

Welcome & Enjoy
ISSUE 2
the romp magazine
EST. 2011

THE **ROMP** MAGAZINE



MUSIC REVIEWS
YG, TIESTO, IBIZA, DEADMAUS

ROMP SPORTS
FIFA, MMA, NBA & MORE

**SEX QUESTIONS
ANSWERED**

*Berenger
ROSE*
making a splash!

MORE BABES INSIDE!
KAHILI, NEVENA, SHENAE & MORE

*plus
inside*

ROMP REV-UP • 5 Ways to build Muscle • INTERVIEW WITH DJ EDX • 6 Reasons to Fuzz Up Your Face

SIMPLY PERFECT.



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THE ROMP MAGAZINE

WELCOME TO ISSUE 2

BABES, BIKINIS AND BOOBS!

It's another jammed-packed issue this month, full of hot girls, the answers to all your sex questions, car and music reviews, tips for building muscle and an exclusive interview with DJ EDX.

Also, we give you some guidance on how to bullshit your way through wine tasting and a how-to guide to meeting your girlfriend's parents for the first time. But we know the main reason why you're here – for us to spoil you with the hottest pics of the hottest women on the planet (and we'll throw in special behind the scenes videos, streaming straight to your handheld device).

We've gone all out this month to give you the best quality interactive men's magazine you'll find.

We hope you enjoy the second issue of The Romp Magazine as much as we did creating it.

SPECIAL THANKS TO

JEROME NASSIF EDITOR | NICK T HAMILTON ART DIRECTOR | DAVE CORKERY STAFF WRITER | JAN ARREZA STAFF WRITER | RICHARD SHUTE STAFF WRITER
JOSH BARNETT STAFF WRITER | BERENGER ROSE STAFF WRITER | RICHARD ARTHUR PHOTOGRAPHER | LACHLAN HARGRAVES VIDEOGRAPHER

LOOK OUT FOR THESE ICONS

THE ROMP MAGAZINE

LOOK OUT FOR THIS ICONS



IN ALL OF THE MODEL SECTIONS TAP THE VIDEO ICON (A) TO VIEW A BEHIND THE SCENES VIDEO OF THE SHOOT OR TAP THE IMAGE ICON (B) TO VIEW A SLIDESHOW OF JUST THE IMAGES FROM THAT SECTION



SWIPE FOR MORE

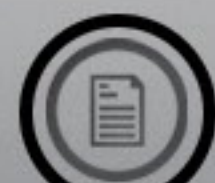
SOME OF OUR STORIES & INTERVIEWS HAVE MORE THAN MEETS THE EYE! SIMPLY SWIPE YOUR FINGER UP TO REVEAL THE REST OF THE TEXT

TAP ANYWHERE IN THE LOWER PART OF THE PAGE TO REVEAL THE NAVIGATION BAR

SWIPE LEFT OR RIGHT & TAP ANY PAGE TO JUMP STRAIGHT TO THAT SECTION



THE ROMP MAGAZINE



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**HEAPS OF DIGITAL CONTENT
AVAILABLE INSIDE**



THE IDIOTS GUIDE TO...

ROMANTIC DINNERS

Want to impress a girl? They say the quickest way to a woman's heart is through her stomach. While this statement might be scientifically dubious, it's true that taking a girl out for a slap-up meal can definitely improve your chances of getting to wherever it is you're planning on getting to, if you know what we mean... (if you don't know what we mean, then we'll need to make another idiot's guide for that.)

So here's our step-by-step guide to giving her the romantic meal she expects

How to Bullshit Wine Tasting

Going wine tasting? Know nothing about wine? Don't worry, it's all nonsense and we reckon it's pretty easy to fake. Here's a quick guide to making it seem like you know what the hell you're doing...

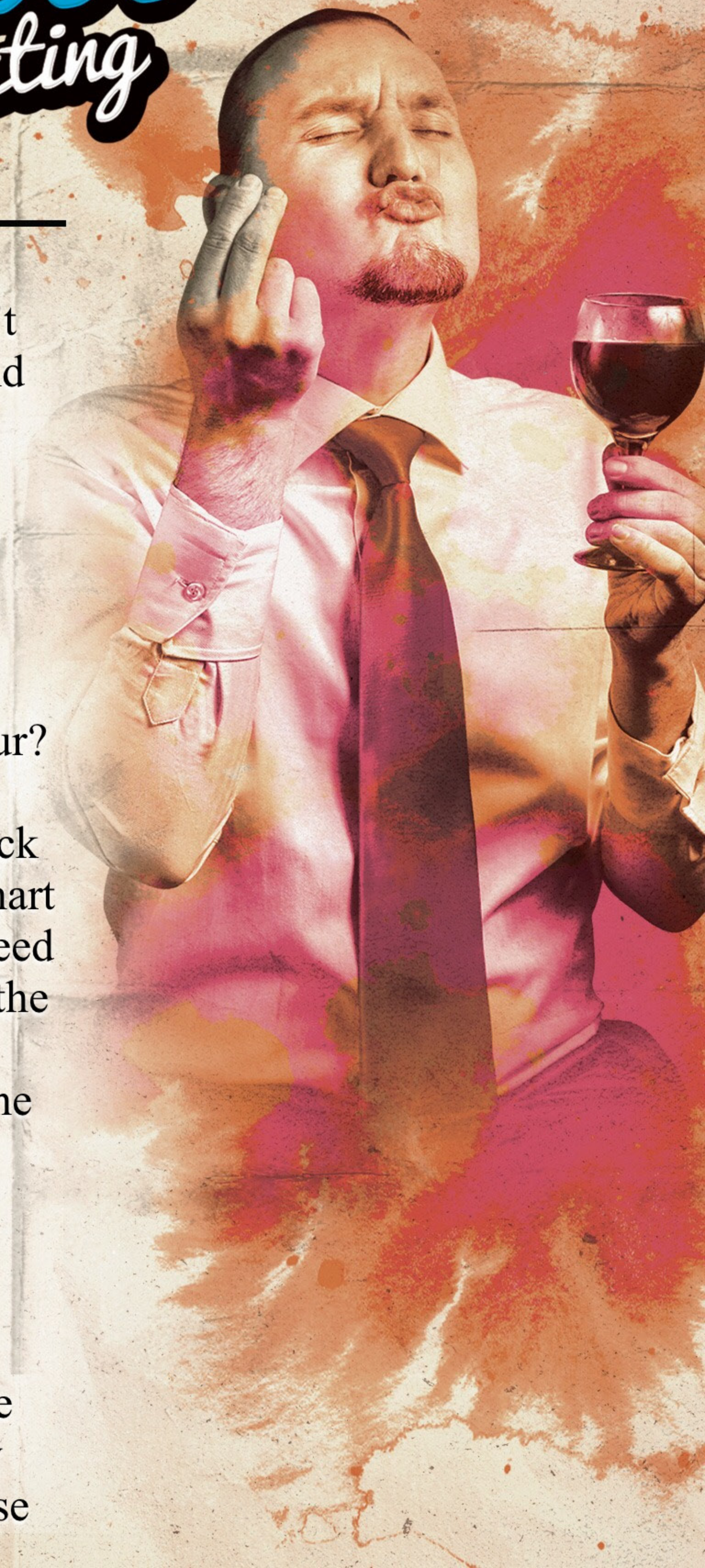
Dress middle class

Wanna fit in with the rest of the tour? Aim for a collared stripy business shirt with a brightly coloured V-neck jumper over it. Khaki pants and smart work shoes. If you don't already need glasses, consider getting some for the occasion – or alternatively, a monocle. Leave the top hat and cane though, this isn't Monopoly.

Sniff and Swirl

Be sure to swirl your wine glass every time and then stick your nose right in there and breathe in deeply and loudly enough for everyone else

to know how much you love wine



Endless Summer with Neverna



















Endless Summer with Neverna

AGE: 25

STAR SIGN: Capricorn

HOMETOWN: Sydney

LIKES: Beach, travel, food

DISLIKES: Cold wet weather
(unless you don't have to leave
the house then it's great)

OCCUPATION: Model,
actor, dancer

FAVOURITE MOVIE:
Very tough to narrow this down
to just one! I like anything with
Leonardo DiCaprio, also a big
fan of the Bourne movies

FAVOURITE SONG:
I love a big range of music,
anything from Biggie, to
Eminem, to Coldplay, to John
Legend and Adele



Endless Summer with Nevena

You have a very unique name, where does it originate?

My background is Croatian-Serbian.

How did you get into modelling?

I've been a dancer my whole life and was asked to do a few modelling jobs, I really enjoyed it and have been doing it ever since.

How do you prepare for a shoot?

Usually try to avoid pizza the night before!

What is the craziest thing you have experienced on a photoshoot?

Nothing too crazy, one story that springs to mind is when I did a shoot in Vanuatu and had to go snorkeling – I'm petrified of deep water and what's in it and I managed to swim out 200m to a coral reef, overcoming my fear was a pretty awesome feeling!

What type of girl are you – autumn, winter, spring or summer?

Summer loving, chasing the sun kind of girl, I love being on the beach.

Do you like the location for today's The Romp Magazine shoot?

Yes, it's a gorgeous location overlooking



*Endless
Summer*
with
Neverna



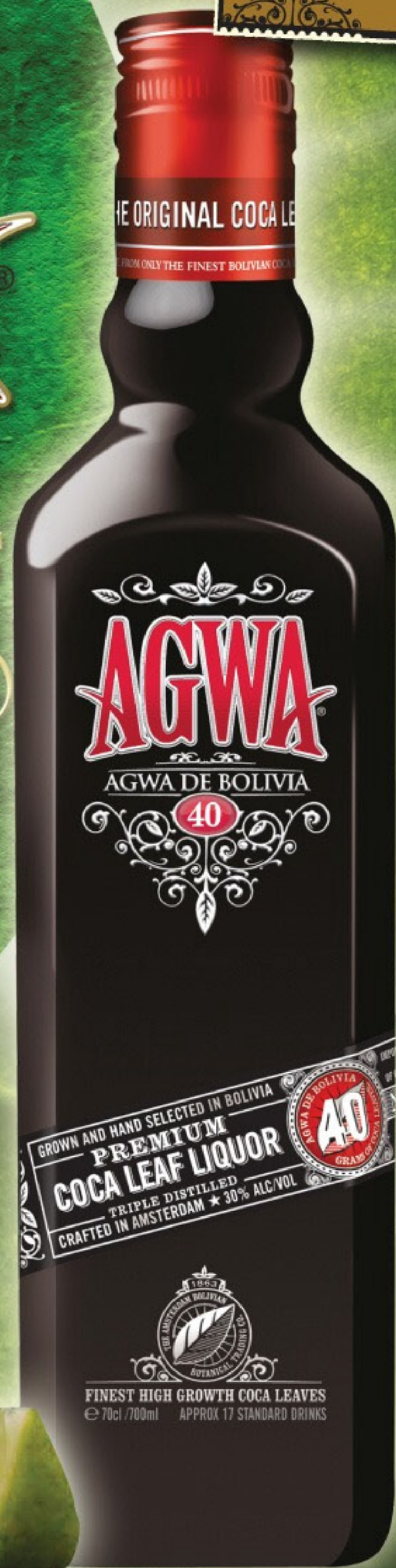
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An Original Romp article

BEARD

• IS BEST •

The **ROMP** MAGAZINE

6 REASONS TO FUZZ UP YOUR FACE

FACT: WOMEN WILL FIND YOU MORE ATTRACTIVE

Proven by science, a recent study conducted in New South Wales found that the ladies prefer a man with face of hair. The ideal amount of growth? 10 days' worth. Just enough time to get to the mountains, chop down some trees, hunt a few dozen deer, build a fire and make yourself an outfit made entirely of deer hide. Not only that, the study showed that women perceived full-bearded fellas as better and more protective fathers. Maybe because kids could always hide under there if it starts raining, or eagles attack.

HISTORY: IS ON THE SIDE OF TEAM BEARD

Think of it, all the greatest men in history have sported tremendous, awe-inspiring beardage. Abraham Lincoln's beard is due most of the credit for freeing the slaves; Moses' beard was so powerful it split an ocean in two; and even God himself has a beard, according to the Google Image search we just ran.

7 Cartoon chicks you can't deny are super hot



THERE'S NO DENYING THAT FINDING A CARTOON CHARACTER SEXY IS PROBABLY THE SIGN OF A PERVERTED MIND AND WE'RE ALL GOING TO HELL. BUT WHOSE FAULT IS THAT? IT'S THE ANIMATORS. STOP DRAWING SUCH HOT CARTOON (HICKS, GUYS!

LOIS GRIFFIN (FAMILY GUY)

Peter Griffin's wife is an impossibly sexy bit of animation. Despite her nasally voice, there's just something about her. Even Brian's infatuated with her, and he's a dog!

APRIL O'NEIL (TEENAGE MUTANT NINJA TURTLES)

The turtles didn't express much interest in April, them being of a different species and all, but the rest of us noticed what a hot bit of animated ass she was! The only downside: she seemed to wear the same yellow jumpsuit day-in, day-out. She possibly has

What you do when you meet her Parents

SO THE TIME HAS COME. YOU'VE BEEN DREADING THIS MOMENT FOR MONTHS NOW, BUT THERE'S NO AVOIDING IT ANYMORE. YOU'RE MEETING HER PARENTS FOR THE FIRST TIME AND YOU JUST NEED TO GET IT OVER WITH. HERE'S SOME ADVICE TO GET YOU THROUGH IT:

Maintain Eye Contact At All Times

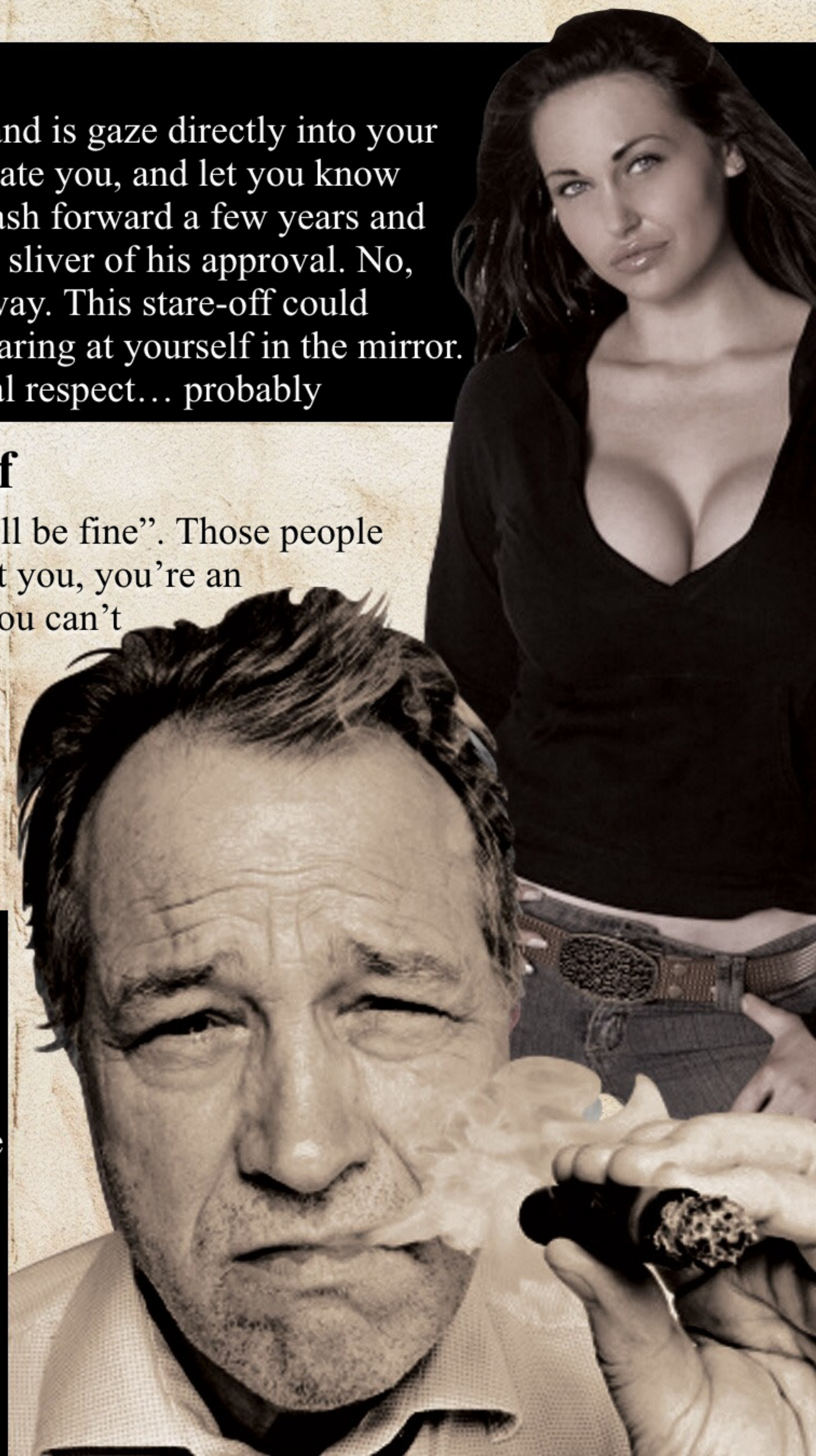
The first thing her Dad will do when you shake his hand is gaze directly into your eyes, right to the back of your soul in order to intimidate you, and let you know who's boss. If you look away, he's won... forever. Flash forward a few years and you're mowing his lawn for him in the vain hope of a sliver of his approval. No, keep his gaze. No matter what it takes, do not look away. This stare-off could potentially last hours, so be sure to practice first by staring at yourself in the mirror. When he eventually caves, you'll have won his eternal respect... probably

Whatever You Do, Don't Be Yourself

People will always tell you "just be yourself and you'll be fine". Those people are idiots and being yourself is a terrible idea. Look at you, you're an awful, disappointing person, just like the rest of us. You can't let her parents see the real you or their faces will melt like the Nazis at the end of Raiders of the Lost Ark. Instead, try and be someone that everyone adores, like Ryan Gosling or George Clooney. It can't be that hard, just smile smugly and say "hey girl" to her mother.

Be Honest About Your Relationship

No parent wants their daughter dating some scumbag liar. You need to be upfront and honest about your relationship with their beloved offspring. Tell them just how hot you think she is and don't be afraid to be direct. Using phrases like "damn fine", "crazy body" and "an ass that is unable to quit" lets them know exactly how much you value their precious little girl. A few ass slaps here and there wouldn't go amiss either, and be sure to go in for a high five with her Dad at every available opportunity.



LIZ















AGE: 23

STAR SIGN: Aries

HOMETOWN: Bondi, Sydney



How was your shoot today with The Romp Magazine?

Amazing, can't wait to do it again! Loved the style The Romp Magazine created for me – I had a lot of fun, it was a great and vibrant shoot.

How did you get into modelling?

I originally got into modelling when a friend introduced me to a photographer friend of hers, he thought I had the pageant look and would do well and it escalated from there.



I hear you've won a few titles, how many exactly have you won?
I certainly have [laughs]. I'm the current Miss Bondi, the current Australian title holder and winner for Miss V8 Supermodel, Australian winner for Miss Surfest Australia, Australian runner-up for Miss Hawaiian Tropics and runner-up for Miss Swimsuit Calendar search.

SWIPE FOR MORE

What drives you to compete in these competitions?

What drives me to compete is you work so hard to just get there in the first place and put a lot of effort and preparation into your choice of outfits and hair, make up, and keeping fit. It's also very addictive competing plus you get to meet amazing people and make some really good friends.



LIZ

Picturing her
Rolling



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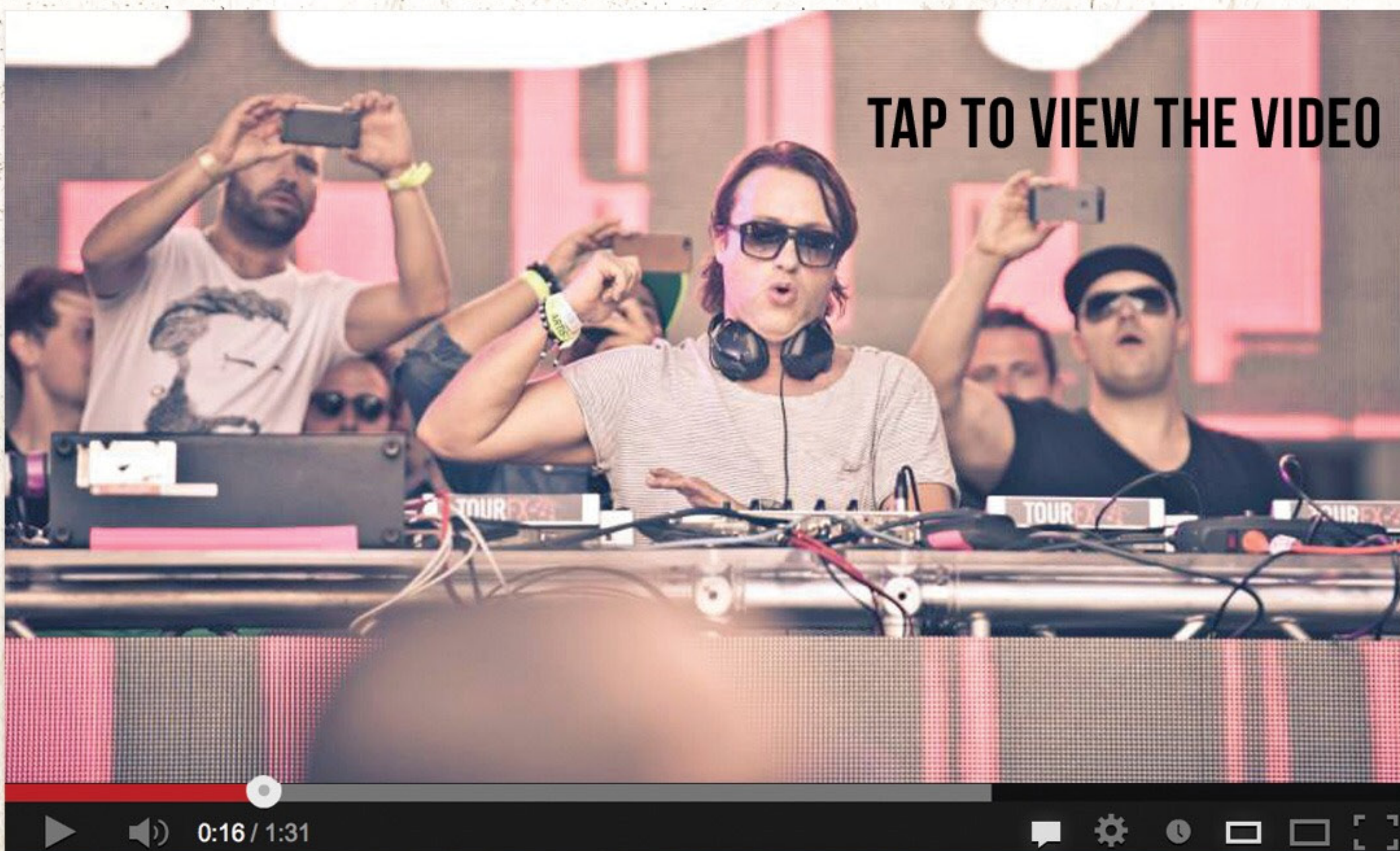


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EXCLUSIVE VIDEO INTERVIEW



THE ROMP CAUGHT UP THE WITH POOL- PARTY LOVING SWISS MACHINE THAT IS EDX. WE CORNERED HIM BACKSTAGE AT MARQUEE IN SYDNEY TO TALK ABOUT PIGEON - HOLING, AN UPCOMING MILESTONE AND HIS EARLY DAYS AS A BUDDING DJ. ENJOY.



Just kickin it with

SHENAE

AGE: 22

STAR SIGN: Aries

HOMETOWN: Ballarat, VIC



















Just kickin it with
SHENAE



LIKES: Coffee! I'm a coffee addict. Soy Lattes are my favourite and if you bring me one without me having to ask, you are my favourite person!

I also love going on adventures, whether it's finding new places to workout, having picnics or just relaxing somewhere. And of course I love food. Going to different restaurants and trying new food is always great

DISLIKES: Negativity. Be happy!

OCCUPATION: Model & makeup artist

FAVOURITE MOVIE: I don't have favourite. I love comedies though!

FAVOURITE SONG: Anything I can dance and sing along to

How did you like today's shoot & location? Location was absolutely beautiful, I loved the view. Definitely can't complain shooting in one of Sydney's nicest suburbs with such an amazing view. Everyone was so lovely so I had a great time!

What would you say is your best feature? I would have to say my eyes. I've always been complimented on them

You looked amazing in the bikini shots you took today, how do you think it will turn out?

Thank you! We'll just have to wait and see, I think my bikini shots will be even better in future shoots as I've just started exercising more and I'm focusing on improving as much as I can



Just kickin it with
SHENAE

Just kickin it with
SHENAE

When did you decide you wanted to be a glamour model?

To be honest, I kind of fell into glamour modelling. I did photoshoots for hairdressers and makeup artists when I was younger and felt very comfortable in front of a camera, then one day a friend referred me to an agency and they got me on the cover of a motorbike magazine, ever since I have loved it.

How long have you been modelling for?

I started doing small shoots for local businesses around my hometown when I was about 14, but only started taking it seriously and doing glamour shoots when I turned 18.



Besides modelling in photoshoots what else do you get up to?

I love doing photoshoots, but I also enjoy doing promotional work because I get to meet new people. I've been working for Edge Models a lot lately and I am currently the face of a new ginseng drink called Mr Pink that is being launched in Australia soon – it's already in America and doing well so I'm excited for what's to come for Mr Pink!

What's one thing no one knows about you?

I would rather have a night in playing computer games and watching movies, eating Thai food with good company than have a crazy night out partying and drinking

You're involved with a lot of charities, how did that start?

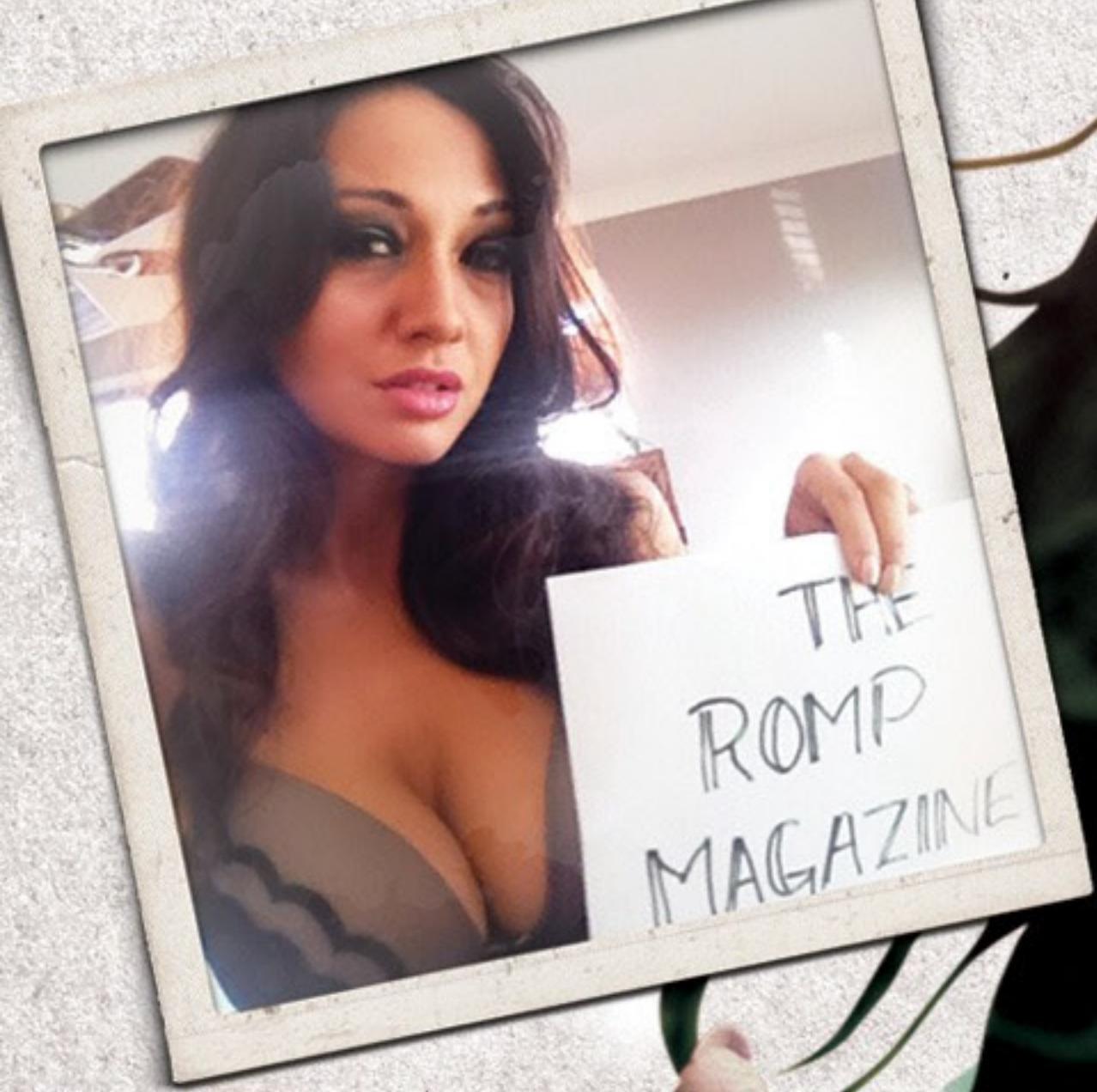
Honestly, I would like to be more involved with charities and that's something I want to start focusing on. I try to attend as many charity events as I can and donate when I can, I've also volunteered but I would definitely like to commit myself a lot more in the future

How can our readers follow you? Instagram, Facebook?

My Instagram is just my name – shenaegillespie – and I also have a Facebook page, Shenae Gillespie

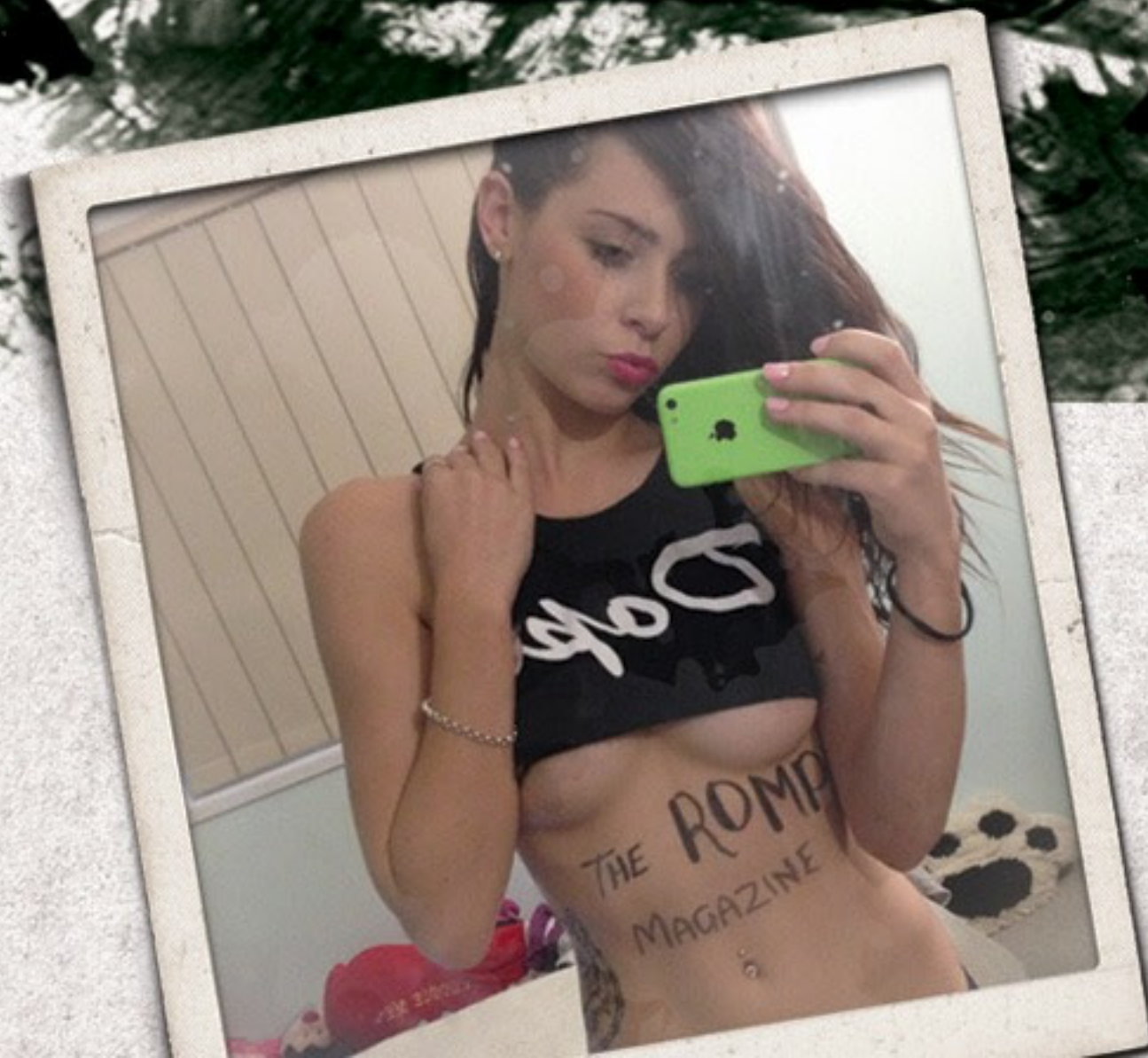
Just kickin it with
SHENAE





WANT TO GET YOUR SELFIE IN
THE ROMP MAGAZINE?
SEND IN YOUR SELFIE HOLDING 'TH
ROMP MAGAZINE' SIGN TO
SELFIES@THEROMP.MAGAZINE.COM

SELFIES THESE GIRLS LOVE THE ROMP MAGAZINE



**WILD
CAT**



**LET OUT YOUR
WILD SIDE!**



50 WAYS TO LEAVE YOUR LOVER

Paul Simon's classic tune offered up a variety of ways in which you can leave your lover. Here are 50 better ones, updated for the modern age:

1. Tell her you're a fighter, not a lover
2. Send her flowers made of toilet paper
3. Start wearing her clothes
4. Ask her to marry you... while wearing her clothes
5. Repeat everything she says in an annoying voice
6. Respond to all questions with "I know you are, but what am I?"
7. Give her hourly noogies
8. Prank call her without blocking your number





SUMMER
DREAMING WITH
KIKI



















AGE: 26

STAR SIGN: Libra

HOMETOWN: Newcastle

LIKES: Fitness, fluffy animals, sushi, shopping

OCCUPATION: Model and TV presenter

FAVOURITE MOVIE: Too many to choose from but I love Horror movies

FAVOURITE SONG: My Humps by The Black Eyed Peas

What's your background/ethnicity?
I'm a plain old Aussie.

How long have you been modelling?
Since I was a teenager.

You are looking hot in those Miami Bikinis, I heard you designed them?
I did, these are hand-selected by me for this shoot.

How did you get into designing?
I'm very creative, I love fashion and always like to be ahead of the trend.





Besides modelling and designing what else do you get up to?

I'm a TV presenter, plus I've been reading scripts for a few short films and TV pilots.

So we might see you in the movies soon?

Yes, my agent in America has found me some exciting scripts.

What celebrity do you have a secret crush on?

Zac Efron and Dave Franco.

If you were in the same room with "celebrity crush" would you:

A) Stare like a stalker

B) Smile and give em a wink

C) Walk up to him and confess your crush

C) Walk up to him and confess.

Lastly how can our readers follow you online?

My Facebook page Kirralee Morris, and my Instagram is kikimorris.





YOU REALLY DON'T NEED

BUT REALLY MUST OWN

DOG COLLAR BOTTLE OPENER

We've all been there. You're out walking the dog at 8am and are suddenly hit with the insatiable and unavoidable urge to down a beer before work. Only problem is you have to wait until you get home to start drinking. Not with this handy little 2-in-1 gadget that will make sure your dog's not the only one pissing on a parking meter

www.cycledog.com/puptop.html

CLIP-ON CUP HOLDERS

OK, so you're out walking the dog, having a few beers and sitting on a park bench. But you've got nowhere to put your beer in between sips. Wait, yes you do! Bring a portable clip-on cup holder and you can rest that bad boy down absolutely anywhere... in the bank, at the post office, during a high-pressure client meeting.

www.amazon.com/Colorful-Clip-Table-Cup-Holders/dp/B00JH83GWA

DESKTOP BAT SIGNAL

So eventually you make it to work and you're at your desk, beer sitting comfortably in your clip-on cup holder and you realise you left your dog at the post office after the fifth beer (by the way, how are you still standing and still employed?). You're already on thin ice, so you can't really leave the office, what are you going to do? Call Batman, that's what...

www.thinkgeek.com/product/ef78/

INFLATABLE DELUXE MOVIE SCREEN

So the good news is Batman found your dog. The bad news, you were unceremoniously fired for some reason. More good news, you've got loads of free time now. You and the dog should head to the movies. But wait, that costs money every time. Money you no longer have. Why not just pay a one-time fee for an inflatable movie screen and go into the cinema business yourself?

<http://www.amazon.com/Airblown-Inflatable-Widescreen-Deluxe-Outdoor>

IPHONE MOVIE PROJECTOR

Now you're going to need a projector, and you can't really afford a top-of-the-line one, so just plug this bad boy into your iPhone and you're all set. Just be careful you don't broadcast those naked pictures you accidentally texted your boss earlier this morning. We still can't believe you got fired!

www.amazon.com/Pocket-Projector-iPhone-4-Devices/dp/B005Y6DROG



WAYS TO SURVIVE A PARTY WHERE YOU DON'T KNOW ANYONE!

You know the situation. You reluctantly agree to accompany your buddy to some party because he **ABSOLUTELY INSISTS** that there are a shitload of hot and willing girls there. Plus, he really needs to hook up with this one girl who he is totally in with, and she's definitely going to be there. You show up, she is there, your buddy and her head off for some alone time and there you are, Captain Awkward, all by your lonesome, scanning the room desperately for a familiar face. Don't worry, all is not lost. There are a number of ways you can salvage this, here are three of them:





MONTHLY

* **MUSIC REVIEWS** *

QUALITY



ASSURED

YG **TIESTO** TOOLROOM RECORDS **DEADMAU5**



TIESTO

A TOWN CALLED PARADISE

Following up on the divisive and somewhat confused Kaleidoscope, Dutch master Tiesto drops *A Town Called Paradise* - his fifth studio album, and by far his most commercial to date - as he looks to consolidate his place in the trouse trinity alongside Hardwell and Avicii.

Opening track *Red Lights* sets the tone right from the off. There is no easing into matters, as the listener is slapped across the chops with the first male vocal, hollow drum, and huge drop - all before the first minute and a half is up. This is Tiesto in full, unabashed stadium mode.

What follows is a quick-fire series based on the same pattern, with the only points of difference being the changing guests - there are no less than seventeen on the album. The listener is treated to instantly likeable Balearic guitar, Coldplay piano lines and 'heartfelt' stadium emotion.

One of the album's biggest strengths is its most glaring weakness. The production is exceptional, without offering anything new. Strip away the middle of the road college-romance vocals and huge synth lines, and beneath all the superficial feels, there is no soul behind the perfectly manicured outer

And then, just like that, the album takes a turn for the





IBIZA 2014

Various Artists

Toolroom Records

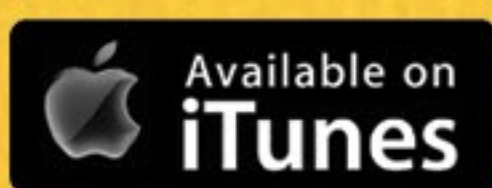
The industrious folks at Toolroom have yet another release out – and it is a doozy. Split across three mixes – poolside, club and afterclub, there is plenty to say – so let's dive in.

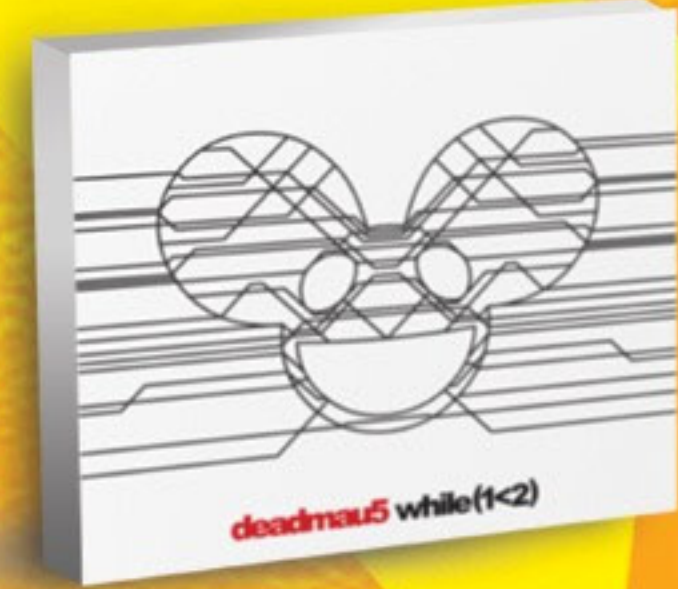
The Poolside party begins with bassy tech-house before upping the funk with Arkon Fly's bouncy joyride *Through The Fire*. You can't help but get your smile on as the sun-infused tracks come thick and fast – this is smooth sexy house at its finest.

Tensnake's remix of London Grammar's *Hey Now* stands out, with its ethereal vocal oozing over the plucked bassline as the mix switches up. We are treated to some pacier piano house, as the dancefloor swells. Fans of Deep House 2.0 will adore the next turn in the road, as Beckwith's *Anandia* shimmers into one of the tracks of the year. Bonobo gives the Burial treatment to one of Maya Jane Coles finest. The two-step rattle offsets the wind chimes and coded vocal for three minutes of Balearic bliss.

Delightfully, it is a sustained change of direction as the disc stretches its way to all the environs of house music. By Wilfred Giroux's sharp garage cut *U Make Me*, I am calling it the best mix of the year. One disc in, and it's a keeper.

SWIPE FOR MORE





deadmau5 while(1<2)

SWIPE FOR MORE

Deadmau5's long anticipated seventh studio album is here, and boy it's big. Coming in at 25 tracks, the outspoken Canadian drops a longplayer that will once again divide fans. By far the most adventurous outing to date, while (1<2) begins with his signature sound. Avaritia kicks us off with a pensive intro which makes way for a rumble bass-driven effort that doesn't break down again until almost four minutes in. It is snappy and expertly produced as we have come to expect from one of the most hands-on players in the field.

The first eyebrow is raised on his remix of How To Destroy Angels' gorgeous Ice Age. Keeping the essence of the original, deadmau5 adds a stuttering march and intricate FX. It is wonderfully respectful of the elements that made the track so stunning and a real home run. You are not gonna hear it in a club set, but that right there, that's the beauty of it.

"Game told it his way, Kendrick told it his way, I'm a tell it my way."



PARENTAL
ADVISORY
EXPLICIT CONTENT

YG "MY KRAZY LIFE"

Available on iTunes

SWIPE FOR MORE

It's been a long time coming, but YG has turned in his debut album, featuring appearances from the likes of hip-hop royalty Drake, Lil Wayne, Kendrick Lamar and Nicki Minaj. Having signed to Def Jam in 2009, fresh out of a stint in jail for burglary, YG has plenty to say in a fascinating inauguration.

The album opens on a skit, with YG's momma setting the scene with a foul-mouthed tirade which drops into a liquid introduction to his upbringing on the streets of Compton.



MILKY Chance

Debut Album

Sadnecessary

Out Now Featuring

Stolen Dance & Flashed Junk Mind

neon | milkychance.com.au



*Berenger
ROSE
making a splash!*

















Berenger ROSE *making a splash!*

AGE: 25

STAR SIGN: Aquarius

HOMETOWN: Currently in Oklahoma, US. Originally from Sydney, Australia

LIKES: Weather, nature, animals, travel, reading, music

DISLIKES: Cruelty against animals, liars, cheaters, fake people

OCCUPATION: Storm chaser and swimsuit model

FAVOURITE BANDS: Pink Floyd, Killswitch Engage, The Cure, Karnivool, The Amity Affliction, Avenged Sevenfold, Slipknot, Muse



Berenger Rose

making a splash!



What did you think of the location for this shoot?
It was absolutely beautiful, nothing beats Sydney Harbour!

How did you get into modelling?
It was by accident, really. I accompanied a friend to a shoot, ended up being convinced to shoot as well, the magazine asked me back to shoot again, and the rest is history...

You have been featured in TV shows and magazines around the world, has anyone stopped you in the street after seeing you on a magazine cover?
I get recognised pretty regularly, and it still takes me by surprise each and every time. It feels so surreal!

You're a storm chaser, how does it feel running around America getting close to death from all the tornadoes?
I'm always with professionals, so I'm in safe hands. I don't really get scared, but I am in awe of Mother Nature's beauty and power

When guys talk to you do you notice most of them look at your face or your breasts?
Most of the time guys will look at my face, but I do catch them getting a sneaky look in every now and then. Boys will be boys!

Can you sympathise with men having a hard time keeping eye contact with you?
Not particularly, because everyone has the ability to exercise self-control. I don't mind a guy appreciating the way I look, but prefer it to be in a respectful way



*Berenger
Rose
making a splash!*

Berenger Rose

making a splash!

What is the best pick up line a guy or girl has said to you?

Pick up lines never win points with me, so there isn't really a "best" one. I prefer someone to keep it real

Who do you think is the sexiest female celebrity right now?

Joanna Krupa

What's your drink of choice?

Beer, beer and more beer! I'm an Aussie girl through and through

Can you hold your alcohol or are you a cheap drunk?

I absolutely can hold my alcohol, not to mention outdrinking the boys on many occasions!

5 TIPS FOR BUILDING MUSCLE

THE ROMP MAGAZINE
MONTHLY
HEALTH
AND
FITNESS

COMPOUNDS ARE THE KEY

Compound exercises are those that require multiple muscles to be used at once. For example squats work the glutes and quads, chest press the pec's (the breast muscles!) and triceps, rows use back and biceps etc. You want to target different muscle groups each session and your program should be based on and always start (after a sufficient warm up) with the compound forms for this group. Then move into isolated (single muscle movements like curls, dips) exercises. Extra tip, make your isolated exercises target a muscle that wasn't activated during the compound movements you just did. So do chest with biceps, back with triceps etc.

5 TIPS FOR BUILDING MUSCLE

DON'T BE AFRAID OF CARBS

Those muscles aren't going to be built without materials for the body to build them with. So you need to eat plenty of good foods throughout the day. You should be constantly giving your body fuels, which includes plenty of not just protein, but carbohydrates and good fats as well. While it sounds easy, normal life hurdles does make it hard to eat sometimes. So prepare plenty of meals to take to work or leave in the fridge.

SLEEP WELL

Your body needs time to get down to business in re-building those muscle fibres and that won't happen if you don't get sufficient rest. If you're not getting a solid eight hours, you're hindering the repair work. So switch off that telly and get some good shuteye!

DRINK UP

Water is vital for human life in general and it's no different for building muscle. You need to keep the H₂O flowing through the body as it carries the nutrients to your cells and helps form the structures for protein and glycogen. Also, your muscles will not work as well if you are dehydrated, so be sure drink plenty of the clear stuff before, during and after your session. Every set, head to the bubbler or drink bottle and have a couple of mouthfuls, don't skull a litre in one go!

GET A TRAINER

It may sound a little bias coming straight from a trainer, but if you're not an expert at lifting weights, even just a few sessions with a PT will make sure you're doing all of the exercises properly. This won't just get you to your goal faster, it ensures you're not going to injure yourself long term with bad techniques. PT sessions can be very expensive, so if money is an issue I always recommend finding other people with similar schedules and fitness goals and split the bill. Having two to four people in a class can be easily handled by almost any PT and you'll get almost all of the benefits of having one-on-one sessions.





SWEATING IT OUT WITH

JESSICA

• LETS WORK! •















SWEATING IT OUT WITH
JESSICA
• LETS WORK! •



AGE: 19

STAR SIGN: Aries

HOMETOWN: Brisbane, Queensland

LIKES: Coffee, bacon, the beach, cats

DISLIKES: Peanut butter, cold weather, feet

OCCUPATION: Student and Personal Trainer

FAVOURITE MOVIE: Iron Man, Thor, The Avengers – anything Marvel, I'm obsessed!

FAVOURITE SONG:: I Miss You – Blink182

How did you get into modelling?

Mum's friend needed a model for a kids clothing line when I was five – they put me on a runway and I've been on it ever since!

What is your preparation before a photo-shoot?

Aside from making sure my body's in great shape, it usually involves waxing, moisturising, getting my hair and nails done and the occasional fake tan.

Do you squat?

Of course. A good ass is important!

In our shoot you looked like a pro boxer, have you done boxing before?

I've actually been doing boxing for six months now.

SWEATING IT OUT WITH
JESSICA
• LETS WORK! •



SWEATING IT OUT WITH
JESSICA
• LETS WORK! •

So pretty much you can kick some ass before anyone touches your ass?

Definitely! If it comes to it, I'd hold my own pretty well.

It's safe to say your breasts are not small, are they real or fake?

100 percent real.

What size are they?

10E.

What do you think is your sexiest feature?

I like my legs! And my hair.

What do you find sexy in a guy?

Biceps. And facial hair... but only a little bit.

How would your friends describe you?

Most of my friends tend to just refer to my boobs when talking about me. I'd like to think they'd say something about an awesome personality as well...

What is your dream destination to visit?

If I could go anywhere, I'd love to see the Amalfi Coast. I'm a huge Summer girl though, so Los Angeles is probably my favourite place to be.

How can our readers follow you online?

On Instagram – @jessicadavisx







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THE

ROMP

MAGAZINE



AUDI • MERCEDES • NISSAN • BENTLEY



THE NEW AUDI R8 SPOTTED TESTING AT NURBURG

SUPERCAR STALKERS HAVE SPOTTED A PROTOTYPE VERSION OF THE NEXT-GEN AUDI R8 AT THE FAMOUS NURBURGRING CIRCUIT IN GERMANY

With the R8 already sharing its V10 engine with sister company Lamborghini, it's set to have a few similarity's to the raging bull's Huracan supercar, including a weight diet program to shed 60kg by using more





MERCEDES-BENZ CLS

REVEALED WITH NINE SPEED GEARBOX

Mercedes-Benz has unveiled the new CLS-Class which has a few tweaks to the body, upped engine specs, a nine-speed automatic transmission and a set of revolutionary new Multibeam headlights.

The base model, CLS 220 BlueTEC, comes with a 2.1-litre turbo-diesel producing 125kW and 400Nm, the CLS 250 BlueTEC gets upped to 150kW and 500Nm while the top diesel model CLS 350 BlueTEC gets two more cylinders with a V6 producing 190kW and a tyre





BENTLEY UNVEIL *Roadster* CONTINENTAL EVER

If you're a high-end butler and also a bit of a hoon, here's a reason to start loving your job. Bentley has unveiled what is basically a road-going version of the mighty Continental GT3 race car.

The "GT3-R" will be the most aggressive car ever to come from the famous British luxury car



SWIPE FOR MORE



NISSAN'S NEW DREAM MACHINE FOR

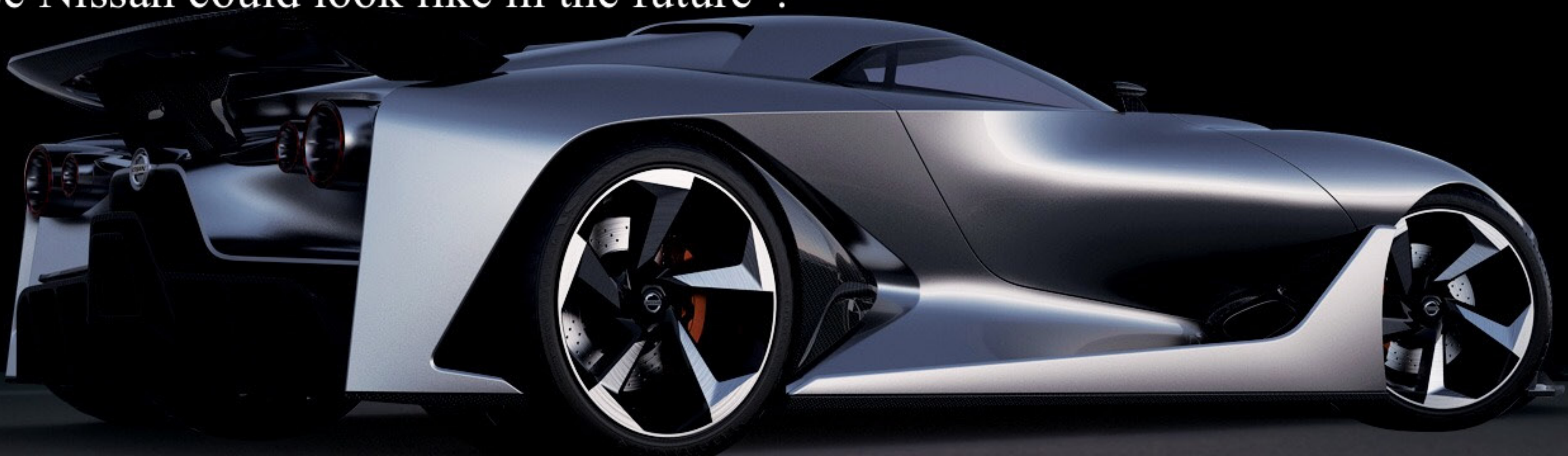
Gran Turismo 6



Plenty of carmaker engineer's greatest fantasies have been in the Sony PlayStation Gran Turismo series over the year and this is Nissan's latest concept.

The Vision Gran Turismo has been released for download on Gran Turismo 6.

In what looks like the love child of a GT-R and the Bat mobile, the Nissan Vision Gran Turismo is apparently a hint at a future Nissan model with the maker saying it is "a vision of what a high performance Nissan could look like in the future".





RINGSIDE TO
POOLSIDE WITH
KAHILI
20 14
★★★★★
THE **ROMP** MAGAZINE



AGE: 25
STAR SIGN: TAURUS
HOMETOWN: MANLY

















RINGSIDE TO
POOLSIDE WITH

20 **KAHILI** 14



THE **ROMP** MAGAZINE



AGE: 25

STAR SIGN: Taurus

HOMETOWN: Manly, Sydney

OCCUPATION: Student, model, VT1 MMA Academy

FAVOURITE MOVIE: How to Lose a Guy in 10 Days

How did you find the shoot today?

Amazing! A perfect team to work with, spectacular weather and a breathtaking view.

You were rocking the bikini but then you slipped into something more revealing & sexy... a see-through green cloth, not many models can pull that off.

I wouldn't let anyone pull it off [laughs]. That's what modelling is all about, taking risks to produce a great photo. As long as you remain true to yourself and are comfortable that's all that matters.

I guess you're comfortable in your birthday suit?

To be in this industry you need to be comfortable in your own skin.

Do you exercise frequently to keep your body as good as it is?

I do my best, I'm not perfect but I definitely work hard to keep in shape. Especially as I'm getting older now [laughs].

How do you prepare for a photo shoot?

I always stay home the night before. Preferably on my own, just to prep my body and to be organised. If I have the opportunity to train I'll do so the night before as well.

I hear you are also a ring girl for the UFC?

Yes, I am the Australian UFC octagon girl.

If you ever stopped modelling would you compete in the women's division of the UFC?

Probably not. Although I would do a one-off competition if it was in the name of charity.

How can the readers of The Romp Magazine follow you on your daily adventures?

Instagram at kahiliblundell, @kahili_blundell on twitter and Kahiliblundellmodel on Facebook.

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the **BULLSHITTER'S** guide to soccer

So the World Cup was on, you might have heard pretty much everyone was talking about it, #WorldCup2014. But not everyone gives a shit about soccer (football). If you're one of the people who couldn't care less, but don't want to be left out of conversations, here are some stock phrases to help you wing it, just like Argentine winger Ezequiel Lavezzi (that's a freebie).

"Wow, how about that goal? That guy struck the ball into the back of the net alright."

"Can you believe how clean those corner flags are? Those linesmen done a great job."

"C'mon referee, why aren't you wearing the contact lenses that were prescribed to you by your optician?!"

"He was so far offside he could barely see the inside line!"

"What a strike! The goalkeeper had a hard time collecting that into his gloves!"

"Can you believe we're only 40 minutes in and already we've seen two attempts on goal?"

"I wouldn't like to be that defender's mother."

"I'm not sure that striker's shorts are regulation length. He's showing a lot of kneecap."

"Oh good, he got a free kick! Who do you think he's going to kick?"

"Holy shit, what an amazing throw-in!"

"Wow, he passed it to his team-mate like a bullet passing a ball to another bullet."

"He needs to be careful or he'll rip the leather right off the ball!"

"Only three minutes left until half time, I can't wait to hear what the panel thought of that goal kick."





THE
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MAGAZINE
SPORTS

MMA BIG MOUTH | SCHUMACHER | NBA SPURS | FIFA VS SUAREZ



FIFA BITES BACK
ON SUAREZ CONTROVERSY

Uruguay and Liverpool striker Luis Suarez was suspended from all football-related activity for four months for biting Italian defender Giorgio Chiellini during the Uruguay 1-0 win over Italy in the group stage of the world cup.

In addition, he was banned for nine international matches, that put an end to his 2014 World Cup campaign. He will also miss the first nine games of the Premier League season and was also heavily fined. The ban is the biggest in World Cup history, beating the eight games given to Italy's Mauro Tassotti in 1994 for elbowing Spain's Luis Enrique.

Chairman of the FIFA disciplinary commission, Claudio Sulser said, "Such behaviour cannot be tolerated on any football pitch and, in particular, not at a FIFA World Cup when the eyes of millions of people are on the stars on the field." Suarez lunged at Italian defender Giorgio Chiellini during their group game match in the World Cup 10 minutes from the end of the match. This was shortly before Diego Godin scored to give Uruguay the win.

GERMANY MAKES HISTORY WITH THEIR 4TH WORLD CUP TOURNAMENT WIN

GERMANY WINS THE 2014 WORLD CUP IN EXTRA TIME BECOMING THE FIRST EUROPEAN TEAM IN HISTORY TO WIN THE CUP ON SOUTH AMERICAN SOIL.

This win marks the nation's fourth World Cup win (1954, 1974, 1990, 2014) and the first as a unified nation.

It came off the brilliance of substitute Mario Goetze deep into extra time. In the 114th minute Andre Schurrle burst down the left flank and crossed for Goetze. The 23-year-old Bayern Munich star took the ball on his chest before booting it past Sergio Romero and into Argentina's net. The single goal would prove to be enough to give Germany a well deserved win in a very tight and hard fought final.

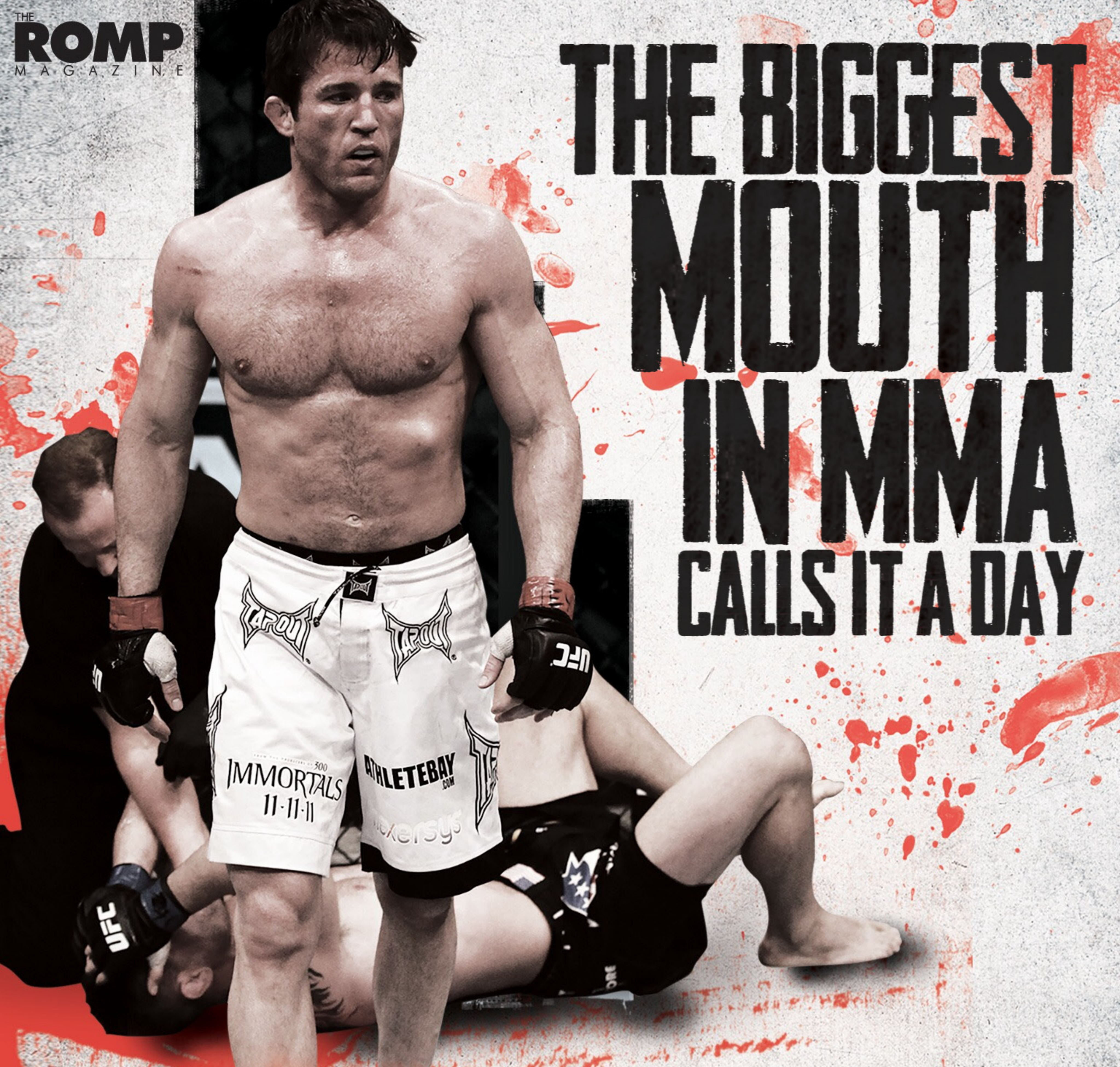
Just like Germany's last cup win back in 1990, the nation beat out Argentina 1-0 and in the process broke the hearts of the entire South American nation.

Coming into the finals you couldn't bet against Germany with many naming the team the early favourite of the tournament. They produced some of the best showing of football talent in all of their tournament games, especially in their win over Portugal and their 7-1 semi-final demolition of home nation Brazil.

Much has been made about the golden generation of European footballers taking the field for Germany and the long road the nation has taken to get themselves back to the top of world football.



THE BIGGEST MOUTH IN MMA CALLS IT A DAY



UFC middleweight and light heavyweight fighter and one of the greatest trash talkers in the fight game, Chael Sonnen (28-14-1), has announced his retirement from the sport. Recently, Sonnen tested positive for two banned substances: Anastrozole and Clomiphene. Despite claims of appealing his suspension, the three time UFC title challenger instead decided to call it a day on his professional fighting career.

"I want to officially announce my retirement from competitive mixed martial arts," Sonnen said on UFC Tonight. "These weren't secrets that I took these substances, this is what you have to take coming off Testosterone Replacement Therapy (TRT). The confusing part is that it is for a non-anabolic, non-steroid, non-performance enhancing agent that is perfectly legal and that I need for a healthy life. Essentially, they are saying you have to choose between your health and your sport."

"Sonnen was diagnosed with Hypogonadism in 2008, resulting in lower levels of testosterone. Sonnen went through TRT to counter this.

This announcement brings to an end the career of one of the most popular fighters on the UFC roster. His ability to sell a fight was unparalleled and he had an uncanny ability to get under the skin of his

SPURS CELEBRATE STRAIGHT TITLE



The San Antonio Spurs cemented their place in sporting history with their 104-87 win in Game 5 of the NBA finals, clinching their fifth championship in 16 seasons. San Antonio took the series by winning four of five games, including the last three, putting an end to Miami's well-publicised quest for a third straight title. The victory was even sweeter for the Spurs given their recent history with the Heat. In last year's finals, the Spurs had a 3-2 series lead before it slipped away. They blew a late lead in Game 6, and then went on to lose the series in Game 7. After this many questioned whether the Spurs could go on another successful run with their current and aging line-up.

"Last year's loss was devastating," Coach Gregg Popovich said. "I've said many times, a day didn't go by where I didn't think about Game 6."

The Spurs responded by posting the league's best regular-season record before storming through the playoffs. The Spurs' Big Three (Tim Duncan, Tony Parker and Manu Ginobili) guided the team to a dominant run after escaping a seven game series with the Dallas Mavericks in the first round of the playoffs. San Antonio's combined 70-point winning margin over Miami was also the largest in NBA Finals history.

SWIPE FOR MORE



Kevin Daniels

Sex Questions with **BERENGER ROSE**

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SEX QUESTIONS

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20 EMAIL US HERE 14

Q: My girlfriend always gets naked straight away when we're about to have sex but I'd like to do it with her clothes on one time. How do I tell her?

A: I suggest complementing her on how hot she looks in what she's wearing, and tell her how much of a turn on it would be to get naughty in her sexy outfit. You could even buy some new lingerie for her to wear! Girls love to be told they're sexy, and I'm sure she would love nothing more than knowing how smokin' hot her man thinks she is!

Q: I'm about to have a great night with a girl I just recently met, is it a good look to shave all my pubes, leave a bit of stubble or go full bush?

A: Unfortunately, we are no longer in the 1970s and rocking a full bush of porn star pubes is no longer a thing. If you don't feel comfortable going completely hairless, I suggest at least doing a little "manscaping" down there to make it neat and tidy.

Q: How do I get out of going down on a girl when she demands it?

A: Instead of killing the mood and outright shutting her down, suggest doing other things that will make her feel good. After all, sex is about both people getting pleasure, and if you don't feel like going down on her, you should both do something that will make her feel equally as good.



Sex Questions
with **BERENGER
ROSE**

★ Send us your ★
SEX QUESTIONS

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Kevin Daniels

Q: A pregnant woman keeps inviting me over her place to have sex, is that safe? Or would I be poking the unborn in the face?

A: As long as the woman is going through a normal pregnancy, sex is generally OK and will not harm the baby (I'm not a doctor though, so discuss this with her first to make sure). During pregnancy she may feel uncomfortable in certain positions or doing certain things, so be sensitive to her needs and wants whilst getting naughty, to ensure a pleasurable experience for both parties.

Q: My girlfriend has offered me a threesome with her and another girl but I'm not sure if she's just testing me to see what I say. I want to do it but I also don't want to get a slap in the face for agreeing. What do I do?

A: Introducing another person into your bedroom is a big decision. As sexy as that idea seems in fantasy, the reality of the situation is that someone may end up feeling left out or jealous. I'd suggest sitting down with your girlfriend and talking to her about it, make sure that you are both on the same page. If you are both comfortable with the idea and feel as though another person would add to the equation in a positive way, then go for it!

Q: While me and my partner are having sex, she makes an annoying grunt that completely turns me off and makes her think I have erectile problems. How do I tell her to be quiet so I can be in the mood again?

A: If you outright tell her the way she sounds during sex is a turn off, you run the risk of hurting her feelings. Ask her to talk dirty to you, kiss her a little more, or even play some music during sex.

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