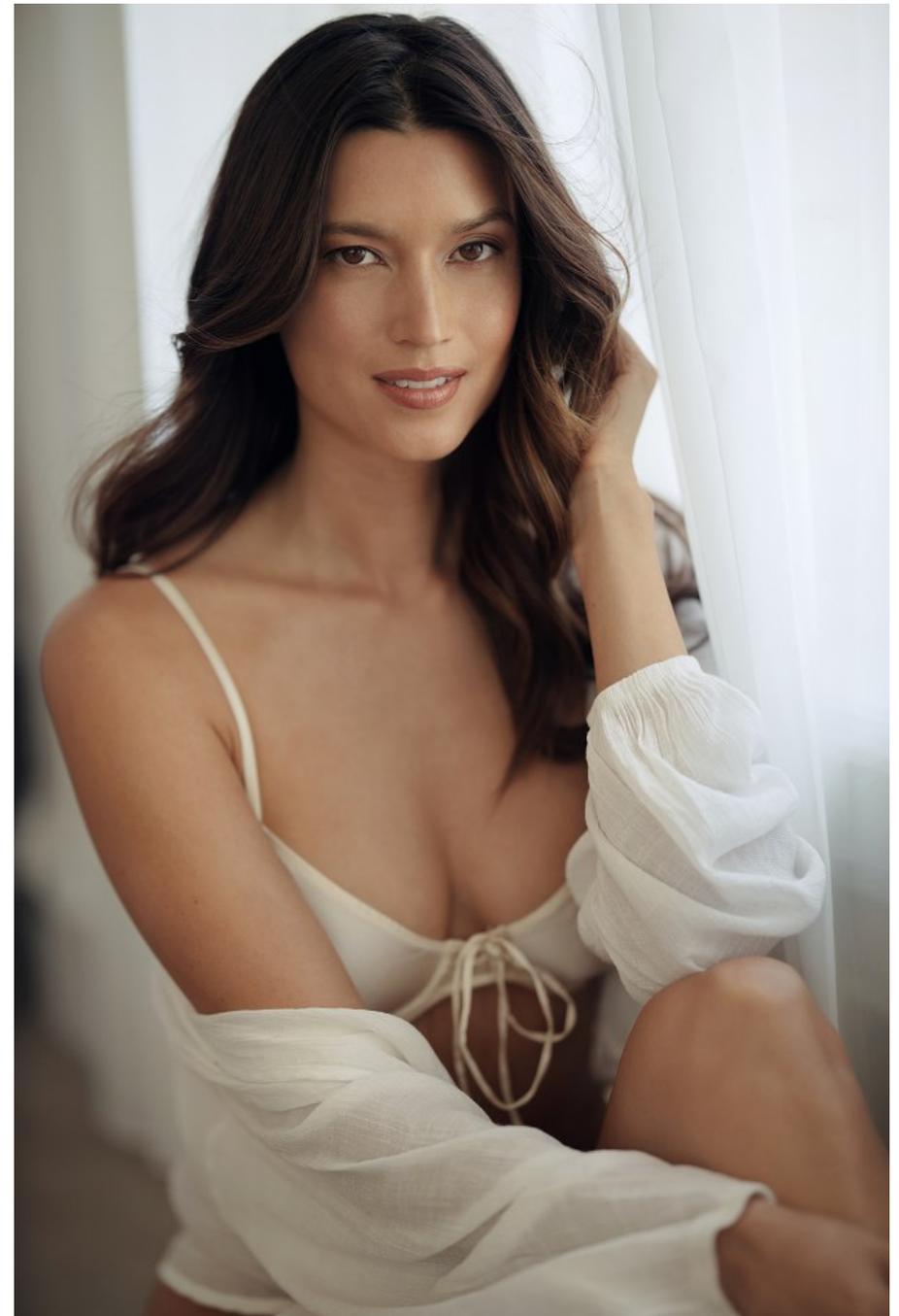
Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown

BOUVIER

INSPIRATION

AUGUST 2019 ISSUE VOL. 2



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown

CGM
CAROLINE GLEASON
MANAGEMENT



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



GET A LEG UP

Do the entire circuit twice, 2 or 3 times a week, or choose the area you want to target and complete the routine three times, 2 or 3 times a week.



SPRING

Whether you're trying to prevent injury, become a faster runner, or perk up your posture, a strong core is an absolute must.

Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown