

MAXIM

MAY 2022 ISSUE 39
NEW ZEALAND

FITNESS

BEST CHEST

HOW TO PUSH
YOUR PECS TO
THE LIMIT

P. 46

SEX

MASTER YOUR SELF PLEASURE GAME

P. 88



MOTORSPORT
ICON TOBY
PRICE

MAXIM's
TRIBUTE
TO SHANE
WARNE

FACEBOOK/MAXIMMAGNZ INSTAGRAM/MAXIM_NEWZEALAND
TWITTER/MAXIM_AUS YOUTUBE/MAXIMAUSTRALIA

WWW.MAXIM.COM.AU

AUST/NZ \$9.95 INC GST
ISSN 1839-0641



9 771839 064006

PRINTED IN AUSTRALIA
BY 18000000

Emily Sears

THE RETURN OF...

THE AUSSIE MODEL AND HOT
INFLUENCER BOUNCES BACK TO TALK BOYS,
BURGERS, BRAIN SURGERY & WARNIE

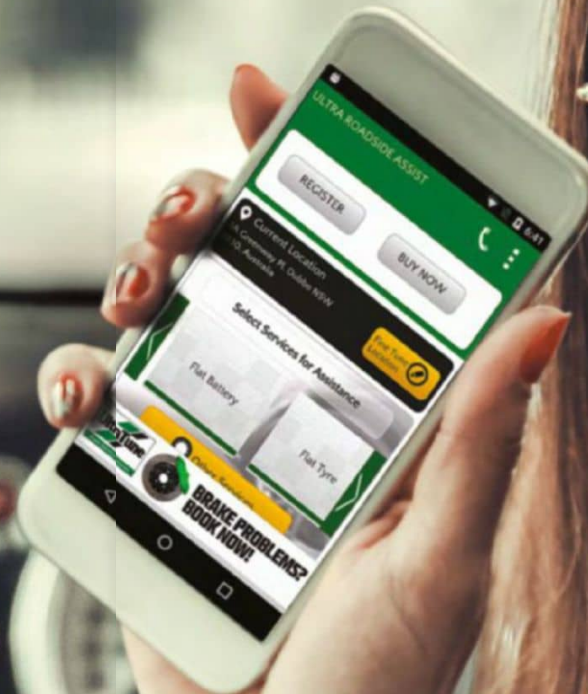
P. 36

AUSTRALIA'S N°1 CAR SERVICING BRAND



ESTABLISHED 1979

PROUDLY SERVICING AUSTRALIA



MOST SATISFIED CUSTOMERS
CAR SERVICING 2016, 2017, 2019



PROUDLY SERVICING AUSTRALIA FOR OVER 40 YEARS

WWW.ULTRATUNE.COM.AU

EPOS



“For anyone coming from anything less than a proper gaming headset, you’ll immediately notice the premium high-fidelity game sound performance from the GSP 670.”

/ ManofMany.com

GSP 670

Wireless gaming headset

The GSP 670 is the premium wireless gaming headset for the demanding gamer.

Customize 7.1 surround with the EPOS Gaming Suite and adjust chat and game audio independently. Intelligent battery management preserves battery life and Bluetooth® lets you switch seamlessly between your game and phone.

eposaudio.com/GSP-670

#edited skin

Our all-natural,
multi-tasking
ingredients work
to make your skin
as naturally
radiant as
possible.

Multi-purpose face
and body oil for that
#perfectoncamera look.

APRICOT KERNEL OIL

Works to promote skin rejuvenation and combat visible signs of ageing.

HYALURONIC ACID

Powerful in reducing the visibility of fine lines and wrinkles and helps retain moisture to the skin, creating a dramatic hydrating effect.

BAKUCHIOL

Addresses ageing skin and helps to protect the skin from damage.

COENZYME Q10

Protects against damage caused by UV rays, pollution, toxins and stress, and encourages production of collagen and elastin.

ARGAN OIL

Delivers intense nourishment for smoother, softer and more radiant skin and hair.

VITAMIN E & B5

Vitamin E - Protects the skin from the effects of solar radiation. Vitamin B5 - Provides an anti-inflammatory effect that can help stimulate the skin's healing processes.

SWEET ALMOND OIL

Gently eliminates everyday skin impurities to help maintain clear skin and may help reduce the appearance of scars.

WHAT OUR BRAND STANDS FOR

- Sustainable
- Ethically Sourced
- Affordable
- Australian Made
- Authenticity
- Quality
- Reliable
- Style
- Transparency of Ingredients



@editedskin | editedskin.com

MAXIM

CONTENTS

ISSUE 39 - MAY 2022

12 **MACHINES** THE APPALOOSA 2.0 AND NEW ITALJET 200 BIKES

18 **SPOTLIGHT** THE FRESHLY-CROWNED MISS MULTIVERSE AUSTRALIA, CLAUDIA BODNAR

26 **MOTORSPORT** THE RISE, TRIALS AND TRIBULATIONS OF TWO-TIME DAKAR RALLY CHAMPION AND ICONIC AUSSIE, TOBY PRICE

36 **COVER GIRL** MODEL AND INFLUENCER EMILY SEARS TALKS BOYS, BURGERS, BRAIN SURGERY, WOMEN AND WARNE

46 **HEALTH & FITNESS** HOW TO PUSH YOUR PECS TO THE LIMIT

50 **MAXIM AUSTRALIA/NZ OFFICIAL GIRLS OF MAXIM 2022 CALENDAR**

52 **ADVENTURE** THE MOST EXTREME AND EXCLUSIVE SKIING EXPEDITIONS AROUND THE WORLD

56 **MODEL PROFILE** ACTRESS, DANCER AND SELF-PROCLAIMED TOMBOY TESLA WOLFE

62 **TRAVEL** A LUXURIOUS TOUR OF SICILY AT THE WHEEL OF THE NEW BENTLEY GT SPEED CONVERTIBLE

68 **WOMAN OF THE WORLD** INTRODUCING MULTI-TALENTED AMERICAN BEAUTY CAILIN ALYSSA

74 **AUTO FOCUS** FRENCH LUXURY CAR COMPANY DELAGE ROARS BACK

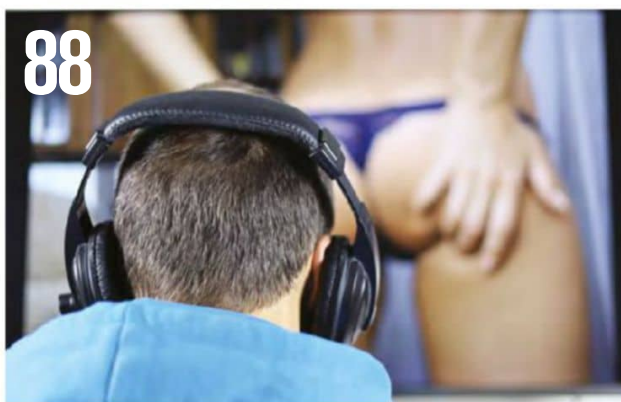
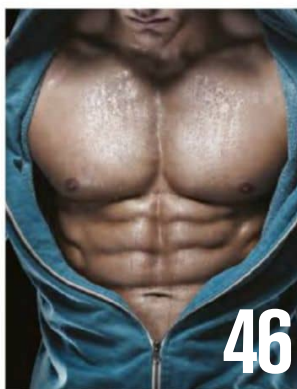
78 **ATHLETE** THE ANATOMY OF ONE ONE OF AUSTRALIAN WRESTLING'S HOTTEST PROSPECTS, VINNIE VAIN

82 **THE GIRL NEXT DOOR** MEET FOOTY FAN AND BUSINESS OWNER BROOKE TRASLER

88 **SEX** HOW TO MANAGE YOUR MASTURBATION AND UP YOUR WANKING GAME, PLUS A MALE ENHANCEMENT MOISTURISER!

94 **MAXIM AUSTRALIA/NZ OFFICIAL WOMEN OF THE WORLD 2022 CALENDAR**

96 **TRIBUTE** WE REMEMBER AUSTRALIA'S GREATEST SPIN BOWLER, SHANE WARNE BY TAKING A LOOK BACK AT MAXIM COVER GIRL AND TV PRESENTER LAURA CSORTAN'S QUIRKY INTERVIEW WITH HER GOOD MATE WARNE



ROYAL ENFIELD
ROYALENFIELD.COM.AU

BE
REBORN
WITH THE ALL
NEW CLASSIC

CLASSIC
350

The All-New Classic 350 delivers effortless power and precise control in perfect harmony. Impeccably crafted lines and an instantly recognisable heartbeat. The Classic 350. Welcome back.



TIMELESS
DESIGN

NEW
ENGINE

SUPERIOR
BRAKING

NEW
FRAME

@RoyalEnfieldAusNZ

3 YEAR
8 KM
24
L



MAXIM

NEW ZEALAND



COVER EMILY SEARS

PHOTOGRAPHED BY
CALEB CHIC
(IG: @CALEBCHIC)

EDITOR-IN-CHIEF

Santi Pintado
(spintado@nuclear.com.au)



Phone +612-9363-1464

Mail PO Box 230,
Double Bay NSW 1360

Email maxim@maxim.com.au

Web www.maxim.com.au

facebook maximmagnz

twitter maxim_au

instagram maxim_newzealand

youtube maximaustralia

Art Director Luke Shaddock

(lshaddock@nuclear.com.au)

National Advertising Manager Dave Van Oosterom

(sales@nuclear.com.au)

Managing Director Michael Downs

Fashion Editor Adriana Dib

Grooming Editor Shonagh Walker

Motoring Editor Bill Varetimidis

Gaming & Tech Writer Chris Stead

Staff Writer Reilly Sullivan

Social Media Holly Adolfsson

MAXIM INTERNATIONAL

Chairman and CEO, Biglari Holdings Inc. Mr. Sardar Biglari

Senior Paralegal & Rights Manager Catherine Baxter

© 2022 Nuclear Enterprises Pty Ltd and MAXIM Inc. Portions of MAXIM Australia and MAXIM New Zealand are reproduced from MAXIM's United States edition and used by permission from the publisher. All rights reserved.

The United States edition of MAXIM is published bi-monthly by MAXIM Inc, 268 W. 44th Street, 5th Floor, New York NY 10036. International editions of MAXIM are also published in Australia, Czech Republic, New Zealand, Slovakia, South Korea, Switzerland and Russia.



BANISH BRAIN FOG

Your new caffeine without the crash.†



Scientifically proven to:

- Increase mental focus
- Increase cognitive performance
- Enhance memory and speed of recall
- Optimise overall brain health

† Enjoy with your morning coffee for calm and focused energy throughout the day without the jitters.

INDIAN ON ICE

The Appaloosa 2.0 was built to conquer Siberia's frozen Lake Baikal, the deepest in the world...

By DUNCAN QUINN

Two of Chevy, one of Ford," with a touch of titanium to add to the witch's brew of piston mix. Pistons for the fastest motorcycle under 1000cc the Bonneville Salt Flats have ever seen. The bike in question was a highly modified 1919 Indian Scout, built by Burt Munro, an old codger from New Zealand with a dream. The collection of "Offerings to the God of Speed" in his garage underlay his mantra that, "If it's hard, work harder; if it's impossible, work harder still. Give it whatever it takes, but do it."

Pistons and other parts blown to smithereens, and then others cast by him to perfection. In 1967 he was 68 years old and taking nitroglycerin pills to combat heart disease, when he hit a new world record, averaging a shade under 185 mph at Bonneville on his home-

built machine. He may have had furred arteries, but he sure as hell also had an unparalleled pair of solid-brass balls, knit together with skill, talent and perseverance. He had forged the barrels, pistons, flywheels, cams and followers, and lubrication system, and even carved the tread off normal tires with a kitchen knife to make his own version of highspeed slicks for the custom Indian Scout. As well as making the streamlined bodywork.

For a man for whom, "Danger is the spice of life," there was no other way as "You live more in five minutes on a bike like this going flat out than some people live in a lifetime." This was not his first visit to Bonneville, or his only world record, but it is the one that still stands today. Munro called Indian Motorcycles, of Springfield, Massachusetts, the finest motorbikes in the world. And if stories of



After stripping the Scout, the original fuel tank was cut and narrowed to create a cover for a new aluminum fuel cell holding just enough for sprint racing. Then a new sub-frame setup was created altering the riding position to tilt the rider forward over the front wheel and provide better support under hard acceleration. The swingarm was extended to provide better traction and mated to fully adjustable suspension from Öhlins, who also provided steering dampers and the front fork. With a combination of a bespoke Akrapovi titanium exhaust, racing ECU, Power Commander, direct intake, Nitrous Oxide Injection system and MOTOREX oil, engine power was increased to 135 hp — the maximum per competition regs — with Beringer Brakes providing the stopping power.

So back they went to the tuning board, this time to tweak the streamliner body, intakes and tires to cope with temperatures below -20C. Needless to say, hand-inlaid metal studs in the tires were required. By the final day of racing they were hitting around 115 mph on the ice before an electrical gremlin stifled continued acceleration and higher top speeds. Brice says, "Racing on ice is hard, and this is the most incredible thing I've tried to do. I've learnt so much and had a hell of a lot of fun doing it." We've asked Indian when 3.0 is coming, because DQ and MAXIM want a ride. ■

PHOTOS: COURTESY OF INDIAN MOTORCYCLES



JET FORCE

Injecting high-end engineering with racing DNA, welcome to the new Italjet 200...

By BILL VARETIMIDIS

Founded back in 1959, Italjet will make a return to Australian shores in 2022, with a new Dragster model, inspired by a 1990's Kar Lee design. The Dragster is the best-known of all Italjet models, with two-stroke 50 and 180cc editions previously making their mark here.

Injecting high-end engineering with racing DNA, the new Italjet 200 is powered by a 181cc, four-stroke single-cylinder engine producing 12.9 kW and 15.5Nm, in a package that is just 112kg.

Bringing much needed colour and flair, the die-cast reinforced trellis frame also provides a rigid, lightweight structure that simplifies the layout of engine components, and connects the steering head to the swingarm pivot.

The unique centre hub steering, which separates the steering, braking, and suspension, also provides great stability - similar to the Bimota Tesi 3D. This unique setup irons out any kind of roughness, while minimising vibrations to the handlebar. Remaining true to the mother

country, the Italjet is fitted with Pirelli tyres, Brembo brakes, and a Paioli monoshock at the front and rear with preload adjustability. All Italian all the time, the package also comes with MotoGP hand/lever guards and a scooter centre-stand for convenience.

The 2022 Dragster 200 will be available in grey/white/red, grey/yellow and black/grey with a two-year unlimited-kilometre factory warranty. The reborn rebel will soon be available for \$9,990 ride away where all good Italian products are sold across Australia.

Back in the 1990's, the Dragster was a great addition next to a Suzuki RGV, Honda NSR, or Yamaha TZR. But now this radical scooter has come into its own, and may change some rider's attitudes toward scooters altogether. They say that legends never truly die - and this dragster is proof. ■



2022 ITALJET DRAGSTER 200

ENGINE: 181cc liquid cooled four stroke

TRANSMISSION: Automatic belt drive

POWER: 12.9 kW

TORQUE: 15.5 Nm @ 6250 rpm

DRY WEIGHT: 112 kg

SEAT HEIGHT: 770 mm

FUEL CAPACITY: 9 litres

PRICE: \$9,990 (ride away)



YOOTROPICS
WWW.YOOTROPICS.COM.AU

Supercharge your brain.

1 CAPSULE
12 POWERFUL NOOTROPICS
100% BRAIN-BOOSTER



CAFFEINE FREE DAIRY FREE GLUTEN FREE KETO FRIENDLY NUT FREE PALEO VEGAN FRIENDLY

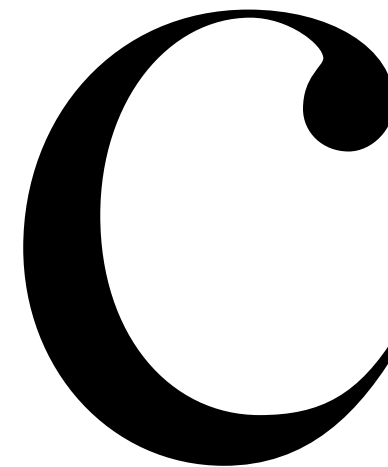
Getting to know...

CLAUDIA BODNAR

Meet the super-hot talent and freshly-crowned Miss Multiverse Australia. You're welcome...

Photographed by CORRINA LOUISE *Interview by* PARIS RAINE
Make-up by LANA BARKER *Hair by* LIBERATED HAIR
Styling by VALERIA SIZOVA





“I never give up and always give everything my absolute best. I have great discipline and will never do anything half-hearted.”

power to choose what to wear is also sexy. Even the simplest of earrings can make me feel sexy.

Give us a little more background about yourself and life story so far.

I have lived in Australia my whole life, mum migrated from Poland and dad is of Hungarian background. Throughout my life I have had many challenges, from being bullied in primary school to the divorce of my parents, but despite everything that's happened I've never felt alone – my parents and all my siblings have always been there to support me from the beginning. I don't know where I'd be without them.

I have worked hard to save money and afford to buy my own apartment whilst studying a diploma of Nursing and working part-time. My Dad runs his own event first aid business (Race Day Medical) and Mum is a social worker. This has ignited my passion for helping others, hence why I have chosen a path in health care.

What would people be most surprised to know about you?

Something people are surprised to know about me is that I can ski and wakeboard. Since I was a child I've spent my winters skiing with my family and summers down the East Coast of Victoria wakeboarding.

congratulations on taking out the title of Miss Multiverse Australia, Claudia. How does it feel to win?

The feeling is still so surreal, I never thought that I would be blessed with such an opportunity. I am so proud of myself for giving 100 percent in every challenge that was thrown my way. I can honestly say that in the lead up to this competition I put everything into preparation. I can't wait to travel later this year and represent Australia internationally. I promise to make Australia proud.

For those who may not know, what's Miss Multiverse all about?

Miss Multiverse is a model contest and TV reality show like no other. The show's new executive producer and director for *Miss Multiverse Australia* Season 2 is Valeria Sizova, the reigning Miss Multiverse World Winner 2020. MMA pushes all girls to the limit and beyond their beauty to find a winner who is intelligent and multitalented. Contestants need to have a good education, good social and emotional intelligence and be fit and healthy. The show follows the contestants' journey throughout the contest which consists of physical, mental and modelling challenges and eliminations.

What is your best asset?

My can-do attitude. I never give up and always give everything my absolute best. I'm not scared of pushing boundaries – if I have a goal then I will not stop until I've reached it. I have great discipline and will never do anything half-hearted. Physically, I'd have to say my eyes – they are the window to the soul and they are usually what I notice first with anyone I meet.

When do you feel sexy?

Feeling sexy for me is feeling confident. It is also about being in control, having the



**What's your best hidden talent?**

This would have to be my textile skills. Throughout the years, my grandma has taught me to sew and make clothing and during COVID I was selling masks I'd made myself. I have also made hats, skirts and thrift flipped items.

Describe your ideal date.

I would definitely say that I am a romantic. My ideal date would be located somewhere hot so that as the night goes on we could still comfortably stay outdoors. I would love to have a private dinner, either on a beach or a balcony, with a view and fairy lights and flowers all around with some romantic background music. There would be wine and dancing and lots of pictures to capture the moment.

What have you learnt about men over the years?

Men always want what they can't have. You should always keep a man on his toes – if they get too comfortable they are likely to get bored and search for something more exciting.

What do you look for in a man?

Confidence, loyalty, a sense of humour and the ability to know what he wants. I find it extremely attractive when a man has goals and the drive to make them happen.

What's one thing men should always know about women?

It's the little things that make the biggest impact. Small gestures to let us know that you have thought about us go a long way. Kind words and meaningful acts help communicate your love better than some thoughtless gift. Instead of buying her flowers, why not take the time to pick them yourself?

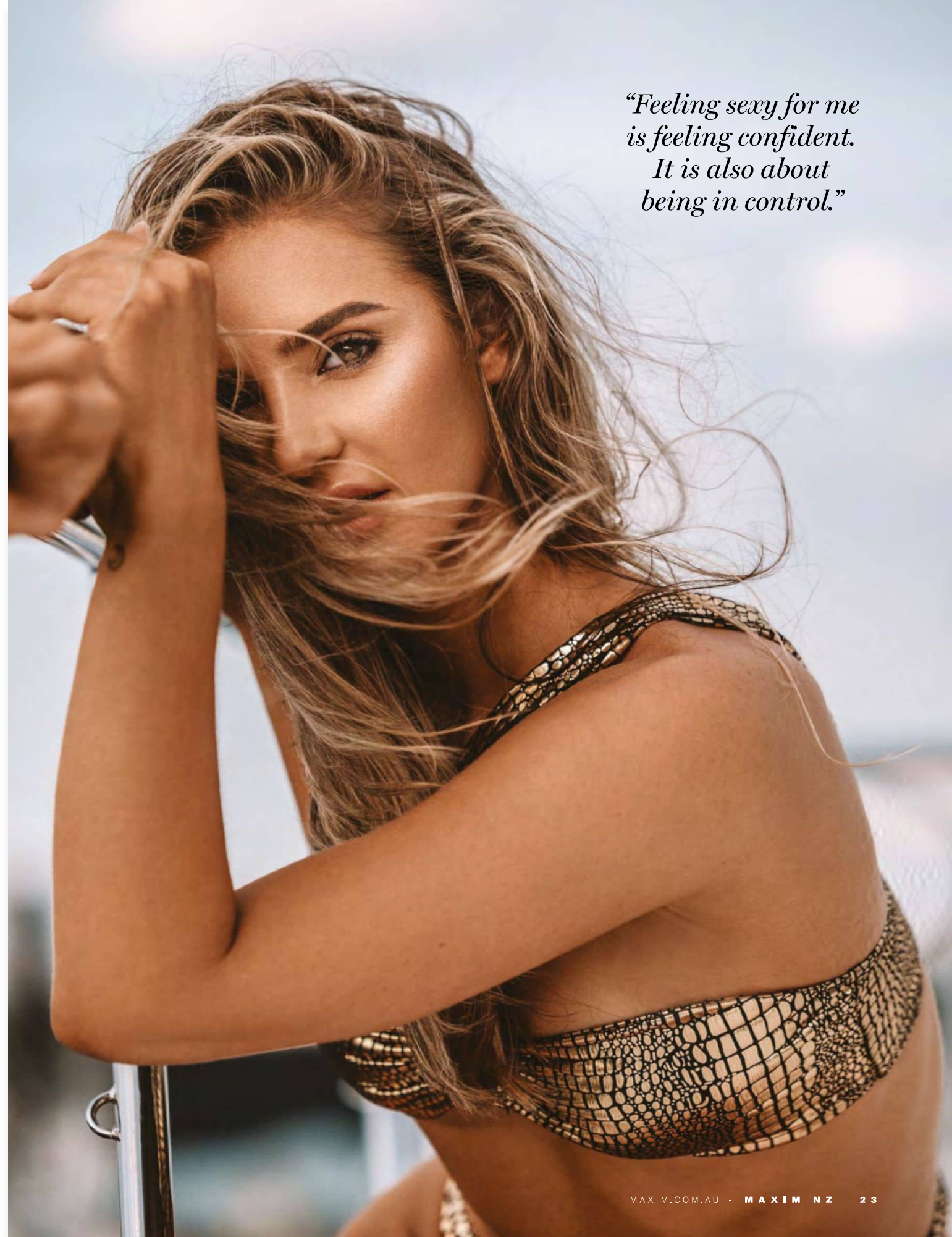
What's the best advice you've been given and who gave it?

Life is too bloody short. My Grandpa used to say that to me all the time and only recently has it really taken meaning and stuck with me. If there's one thing in life that I fear, it's getting to be old and looking back on my life wishing I had done more. Experience as much as you can while you can.

What's next for you?

The next big step is working towards the Miss Multiverse Internationals. I intend to put the work in and give it my all. I am so excited to be representing Australia and I intend to make my country proud. I will be putting extra hours into my fitness and even intend on enrolling in some public speaking workshops. ■

*“Feeling sexy for me
is feeling confident.
It is also about
being in control.”*



Status Update

FULL NAME:
Claudia Felicity Bodnar
HOME TOWN:
Moorabbin, Vic
BORN:
March 11, 1998
FIVE WORD SELF-DESCRIPTION:
"Passionate, empathetic, dedicated, kind and creative."
PHOBIA:
"Needles. When it comes to giving me an injection, I get quite anxious!"
GIRL CRUSH:
"Jessica Alba. I find her to be so attractive and love her in the movie Honey. She is such a natural beauty."
GO-TO DRINK:
"Canadian Club on tap, but if I'm feeling fancy a pornstar Martini is definitely a favourite."
LIFE MOTTO:
"Life is too bloody short!"
INSTAGRAM:
@theofficial_claudia
SNAPCHAT:
@claudiabodnar11



Location CRONULLA, NSW,
ABOARD DOLCE VITA



"I'm not scared of pushing boundaries — if I have a goal then I will not stop until I've reached it."



Toby on his KTM 450 Rally Factory Replica of the Red Bull KTM Factory Racing Team during the Stage 3 of the Dakar Rally 2022, between Al Artawiya and Al Qaysumah in Saudi Arabia

PHOTO: RED BULL CONTENT POOL

The PRICE IS RIGHT

The Australian bush has conjured up some crazy legends and their life stories, but the rise, trials and tribulations of two-time Dakar Rally champion and imminent icon of Aussie motorsports, **TOBY PRICE**, is surely one of its best...

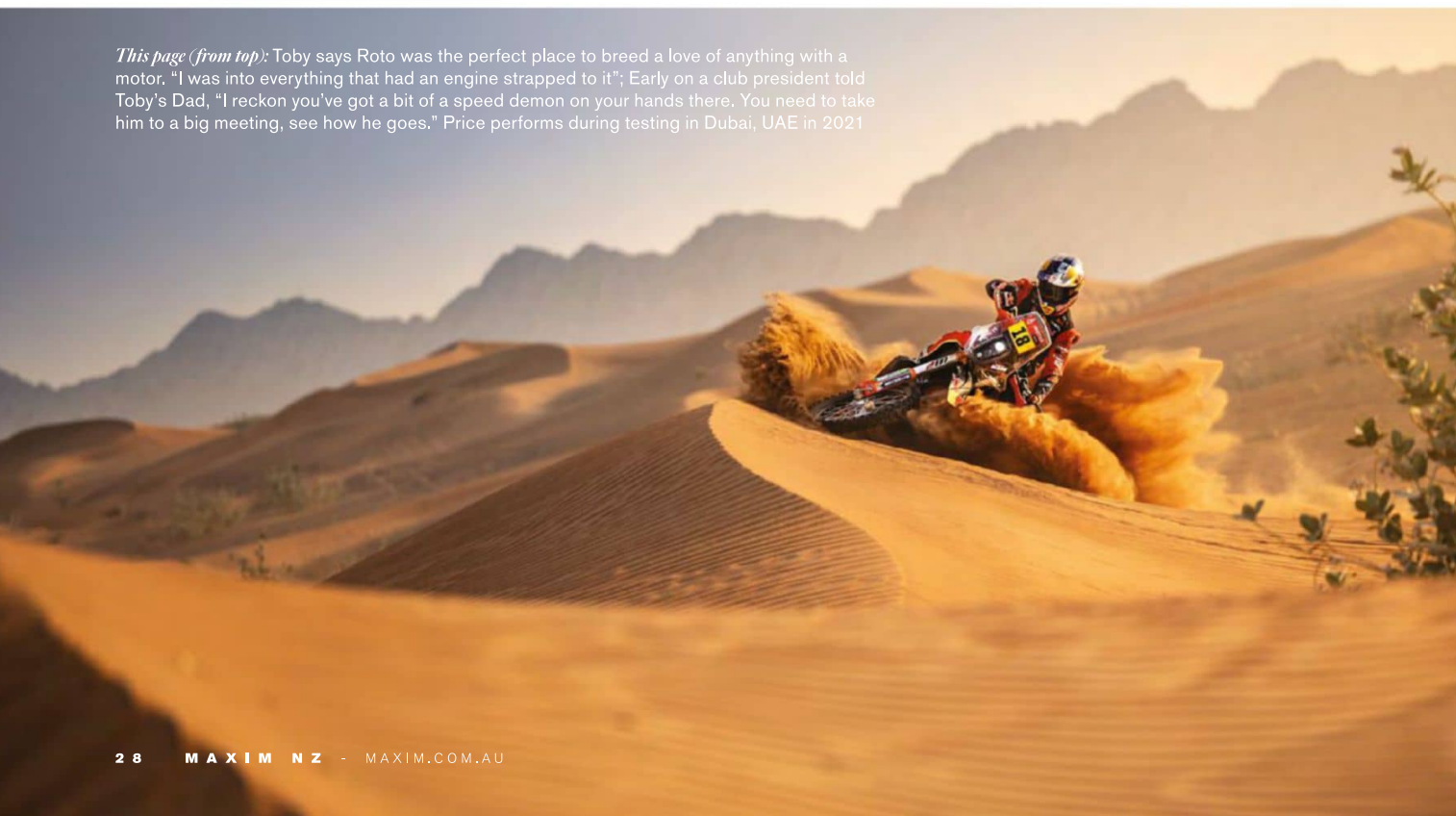
As a two-time Dakar Rally champion, seven-time Finke Desert Race winner, FIM World Rally Champion and one of Australia's most popular motorsports athletes Toby Price has lived a truly remarkable life filled with ups and downs. A childhood racing prodigy from the tender age of two, Toby ripped through the junior ranks, taking out titles in both dirt track and motocross, and turning pro at 16 joining the formidable KTM Racing team. Soon he was turning heads internationally and tapped to take on the most forbidding enduro courses the sport could throw at him. Who knew that the remote town of Roto (population: 41), in the far-west of NSW, would be the launching pad of one of the greatest motorsports athletes the world has seen, fit to tackle and triumph over the planet's most gruelling endurance race? But the clock and the elements weren't his only adversaries.

Widely renowned for his "Bush Mechanic" persona, Toby has overcome many formidable bumps in the road — the death of his adored sister, Min, the tragic loss of mentors and rivals in the desert, countless broken bones and an accident that should have paralysed him for life. His story is a study in staying true to yourself and following your passion to its ultimate end. The person who emerged from the crucible of so many trials is a kid from the country whose need for speed took him to the top of the podium, recipient of an OAM at age 33 and now one of the most beloved figures in Australian sport.

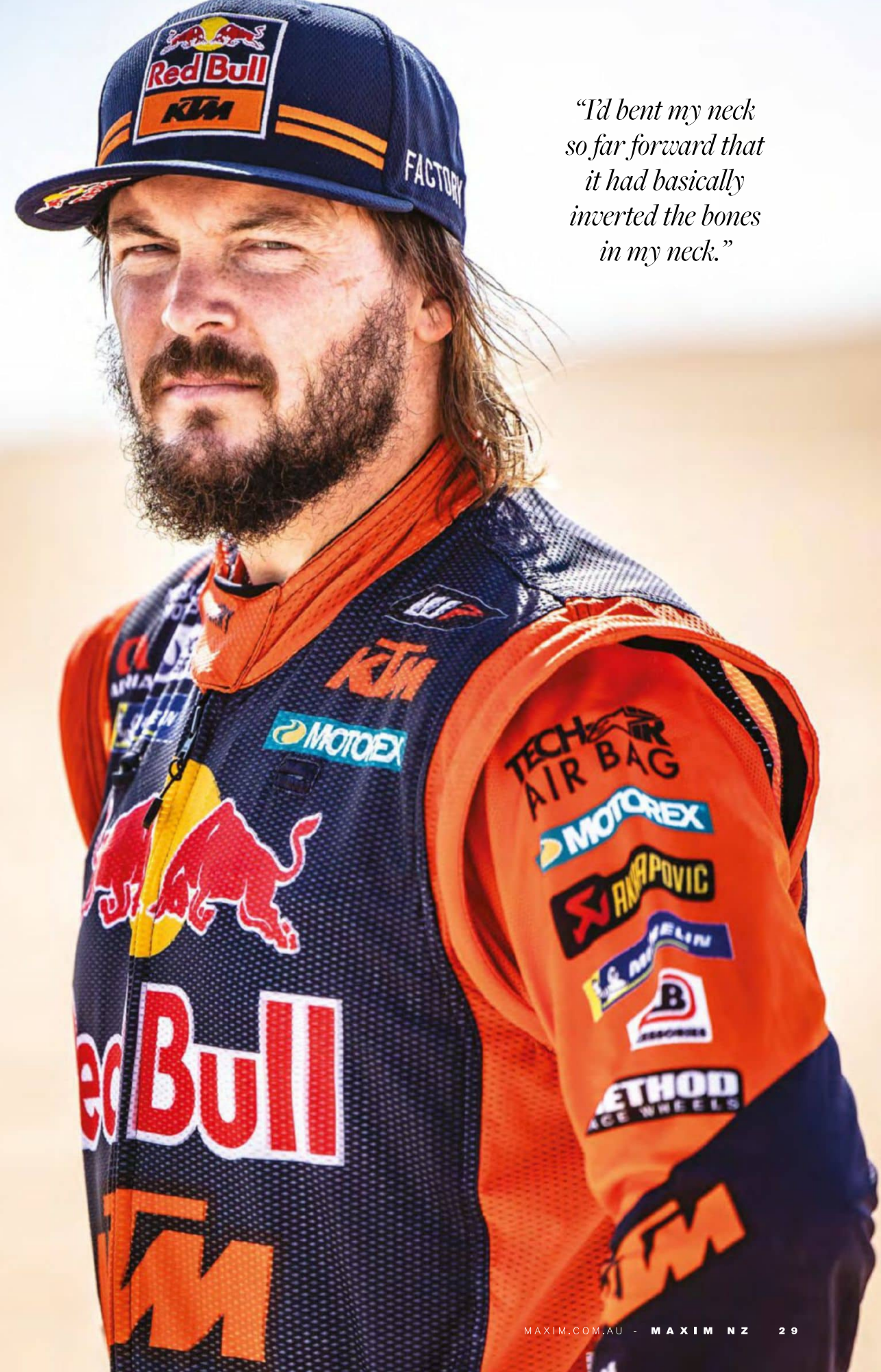
In his latest book, *Endurance: The Toby Price Story*, the world champ shares his incredible and inspiring journey and in the following edited extract talks about overcoming immense adversity — from a life-threatening neck injury, being screwed by insurance companies and spiralling into depression.



This page (from top): Toby says Roto was the perfect place to breed a love of anything with a motor. "I was into everything that had an engine strapped to it"; Early on a club president told Toby's Dad, "I reckon you've got a bit of a speed demon on your hands there. You need to take him to a big meeting, see how he goes." Price performs during testing in Dubai, UAE in 2021



PHOTOS: COURTESY OF TOBY PRICE (OPPOSITE TOP); RED BULL CONTENT POOL (OPPOSITE BOTTOM AND THIS PAGE)



"I'd bent my neck so far forward that it had basically inverted the bones in my neck."

PAIN

To this day nobody knows why I crashed. I can remember the brutal thud, so I must have hit something hard like a rock. But it's impossible to piece together what happened. Later on I spoke with Skyler Howes, who now competes in the Dakar Rally. He was one of the first on the scene and stopped to help me. With off-road races and rallies there's a compassionate time rule; any time you lose stopping to assist someone who's been injured will be taken off your race time. Yes, it's a race and yes, the other riders are your competition, but we're usually out in the middle of nowhere at these events. You'd have to be a real asshole to keep riding while somebody is lying on the deck.

Somebody's life is worth a lot more than a race win or a trophy. There's an understanding between us as riders that if you see somebody injured, you stop and help them regardless of what it means for your own race. That's what Skyler did for me that day in Lucerne Valley. He didn't see the crash itself; once he got there, I was on the ground and completely dazed and confused. When he later heard how serious my injuries were he couldn't believe it. He called me and said, "You were knocked out and then you got back on the bike. It was the gnarliest thing I've ever seen. How are you not in a wheelchair?"

He says I made it about 100 metres down the road — with a broken neck! — but that I was all over the shop. Somebody else crashed in front of us, so I stopped to try and help him. But once I got off the bike I just laid down and started groaning in pain. He says my first worry was that I'd lost my GoPro. Then I started taking all my riding gear off. I was lying in the middle of the desert wearing nothing but my jocks. I don't remember any of it. I've pressed him about it a few times, asking

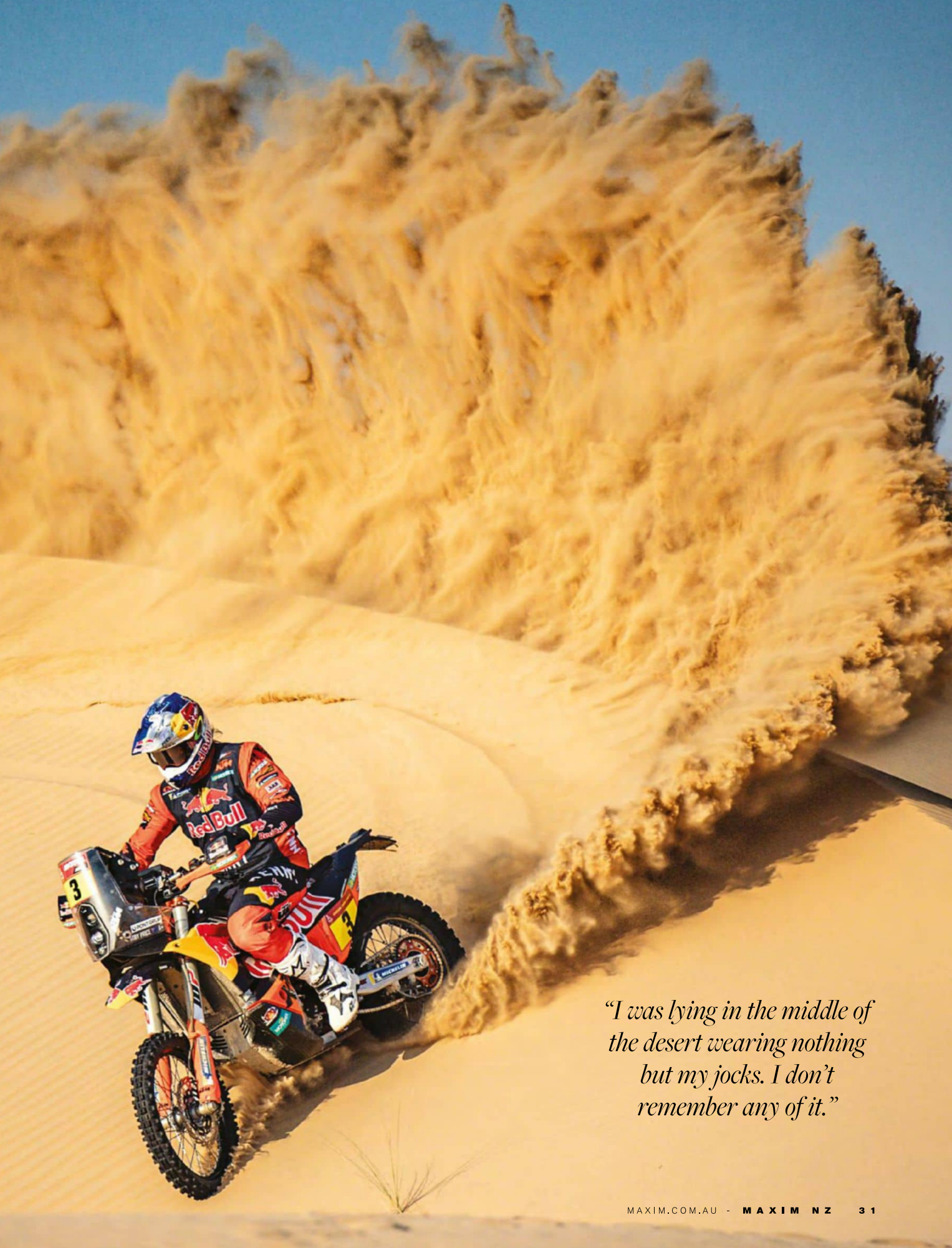


if he's given it the "round the campfire" treatment and embellished the story a bit. But he's dead serious about it. If it really happened, then I must have a guardian angel. And I reckon I know who it is. When things like that happen, I think of my sister Min sitting up there keeping me safe. As far as I'm concerned, she played a big part in this whole thing. But even with her intervention I got so damn lucky. I'll never buy a lotto ticket in my life, because I used up all my luck when I survived that crash. I was alive, the pain from the halo finally subsided, but I wasn't out of the woods. In fact, there

This page: Toby explains, "It all came unstuck when I crashed out spectacularly at a 2013 AMA Hare and Hound National Championship event in California. I woke up in Palm Springs, my neck broken in three places and a halo bolted into my head. Thankfully, Mum and Dad flew over to sort me out. Faced with the prospect of never walking again — let alone riding — the first order of business was getting back on a Qantas flight to Australia for a surgery that wouldn't send my family broke. The second order was getting back on my feet and, ultimately, back in the saddle."



PHOTOS: COURTESY OF TOBY PRICE (THIS PAGE); RED BULL CONTENT POOL (OPPOSITE PAGE)



"I was lying in the middle of the desert wearing nothing but my jocks. I don't remember any of it."

was a week of hell ahead of me. It was initially tough for me to comprehend the full seriousness of the injury. Apart from the halo I'd never been in serious pain, and I could still move my arms and legs. But I kept having the same conversation with the doctors over and over: "You'll never ride a motorbike again. What were you doing it for in the first place? It's a stupid sport." If there's one thing I've learnt over the years it's that doctors do not like people who ride motorcycles. I'm not sure why, we keep them in a job.

The doctors looked through the scans and X-rays. Usually each vertebrae overlaps the next all the way down, but I'd bent my neck so far forward that it had basically inverted the bones in my neck. That had to be sorted before they could do anything, even surgery. So they put me in traction to slowly pull my head away from my body, to get my neck to stretch and then pop back the right way. They also worked out the best surgical option for when that was done, which involved fitting some rods in my neck. It was going to cost around US\$500,000.

I wasn't worried about the money, I'd carefully chosen an insurance policy that had me covered for this very situation. At least so I thought. When I lodged the claim for the money the insurance company went silent. Then they rolled out a clause that said the only race I was covered for was a running race. They said they had no idea I was going to be racing a motorbike, which was complete bullshit. I'd gone through a broker to get the best insurance I could have for those trips overseas. I had outlined exactly what I was travelling to North America for — to race a motorbike. And I wanted to be covered if I got injured on the job. It wasn't cheap and the insurer happily took my money and told me I'd be covered. But there I was, lying in hospital with a broken neck being told, "If you look at Section Whatever and Clause 525.2 in Column C, it says we don't have to pay for your surgery."



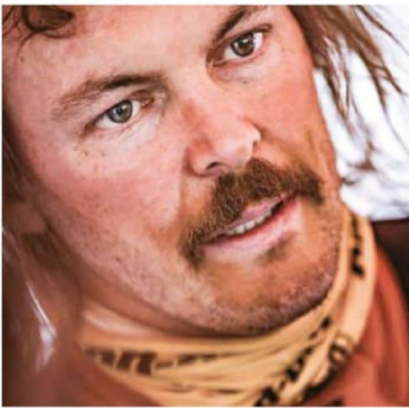
I was devastated. My life was dangling by a thread, almost literally, and they were pulling this shit on me. "Sorry, sir, that's how the policy works. We wish you all the best." The harsh reality was that I didn't have what was the best part of a million Australian dollars to pay for the surgery. I was doing all right for myself, but I wasn't flush with cash. Two years earlier I'd been living in a caravan. I was still in the share house with Reggie. I asked the hospital what my options were and they told me that, without the surgery, the only thing I could do was stay in the halo for four months. I'd heal, but not properly. I'd be stuck in a wheelchair for the rest of my life. Forget ever riding a motorbike again. Even with the surgery, they told me not to even think about bikes. Whatever I did, my career was over. But at least with surgery I could live some sort of normal life.

Every little bit of it was bad news. Everything I'd worked for was gone. I was laying there with a broken neck and being kicked in the balls over and over. The insurance was screwing me over.

"I started to think that maybe it would be better if someone just gave me a needle that put me to sleep. The sort of sleep you don't wake up from."



Top: Toby celebrates his first Dakar victory on the podium after Stage 13 between Villa Carlos Paz and Rosario in Argentina;
Above: The Red Bull KTM Factory Team on the podium at the 2019 Dakar Rally in Lima, Peru



Clockwise (from top left): Toby working up some dust devils, in Gualada, Spain in 2015; He explains, "During the 'marathon' Stage 7, unable to use mechanics, I relied on my trusty duct tape and zip-ties to fix a slashed rear tyre. And the legend of the Bush Mechanic was born"; Toby at the third stage of Rally Morocco in Zaghura, 2021

I was uncomfortable. I was facing a choice between a wheelchair and financial ruin. The last thing I needed was these f—king doctors telling me over and over and over that I was never going to ride a bike again. It didn't help my process in dealing with what was going on, it didn't help my try and work out a way out of this mess. I found myself getting angry every time I was told I'd never ride a bike again. I'd tell these doctors to shut up and get out of my room.

It was hard to get information back to Mum and Dad in Australia. They'd initially only heard about the crash via something they spotted on Facebook, a post from someone saying, "I hope Toby Price is okay". Then someone else commented on it with, "It looks like he's broken his neck." They were panicking. Dad tried to call me and then tried to call the team. After the longest hour of their lives, the team manager called Dad back to fill him in. Meanwhile, I was about to be incapacitated by the traction process and I was spiralling into depression. I called home and said, "Hey, I'm in big trouble here. I'm going to either be in a wheelchair for the rest of my life, or forever working to pay off a crippling debt because the insurance company has done a runner."

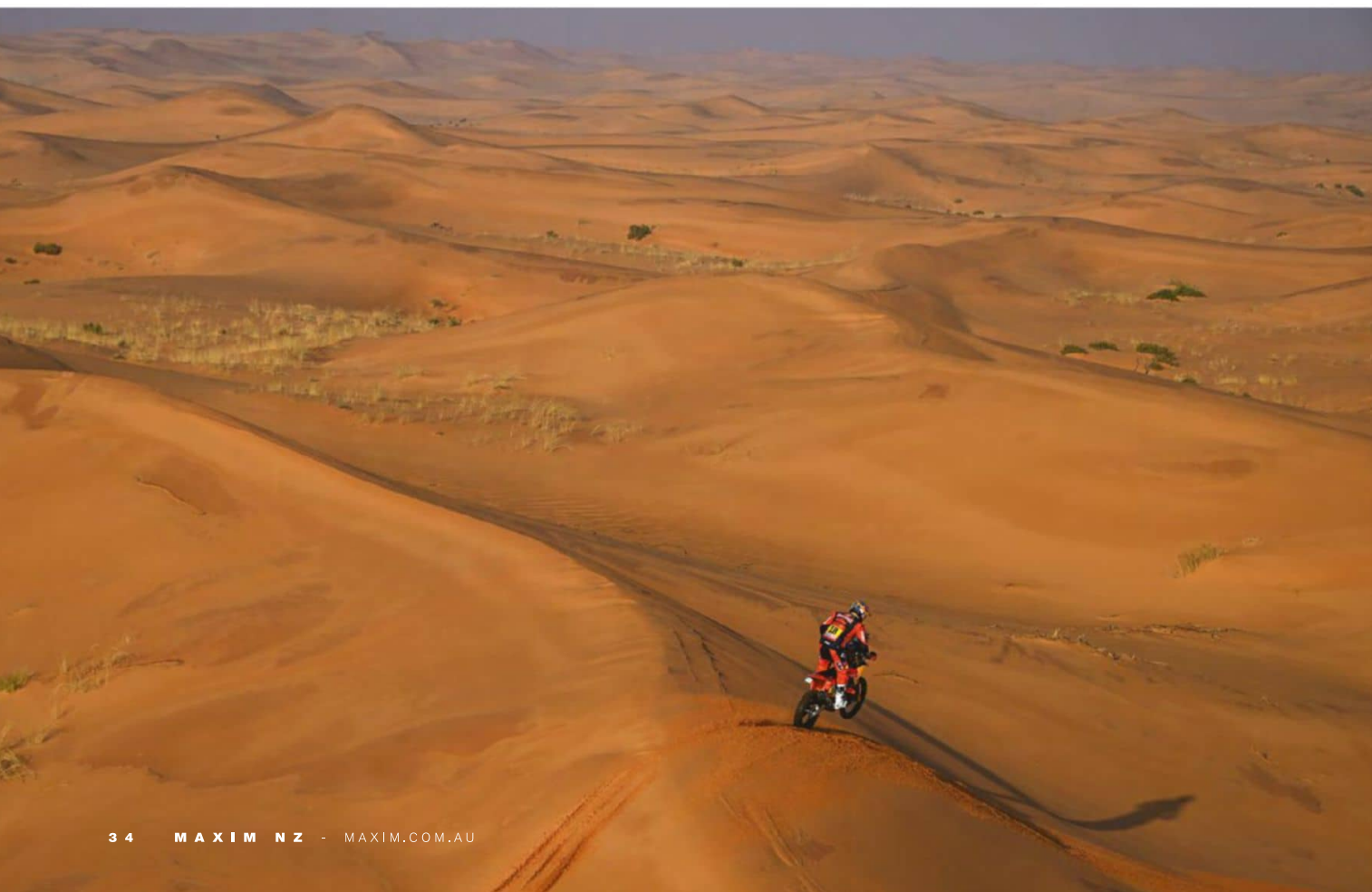
Mum and Dad scrambled to get over to Palm Springs and arrived just as I was being put into traction. When they popped their heads over the top of the bed and into my line of sight there was initially this comforting feeling of seeing familiar faces — but those faces told me a story I didn't want to hear. I hadn't sat up, I hadn't showered, I had barely moved since the crash. When I saw Mum and Dad's reaction to me laying there with this halo screwed into my skull, it hit me harder than ever that I was in a bad way. The traction meant I was stuck on this bed, flat on my back, with what looked like a Meccano set behind me. There was a V-plate that was screwed to the halo, which was connected to a pulley and a rope and they'd hang weights off it.

Once I was in traction the really dark thoughts set in. I still didn't know what was going to happen with the insurance, but did it really matter? If I wasn't going to be able to ride a motorbike anyway, what was the point? What was the point of even being alive? All I wanted to do was race motorcycles. Why bother dealing with all this shit with the insurance company? I started to think that maybe it would be better if someone just gave me a needle that put me to sleep. The sort of sleep you don't wake up from. They were deep, dark thoughts. I'd been teetering on the edge of depression and suddenly I found myself firmly in its grip. My thoughts were as black as they get. I wanted to turn the lights out permanently.

It wasn't all about riding bikes. There was an underlying feeling of guilt on top of the physical and mental anguish. I was putting my poor parents, who had been through so much, through more shit. As a family we were still dealing with losing Min, even though it was two years later. I knew how hard it was for my parents to look after Min when she was alive. And here I was lying in a bed, facing a life of needing a similar sort of care. Maybe, I thought, it would be better for them if I wasn't around. They could just get on with their lives and not have to worry about wheeling me around. I'd spent the last 26 years causing them stress and grief.

All I could see now was that I'd be in a wheelchair and they'd have to go through all the pain and problems again. I thought about how selfish I'd been to get myself into this situation in the first place. And now I was going to be even more selfish and need my parents to take care of me for the rest of their lives, 24 hours a day, wiping my backside, showering me, feeding me, putting me to bed each night. Enough was enough, I didn't want to do this to them. Of course, my parents didn't want me thinking that way, but I was overcome with depression. I

PHOTOS: RED BULL CONTENT POOL (THIS PAGE, BOTTOM & OPPOSITE PAGE)
FRANCK FIFE/AFP VIA GETTY IMAGES (THIS PAGE, TOP)



PHOTOS: RED BULL CONTENT POOL



was at my lowest. I wanted to die. As it turned out, having my parents there was what saved me. The reassurance of having them by my side eventually took over. Their attitude through another setback was unwavering. They handled it the same way they'd handled everything else; we'll find a way, we'll get through it. I think I even cracked a smile when Mum joked, "Don't worry about us, mate, we're experts at wheelchairs."

They continued the fight with the insurance company about paying for the surgery. One of the nurses was particularly nice and told us that, from what she could see, we were being ripped off. She even called the insurance company herself, which she probably got in strife for with the hospital. The company sent an assessor over to the hospital to interview me, but I barely remember it happening. According to Mum and Dad, it didn't go all that well. There were countless calls and emails and, in the end, the insurance company just stopped replying. They stopped calling back. They were happy to wipe their hands of me. It was devastating, but we didn't have the energy to keep fighting them. We had to come up with a solution.

Between dealing with the insurance company, Mum kept herself distracted by marvelling at how run down the hospital was. As a trained nurse, she knew a thing or two about hospitals and she couldn't believe what she was seeing. She couldn't believe the waste. As well as the three breaks in my neck I'd also broken my thumb. When Mum first walked in she thought I'd broken my whole arm. I was bandaged from the thumbnail to my armpit. At one point, after my arm was redressed, I complained the bandage was a bit tight – so they cut it down the middle, threw it in the bin and grabbed a new one. They could have just unwound the bandage and tried again. Mum was gobsmacked. I think it was her way of dealing with the grief. She took photos of everything she saw, from dead flies on the windowsill to dirty floors to whatever else was going on.

The hospital was ready to operate, but they weren't going to do a thing until they got their half a million bucks. They weren't trying to rush me out, so to speak, but if the surgery wasn't going to happen, they didn't want me taking up one of their rooms for too long. They just wanted to know what we wanted to do. It didn't take us long to realise Australia was our best option. The moment I could get my feet on Aussie soil, everything would be taken care of. The healthcare system would kick in and I'd be able to get the surgery I needed to at least avoid ending up in a wheelchair. The problem

was we were a 14-hour plane ride from home, and commercial airlines aren't set up to transport people with a life-threatening neck injury.

We looked into my private health cover in Australia to see if they'd cover the cost of a private air ambulance back to the country but had no luck. And paying for that out of my own pocket was worse

"I was overcome with depression. I was at my lowest. I wanted to die."

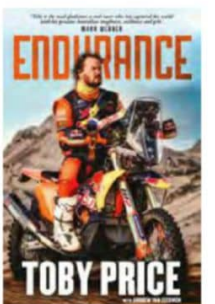
than paying for the surgery in the US; it was going to be well over a million bucks. We were between a rock and a hard place and we were getting more stressed by the day. Our only option was a commercial flight. Given that Mum was a nurse, or at least had been once upon a time, she would be able to provide me with some basic care on the way. The next

step was finding an airline that would agree to this outrageous plan.

CareFlight, an Australia charity that specialises in medical air transport, reached out to see if they could help. Luckily for me, they had some staff members who were into riding bikes and had heard what was going on. They started looking at ways to get me back home. Their first idea was to try and fund a private charter home, but the expense was huge. I didn't want to burden a charity that ran off donations with something like that. All I'd done was fall off a motorbike, I didn't deserve that kind of special treatment. I asked if they could just put me in contact with someone who could help get me onto a commercial flight. I was willing to take that risk; I was happy to sign as many indemnity forms as needed to get onto a normal plane and get me home to have this surgery.

There was two days of solid work making calls and sorting out paperwork. In the end Qantas agreed to bring me home, as long as I signed my life away and they couldn't be held responsible for what happened if the plane hit turbulence or something like that and I was left in a wheelchair. I didn't care. I finally felt like people were trying to help me get home and get fixed up. ■

Endurance: The Toby Price Story, co-written with Andrew Van Leeuwen and published by Penguin (\$34.99rrp), is out now at all good book stores



The return of...
**EMILY
SEARS**

The stunning Australian model and influencer bounces back bigger and better to talk about boys, burgers, brain surgery, womanhood and her good mate Warnie...

Photographed by CALEB CHIC
Interview by SANTI PINTADO
Hair & make-up by EMILY HARPER
Styling by HONEY BIRDETTE



“I feel invincible, sexy, feminine, confident and empowered.”

M

agnificent photo shoot, Emily, and welcome back for another MAXIM cover. How does it feel the second time around?

It feels amazing! I'm really proud to be back and a lot has happened since my last cover, so this feels like a full-circle moment and I'm very honoured!

You're wearing Honey Birdette for this one. What goes through your mind whilst shooting in lingerie?

First of all, let me just say, Australian lingerie is so much nicer than American – especially Honey Birdette! What goes through my mind while I'm wearing Honey Birdette? I feel invincible, sexy, feminine, confident and empowered.

And, as always, you look stunning. What is the sexiest thing about you?

I consider myself a passionate person and passion is always sexy. Not everyone can handle it but I think that's the point – and when someone can, that's when I find a spark. I'm a very strong, but also open-minded and understanding, person. I'm also pretty tough but if you gain my trust I'm very sensitive and sweet underneath it all – I'm a tough cookie but deep down I'm cookie dough! Kindness is also sexy. I'm a good friend and I'm loyal – these are things I find attractive in others, so I'd consider them sexy in myself.

When do you feel you are at your sexiest?

This is a hard one to answer! I feel sexy in all different times in all different ways. I feel sexy when I'm speaking my mind and having an intellectual conversation. Being smart is sexy, so engaging in interesting conversation and having something to say makes me feel empowered, which is sexy.

What's your best asset?

Physically, I'd say my eyes and my hair. I'm mainly complimented on my booty so I guess I'd say that, too, and I'm also



told I have nice feet – if that's what you are into! Otherwise, I'd say I'm just a thoughtful person. I'm a deep thinker, which can be good and bad at times, but I'd rather overthink than be ignorant and inconsiderate. I'm courageous, too. I know that no matter what, I can pretty much deal with whatever life throws at me – so long as I know what it is I'm dealing with.

Speaking of which, life threw you a pretty big curve ball when you had to have brain surgery last year. Sounds ominous! Tell us more.

It was as crazy as you could imagine and definitely not something I expected life to throw at me! Early in 2019 I was shopping on Melrose Ave in L.A. and suddenly woke up in an ambulance, and then again at

Cedars Sinai hospital where they told me I'd had a seizure. It was terrifying! They kept me in hospital for about three days and after doing all the tests they found a cavernoma, which is a cluster of rogue blood vessels in your brain that you're born with, and can cause issues like seizures and strokes later in life. At first I was managing the seizures with medication but it was so strong and I wasn't myself at all. It completely knocked me out for about five hours a day to where I could barely speak or function – I was dizzy and having massive mood swings. I hated it. They kept giving me different drug combinations but unfortunately, changing seizure medication usually causes seizures to happen. I had five grand mal seizures that year. I knew surgery was an option but I was terrified to do it because the cavernoma

was located in my front left temporal lobe, which is the area of our brains that control speech and language, so there was a risk that I could lose my ability to speak if the surgery went wrong.

Holy shit. So, what did you decide?

The last seizure I had was in the shower and it was very scary. My ex-partner found me on the floor and it was just very dangerous to continue trying to manage them with medication never knowing if I would get a break through seizure. I was unable to drive or socialise for about two years and I really lost my sense of self identity, which was so hard because I've always been so independent. After the last seizure I finally decided to do the surgery because as scary as it was, living with the threat of seizures happening for the rest of my life was scarier.

And we hear the doctors actually woke you up during the operation?!

They did wake me up! They keep you under while they do the opening and closing of



your head but they had to wake me up while they operated because the cavernoma is located in the area that conducts speech. While I was awake one of the surgeons waved at me and said hello. It was so surreal! A nurse just showed me flash cards of pictures and I had to say out loud what the words were while they zapped my brain tissue with an instrument that tests if it's functional tissue. It's crazy because it's the difference of fractions of millimetres that can make the difference of losing your speech or not.

This is incredible!

Yeah, my head was pinned into a cage as they can't risk you even moving a millimetre because of how precise they are. Neurology is pretty incredible. Learning about the human brain is extremely fascinating. Neurosurgeons are really cool it's like a superpower. It's hard to comprehend they can do what they do, let alone being

“I had to say out loud what the words were while they zapped my brain tissue with an instrument.”

the patient! I remember at my follow up appointment I was just staring at my surgeons hands trying to comprehend that his hands had actually touched my brain and I said to him, “OMG, you've seen my brain!” He just laughed and said, “Well, yes, that's my job”. I still can't really wrap my head around it all – no pun intended!

Ha! For those who don't know a lot about you, give us a little more info about yourself.

Melbourne is my home town and I started modelling around age 23, then moved to America to pursue my career further. Although I started modelling in the glam world, I expanded my career to work with fashion brands as well fashion nova and Khloe Kardashian's denim line Good American. I built up my social media following to where now I'd say I'm a model and influencer. I've been very blessed to maintain my career but there's a lot more to it than just mindlessly posting selfies. A lot of planning and politics goes into building relationships with brands and your audience.

Yes, you've been living and working in Los Angeles for years and last time we chatted you'd just done ads for Carl's Jr. Do people still refer to you as the Carl's Jr girl?

They do! I actually ended up being the last Carls Jr. girl ever! Right after my commercial they made a big corporate rebrand so that sexy burger commercials are no more now, which I think is sad! But I consider myself very lucky for having the chance to be one. I always found their commercials to be iconic, cheeky and fun!

Such a shame. For the record, what is your all-time favourite burger?

As far as any take-out goes, you can't beat local shops in Australia for any of it. Fish and chips, chicken and chips, burgers... Americans will never understand. And I'll add that Aussie hot chips are way better than American fries. I don't know how to explain it but they're just so much better. Maybe it's the chicken salt?





*“I’d rather overthink
than be ignorant
and inconsiderate.”*

It’s definitely the chicken salt! And you’re actually in Australia now. Is this the first time you’ve returned home since COVID hit the world?

It is! I’m so ecstatic to be back!

What do you look forward to most when you come back to Oz?

A lot of things! The food and coffee in Melbourne for sure! The nature and just the culture. We are really grounded and down to earth here. I love the break from L.A. where so much is about status. I love going out in Australia because there’s no bottle service or VIP bullshit. It’s a lot more fun and you meet a more interesting mix of people.

What else would people be most surprised to know about you?

I’m pretty outspoken about women’s rights and that often means people think I hate men. It’s quite the opposite actually – gender roles are outdated in general and a lot of the things that would liberate women also liberate men. For example, the societal pressure of men being the breadwinner would dissolve if we fixed the wage gap for women and had more women in leadership positions in the workforce. And if we stopped framing women’s duty as being home makers, things like custody disputes would naturally evolve to recognise men’s roles as fathers to be as valued as mothers. Of course, sexism endangers women more than men but that’s not to say that equality would hold men back at all. It would certainly also help things like the high suicide rates, in men, if society did away with thinking that expressing emotions makes you feminine or less of a man. I think feminism is for everyone and I wish more men understood that.

Where do men go wrong with women?

I could write a whole essay on this, but if I had to summarise I’d say the biggest thing is they forget women are just people like they are. Humans all want the same things but none of us are exactly alike. A lot of damage has been done with those shitty misogynistic pick-up artist guys who teach men to neglect women and basically just emotionally manipulate them into submission. No genuine connection comes from that! Maybe you’ll have some luck

getting her into your bed but if you have to slowly convince a woman she’s worthless to get her there then what does that say about how you think about yourself? Don’t you lay next to her worried she’d leave you if she realised her value? That’s so toxic and so lonely.

What’s one thing men should always remember about women?

Before you judge a woman’s response to you, take a look at what your approach to her says about you. Do you think a woman is just with you for your money? Did you lead with your wallet? Did you act flashy in order to attract her? Do you think a woman is rude? Were you truly respectful when you approached her? Maybe you interrupted her catching up with friends when you barged in asking for her number? We are responding to your signals. I also have to say to all the guys who complain about women not choosing “nice guys”



are you choosing and pursuing “nice girls”? Are you resenting women for not giving you a chance if you’re not conventionally attractive, but then you yourself aren’t giving women a chance who you don’t find conventionally attractive? It’s cause and effect!

Describe your ideal man.

The most attractive quality in men is courage. The courage to be themselves, communicate openly, be honest – even when it’s difficult – and just unafraid to take risks. I think love is a risk worth taking, so if they’re brave in life then they’re likely brave enough to show up when it comes to love. Effort is very attractive. I also need someone confident. I’ve had issues in previous relationships with men finding it hard to deal with me having a lot of attention from other men.

“I’m really proud to be back and a lot has happened since my last MAXIM cover, so this feels like a full-circle moment!”

Status Update

NAME:
Emily Sears

BORN:
November 10

HOMETOWN:
Melbourne Vic

CURRENTLY LIVES:
Los Angeles,
California U.S.A.

FIVE WORD SELF-DESCRIPTION:
“Loyal, passionate,
thoughtful,
strong, fun.”

LIFE MOTTO:
“Truth is stranger
than fiction.”

**INSTAGRAM/
TWITTER:**
@emilysears

How can I guy possibly win his way to your heart?

If he can’t lead, I can’t follow. Set the tone and I’ll match the energy. Be intentional and consistent and deliver on your promises. It’s about balance for me. Show effort but don’t be overwhelming or suck up. Make me laugh but know when it’s time to take things seriously. Be proud and supportive of my career and show me off, but don’t make me feel like I’m just some trophy model on your arm. Respect my opinions but also tell me your own. Ultimately, just have a strong sense of who you are and what you have to offer and be unafraid to show up and do what it takes to make a relationship work.

You posted a touching tribute on your Instagram to Shane Warne. What was your friendship like with Warnie?

I feel very fortunate to have got to know Shane. Our friendship was pretty typical – just two Aussies getting together in L.A. with some mutual friends whenever we had the chance. He was as down to earth, fun, kind and as genuine as it gets. He loved life and his family. He’s gone far too soon. Last time we spoke we were planning to catch up when I was next in Melbourne, so it’s very sad to be here now and he’s not. But I do feel very blessed to have met him at all.

The tabloid press said you were once romantically linked to Warnie and called you his “rumoured girlfriend”. What do you say to these reports?

Tabloids are garbage. It’s ridiculous how they spin a couple of photos into a story. Our relationship wasn’t romantic. We were just mates!

You have 4.7 million (and counting) Instagram followers. How do you keep them coming back for more?

Sometimes I ask myself the same thing! I have imposter syndrome sometimes and I catch myself wondering how I got so lucky to have so many supporters. I’m very thankful for it! I aim to give my audience some insight into my life while also trying to give them gems here and there to help them better understand why traditional gender roles are outdated.

Nice one. What’s next for you?

I’d really like to write a book. I’m currently looking for a literary agent who can help me turn that dream into a reality. As you can tell, I’ve got a lot of stories and I’ve got a lot to say! ■

TREASURE CHEST

MAXIM fitness guru, **ALEXA TOWERSEY**, gives us the lowdown on how to push your pecs to the limit...

For some lucky bastards, building a full, round chest is as simple as doing a few sets of barbell bench press. However, for those of you who weren't gifted with superior pectoral genetics, it takes a bit more of a precise, methodical approach. Assuming you're not a freak of nature, then here are five examples of hard work that will help serve as your genetic equaliser. All of the following training methods use techniques that prolong the time under tension of your sets and make your muscles work harder for longer. Consider this article as an all-you-can-eat buffet where you can pick and choose the routines that you like best.

THE WORKOUTS

ONE: ECCENTRIC CHEST HYPERTROPHY

While it may seem counter-intuitive, one of the best strategies for building maximum muscle mass is to perform a few eccentric-only sets of an exercise at the END of your workout. This will help exhaust your eccentric strength levels after you are pre-fatigued from the earlier exercises. The Dip is a fantastic choice for this as no spotter is needed for safety.

● A1: Flat DB press, 8-10 reps,

2/2/X/0, 120 seconds rest

● B1: 30 degree incline bench press, 8-10 reps, 2/2/X/0
120 secs rest. 4 rounds

● C1: Eccentric-only V-bar dips (forward torso), 4-6 reps, 8/0/1/0, 180 seconds rest. 4 rounds. (Lower yourself down to the bottom position over 8 seconds. Before you let your feet hit the ground and you stand up to get back to the lockout position.)

TWO: MECHANICAL ADVANTAGE DROP SET ROUTINE

These are somewhat similar to old-school drop sets with one key difference: instead of lowering the weight in between sets you just slightly change the exercise while keeping the total weight the same. The idea is to pair together 3-4 similar variations of one key exercise. Start with the variation that you are weakest on

and finish with the one that you are strongest on.

● A1: 60 degree incline DB press, 10-12 reps, 2/0/X/0, 10 secs rest

● A2: 30 degree incline DB press, AMRAP**, 2/0/X/0, 10 secs rest

● A3: Flat DB press, AMRAP**, 2/0/X/0
180 seconds rest. 3-5 rounds.

**AMRAP STANDS FOR "AS MANY REPS AS POSSIBLE." JUST PERFORM AS MANY REPS AS YOU CAN WITH THE SAME WEIGHT USED ON EXERCISE "A1."

THREE: **GIANT SETS FOR GIANT GAINS**

These are one of the most brutal hypertrophy training methods. You perform multiple exercises (at least four) back-to-back for the same body part with only 10 seconds rest between exercises. In this sample workout, we use five exercises that are designed to overload your muscles in different ways and from different angles.

- A1: Decline bench press, 10-12 reps, 2/0/X/0, 10 secs rest
- A2: Flat DB press, 10-12 reps, 2/0/X/0, 10 seconds rest
- A3: 30 degree incline DB press,

- 10-12 reps, 2/0/X/0, 10 seconds rest
- A4: 15 degree incline DB fly, 10-12 reps, 2/0/1/0, 10 seconds rest
- A5: 45 degree incline DB fly, 10-12 reps, 2/0/1/0
- 180 seconds rest. 4 rounds

TOP TIP:

When it comes to weight selection, you want each individual exercise to be challenging on it's own **without going to failure**. You should have 1-2 reps left in the tank at the end of each set.

FOUR: **POST-EXHAUSTION SUPERSETS FOR THE WIN**

This involves performing a compound chest exercise immediately followed by an isolation exercise. This is a great way to stimulate growth in the chest because you get the best of both worlds: you get to move a ton of weight with the initial compound exercise and then you get to isolate the chest with a higher-rep isolation movement. If you are feeling especially brave then give this double header a crack. It features two separate supersets: one targeting

- the upper head of your pecs and the other targeting the middle/lower.
- A1: 30 degree incline DB press, 6-8 reps, 3/2/X/0, 10 secs rest
 - A2: 30 degree incline DB fly, 12-15 reps, 3/0/1/0, 180 secs rest. 5 rounds
 - B1: V-bar chest dips, 6-8 reps, 3/2/X/0, 10 secs rest
 - B2: Pec-dec machine, 12-15 reps, 3/0/1/0 180 secs rest. 3 rds

FIVE: **DORIAN YATES' FORCED REPS CHEST ROUTINE**

Unfortunately not everyone responds well to high volume training because they can't recover adequately. The six-time Mr Olympia winner and one of the most successful bodybuilders of all time – Dorian Yates – showed that there are plenty of ways to skin a cat by using a low volume/high intensity training style. While he trained each body part with multiple exercises, the thing that made his training unique was that he only performed one working set to failure per exercise. In many cases he even trained beyond failure by performing 1-3 additional forced reps at the end of his sets. To perform a forced rep,

- your spotter assists you through the concentric range and you lower the weight under control by yourself. This means you are selecting a weight that you will fail with at the end of that 6-8 rep range.
- A1: 30 degree incline bench press, 1 x 6-8 reps, 4/0/X/0, rest as needed
 - B1: Flat machine press, 1 x 6-8 reps + 2 forced reps, 4/0/X/0, rest as needed
 - C1: 30 degree incline fly, 1 x 6-8 reps + 2 forced reps, 3/0/X/0, rest as needed
 - D1: Standing cable crossover, 1 x 6-8***, 3/0/X/0, rest as needed

TOP TIP:

The primary function of the pectoralis muscles is horizontal adduction of the shoulder joint, which is exactly what you see when observing a dumbbell flye or the pec deck exercise. The problem with these exercises is that they can beat up the shoulder joints when done frequently. A good and "safe" alternative would be the medicine ball squeeze, and it's proven to be the most effective way to build pecs while preserving shoulder health. Stand and hold a large Swiss ball between your elbows. The ball should be big enough to keep the elbows wider than shoulder-width apart when you squeeze it with maximum effort. Do it as though you're mimicking a pec deck exercise. Bend your elbows to 90 degrees and keep the upper arms parallel to the floor.



ABOUT ALEXA

"Action Alexa" is an internationally published celebrity trainer, sports model and nutrition and lifestyle coach with over 15 years' experience in the health and fitness industry, and has worked with NZ's world champion rugby team, the All Blacks. She has qualified for the Ironman 70.3 World Champs and was named as one of the Five Toughest Trainers in Asia during her seven-year stint in an MMA gym in Hong Kong.

Follow Alexa on Instagram at [@actionalexa](#)

NOW AVAILABLE AT
coles

Sensuous
RAGING BULL™
MALE ENHANCEMENT FORMULA



Raging Bull™ has been uniquely formulated using a combination of herbs, traditionally known for their sexual benefits, including improvements in: Penile strength and size, greater blood flow, increased libido and desire and stronger erections.

WWW.SENSUOUS.COM.AU

AVAILABLE AT COLES, CHEMIST WAREHOUSE, SELECTED PHARMACIES, AND ALL GOOD ADULT STORES

MARIA SLUSNYTE

PHOTOGRAPHED BY TEFAN IMIELSKI

The stunning **MAXIM Australia/NZ Official Girls of MAXIM 2022 Calendar** is out now and is the essential item for you and your mates. Featuring 12 of our gorgeous local and international models, this month we introduce you to May glamour Maria...

STATUS UPDATE

HOME TOWN:
Kaunas, Lithuania

LIVES:
London, England

BORN:
October 19

FIVE WORD

SELF-DESCRIPTION:
"Kind, honest, intelligent, ambitious and loyal."

LIFE MOTTO:

"We only regret the chances we didn't take. So, no regrets – try to take all chances that life brings you!"

INSTAGRAM:
@maria_slusnyte



The **MAXIM Australia/NZ Girls of MAXIM Official 2022 Calendar** is available at www.maxim.com.au/calendar, RRP \$19.95



THE POWDER & THE GLORY

A roundup of some of the most extreme and exclusive skiing expeditions around the world...

By SI SI PENALOZA

An off-piste ski trip should properly blow one's mind, revealing a subtler truth in the vertical Valhalla, the inner what-am-I-truly-made-of monologue seminal to all ski devotees. Aspen Snowmass has manifested this fantasy for generations of alpha skiers, a beacon to aficionados drawn to America's elite alpine sports heritage. Celebrating Snowmass's 75th anniversary in consummate style befitting such storied slopes, this season The Gant resort unveils a new excursion in its partnership with Nomad Inc. And like all high-octane powder hunts, The Gant's tribute to the majestic mountains involves a helicopter to make it that much more thrilling.

From Aspen Airport, an exhilarating 20-minute chopper ride whisks you up to Crested Butte. After a snowcat ride into the pristine wilderness, float atop the most postcard-worthy runs of your life at liberty. Aspen reigns as a high-society catwalk of cutting-edge ski gear; rock your Rossignol Blackops Sender Ti skis for a wicked ride anywhere the snow takes you. Cruise, charge, or shred at will. A gourmet après-feast awaits in a luxury snowcat barn stocked with savory and sweet recovery proteins.

Life's simply too short to ski in slush. Crested Butte offers some of the freshest bowls and chutes, sunlight sparkling on a sedate spruce woodland. Indeed, your ski holiday shouldn't start with forking over a fortune to a soulless, high-density operation. The Gant invokes the intimate spirit of pioneer ski chalets, elevated by contemporary styling. A weekend here feels like *Vanity Fair* on ice, with their 75th Anniversary Diamond Pop-Up Lounge debuting exclusively for this auspicious jubilee season. Tuck into chef-driven food and festive cocktails reserved for The Gant guests; pull up a chair and take over Diamond's chic interior, enjoying rotating pop-ups by local makers. The resort will also offer Aspen's only rooftop bubble on its terrace for private après-ski session — talk about a proposal-worthy backdrop.

Of all the itineraries primed for posh couples looking to go gigantic in 2022, Shangri-La Vancouver nailed the brief with their new Ice Caves Heli Adventure. It doesn't get any more once-in-a-lifetime than a hotel that brings you to an arctic frontier's hypnotic, aqua blue ice chambers. Prepare to fly over British Columbia's cathartic caves via helicopter, drinking in bird-of-prey views of glistening ice fields framed by ancient volcanic peaks. Lose sight of civilian stress with this three-night experience, inclusive of a swoon-worthy Shangri-La suite, a private guided expedition through a frozen fortress, five-course dining in an ice cave, a mixology lesson using 12,000-year-old glacier ice, and an ice-inspired afternoon tea followed by an obscenely long and indulgent spa treatment. The art of après ski has clearly come a long way from steaming cups of spiked cocoa. Alpha exertion in an ice cave calls for Shangri-La's coy take on crème-de-la-crème glacial gastronomy. Stick a fork in us, we're done.

Not everyone wants to stay in the Whistler snafu; Shangri-La's new offering is a whole new way to heli-venture by day and CHI. The Spa by dusk. A romantic getaway here knows no bounds. Shangri-La Vancouver brims with an intoxicating whimsy and wonder that inspires stolen kisses in hushed corners. Colonising 15 floors of the tallest tower in the city, this haute hideaway is a haven for high-rollers. Hestra heli mitts taken over your carry-on? An impromptu dressy invite to Yaletown is a snap with Shangri-La's partnership with "luxury row" brands such as Burberry, Hermès, and Saint Laurent delivering a selection of the latest trends directly to your suite.

Southern hemisphere skiing is the sporting man of leisure's true fetish. Enter Eleven Experience's Rio Palena Lodge in Chile, where A-List skiers looking to elevate their game meet their match. A primeval landscape punctuated by ancient glaciers embraces you on arrival to sublime off-season snow-capped peaks. Nothing quite

Eleven Experience's private helicopters allow for unmatched access to Patagonia's most remote powder stashes. This enclave of the Andes is a pristine proving ground for elite athletes

ALL IMAGES © PHOTO COURTESY
OF ELEVEN EXPERIENCE



like flying in hot from LAX in flip-flops to carve the line of your alpine dreams. This slice of Patagonia has long served as a proving ground for seasoned ski legends. The lodge's heli service offers unmatched access to the region's most remote stashes of champagne snow.

No other luxury host boasts this particular powder-flex capacity. Think wide-open backcountry and bronco steep chutes in an aweinspiring enclave of the Andes — skilled skiers need only apply. After a bombastic day of chasing beyond-black-diamond glory, return to the riverfront Rio Palena oasis to relax and refuel. Tiptoe in barelythere swimwear into the hedonistic, wood-fired hot tub, then kick back with a pisco sour beside a native stone fireplace.

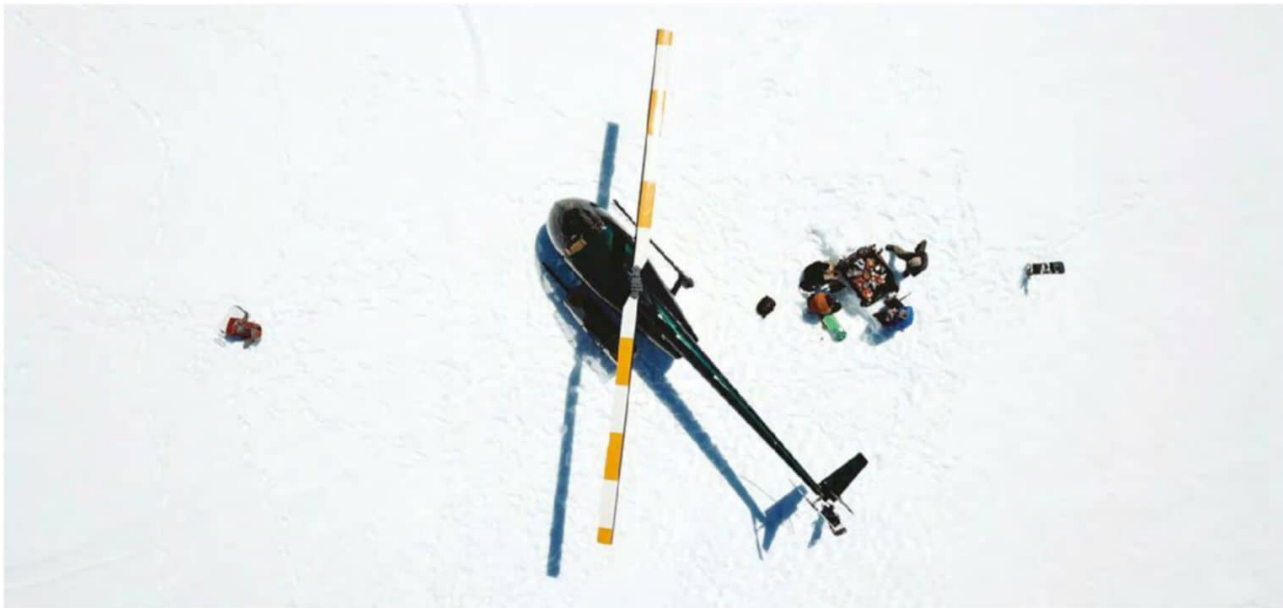
All of Eleven's off-the-grid hideouts are intimate, remote, and remarkable, and available for full property buyouts. One of their most beloved experiences is Deplar Farm, in northern Iceland's Troll Peninsula, within the Fljót Valley. Maritime weather makes for buttery slopes beckoning adrenaline junkies; the region's midnight sun gives you ample cinematic daylight to keep charging until 10 pm. What's more contemporary chic than a converted sheep farmturned-sporting lodge? Deplar Farm seamlessly emerges from the natural landscape with its living roof, floor-to-ceiling windows celebrating the surrounding peaks. Two helipads on property give guests on-demand

rotor delivery to crazy steep couloirs; it's a rather impressive logistical outfit for a converted sheep farm. No-fly weather? No problem. A white-out day isn't a write-off. Top notch guides easily switch gears to cat skiing or hot mineral spring hopping.

Eleven excels at both hard-charging ski days, or charge and chill ski/wellness blended itineraries. As Jon Donaldson, Eleven's Director of Guide Operations elaborates, "Spontaneous costume parties, blowout dinner celebrations, staying nimble and adapting with adventurous down-day activities, and taking advantage of prime weather windows to nail sunset turns above the North Atlantic, are all examples of what we can customize based on group goals." Case in point, Deplar's Viking Sauna is place-based bonding of the highest order. This collective experience calls upon ancient modalities such as hot/cold contrast therapy and meditation.

Led by an inhouse practitioner, engage in energising chants, cold plunges, and restorative group soaks in the geothermal indoor/outdoor pool. Defined by contrast, this Norse ritual is at once an introspective journey and a shared experience, an ideal chaser to a day of hardcore heli-skiing.

From extreme big line missions to snowcat shred sessions, these 2022 itineraries were clearly designed for those that are never not sending. Gravity first. Altitude always. ■



Top: Heli-boarding in Chile's Lake District with andBeyond Vira Vira — get your adrenaline pumping as you survey the vast mountains, vertical drops and untracked powder, it's all yours for the taking; *Middle:* Travel in style with Deplar Farm's site-specific snow terrain vehicles. The cornerstone of the Eleven Experience is each property's highly knowledgeable native guides, who craft rare pursuits in the backcountry known only to locals; *Bottom:* Soar above the breathtaking snowy peaks in a helicopter with andBeyond Vira Vira and land in a remote area, untouched by other skiers

PHOTOS: COURTESY OF ANDBEYOND VIRA VIRA (THIS PAGE, BOTTOM & TOP RIGHT); COURTESY OF DEPLAR FARM (MIDDLE, RIGHT); COURTESY OF SHANGRI-LA (OPPOSITE PAGE)

Discover the wonders of British Columbia's cathartic ice caves in consummate luxury with Shangri-La Vancouver's new exclusive Ice Caves Heli Adventure





Introducing...
TESLA
WOLFE

*Meet the exotic Native American, professional dancer, actress
and self-proclaimed tomboy who loves getting dirty...*

Photographed by RYAN DWYER
Interview by SANTI PINTADO



“Oh, I’ve had guys say to me, ‘I would love to test drive a Tesla’ or ‘So, what model are you?’”

W

elcome, Tesla. How does it feel to be featured in *MAXIM* Australia?

It honestly feels like my little girl's dream has come true. I always admired how beautiful the women were and hoped one day that would be me. I never really saw any Native American women in *MAXIM*, so I wanted to represent our beauty inside and out and be a voice for my people.

Well you look gorgeous. What is your best asset, physically or otherwise?

My Hazel eyes and my strength.

Give us a little more background about yourself and your life story so far.

I am a small town girl from Ada, Oklahoma U.S.A. and I am Native American – my tribes are Seminole & Creek. Classically trained in dance from the age of seven, my home life in Oklahoma was kinda tough – I was kind of a rebel and definitely misunderstood. Dance became my outlet and I felt destined to do bigger things in life, so I left to pursue a professional dance career. I moved to Texas and started dancing professionally, found my passion for choreography and loved teaching the students. It was a calling to inspire the youngsters. I received a full ride dance scholarship to L.A., so I jumped on it and immediately got signed by an agency. Now I've found my passion for acting and it really became another artistic outlet and therapy to heal my past. So, naturally I was really good at it – LOL!

On Instagram you describe yourself as an actress/model/dancer. Tell us more about your work.

Besides working with *MAXIM*, I've been

in some films, international commercials, model catalogue prints and music videos. I'm still waiting on my big break in the acting industry but I firmly believe it will come soon. I've worked for many professional dance companies, been a teacher/choreographer for studios and art schools and recently performed for *Insomniac*. I'm performing with Cherry Boom Boom this month and I also perform at local venues in L.A..

As a dancer, do you put others to shame when you hit the dance floor?

Ha! It depends on the style, but I'm definitely an all-round dancer – jazz, go-go, hip-hop, contemporary, freestyle...

What's your signature move?

I love poppin' and lockin' in sneaks, but give me a pair of heels and I can burlesque all day, baby!

Tells us about your cool name.

Were you named after anyone?

My mother was a '80s hair band rocker and there's this band named Tesla – she thought it was such a pretty name and that's how I got my name. And Wolfe comes from my Native American heritage.

How did you feel when Elon Musk launched the Tesla brand and name to the world?

That they should send me a Tesla because it literally has my name on it!

What are the best comments you've been given by people?

Oh, I've had guys say to me, "I would love

to test drive a Tesla" or "So, what model are you?" and "Watch out for that one, she's fast & electric", which is true!

What would people be most surprised to know about you?

I'm actually a tomboy. I like cars, fixing things, riding four-wheelers, getting dirty and all things nature. I grew up in the country so it makes sense.

What's one thing men should always remember about women?

The woman's anatomy is insanely incredible and should be put on a pedestal at all times.

If you had to take *MAXIM* on a date, what would it entail?

The Bahamas Baby! Then on our way back we're hitting up Playa Del Carmen. We'll shoot, create art, relax by the beach, drink pina colodas and forget about all our worries.

Sounds good! Have you ever travelled to Australia?

No, but I would love to visit! I'm pretty spiritual so I'd like to see the Red Centre and learn about Anangu people's culture and traditions.

Finish this sentence: If I ruled the world for a day, I'd...

Send healing, prayers and love out to everyone in the world. We are one and should unite together in peace.

What's next for you? Any exciting projects on the horizon you can share with us?

Yes! I just signed with Otto Modelling Agency and I'm ready to take my career to the next level. I've also started working on the producer side of films and I'm about to finish real estate school, so I'll be selling houses! I will continue my calling as a leader and mentor in the Native American community by providing artistic outlet opportunities to youth and adults alike – it's what my company Electric Turquoise will consist of and I'm ready to change the game for us. ■



*"I love poppin;
and lockin' in
sneaks, but give
me a pair of
heels and I can
burlesque all
day, baby!"*

Status Update

NAME:
Tesla Wolfe

BORN:
January 22

HOMETOWN:
Ada, Oklahoma
U.S.A.

CURRENTLY LIVES:
Los Angeles,
California U.S.A.

**FIVE WORD SELF-
DESCRIPTION:**
"Creative,
Inspirational,
Resilient, Driven,
Independent!"

LIFE MOTTO:
"Dream it. Believe
it. Achieve it.
BE IT!"

INSTAGRAM:
@teslawolfe

TWITTER:
@tesla_wolfe

SNAPCHAT:
@tesla_lala

TIK TOK:
@tesla.wolfe

Hair & make-up by
TAYLOR JAZZ
Produced by **MAIN STREET
PRODUCTIONS**



A SICILIAN ODYSSEY

A luxurious tour of Sicily is even more enticing at the wheel of the new Bentley GT Speed Convertible...

By NICOLAS STECHER

High in the darkening Sicilian sky above us clouds pile up like boulders, their black bellies outlined in a brilliant white from the sun hidden above. We've never seen anything quite like it. No wonder this country is so religious — with a celestial display like this it's easy to understand people believing in a petulant deity who smites sinners yet cares enough to cut through the darkness with his light.

Then comes the crackling thunder. Rolling north from the Mediterranean over the hills towards our zooming Bentley Continental GT Speed Convertible, the boom never arrives. I'm unsure if we outrun it or if the combustion from the engine

overshadows its clap, what with the twin-turbo powerplant's dozen cylinders firing their own boisterous orchestra. Even with the sound system turned off to enjoy the petroleum howls of the British coupe, the leitmotif of Wagner's "Ride of the Valkyries" echoes in my head. The drama is high.

This is God's Country. Or in Sicily's sake, gods (plural), as over the past three millennia a pantheon of deities has claimed this land as theirs. Zeus, Thor, Osiris, Jupiter, Taranis, Yahweh and many more have at one point or another claimed dominion over this rocky outcrop on the Mediterranean. So it is with great piety that we whip the GT Speed's 650 horses over these empty roads, deeper into the darkening valley towards the welcoming shelter of our hotel. Past



This page: The "secret" atelier of the painter Sergio Fiorentino in Noto. *Opposite:* Bentley's apex Continental, the 2022 GT Speed Convertible, makes for an ideal Sicilian chariot

THIS PAGE: PHOTO COURTESY OF THE GRAND HOTEL TIMEO BELMOND; OPPOSITE PAGE: STUART PRICE





vineyards we zoom at speeds well into the triple digits, top down on our ice-blue chariot, hair clawed by damp air thick with anxiety that the sky is about to burst over us like an overfilled balloon. Sure we could pull over and raise the roof, but what would be the fun in that?

Here we fear nothing. Something about the new US\$300,000 convertible's calm assurance removes any trace of unease. No inclement weather could wash away our joy. Just as we pull past the heavy gate of the Il San Corrado di Noto resort, safely under the valet's umbrella, the thunder finally cracks open, and with it the sky, unleashing a flood of water. But it's too late for Thor or Zeus to smite us as we take shelter by the warm hearth of the region's first five-star hotel, to enjoy a meal by Ciccio Sultano, San Corrado's 2021 consultant chef and owner of the two-Michelin starred Duomo Restaurant nearby.

Previously a vast olive grove, wine cellar, and citrus grove, the 34-room resort spread out over 14 hectares was inspired by the famed Aman resorts — specifically by their expert use of space, superb architecture, service and privacy. The vast pools, one bigger than a soccer pitch, and secluded nature of the well-appointed rooms are evidence that the homage is an unquestioned success.

A couple days later we bid arrivederci and slip back inside the GT Speed. Closing the Bentley's heavy doors with a significant click, we fire up its W-12 engine and point the Winged B on our hood north towards Cefalù. A small village on the Tyrrhenian Sea dating back at least to the 5th century B.C. known for its UNESCO World Heritage cathedral, Cefalù boasts another five-star resort of an

entirely different nature: the family-owned Hotel Le Calette, opened in 1969 on a cliff overlooking the turquoise waters of Caldura Bay.

Unlike our last day of motoring, this afternoon could not be more idyllic. Today the gods are happy. Piercing north from the southern half of the island is a driver's paradise: while Sicilian asphalt is wellworn, the roads are utterly barren of cars, mopeds and bicycles as it's a Sunday and everyone's at home relaxing with family or at church. The magic in the GT Speed is its duality: one part muscle car, one part exquisite luxury sled. Not a milquetoast compromise however,



Top: The GT winding its way through Noto in southeastern Sicily; *Bottom:* The lush Grand Hotel Timeo gardens radiate a lost glamour from an erstwhile era



“A superb blend of design, architecture, service and privacy”



Top: Villa Sant'Andrea enjoys a reputation as one of the most romantic hotels in Taormina; *Bottom:* There is no better place in Sicily to take in the sunset than the Timeo's Literary Terrace

TOP LEFT PHOTO: STUART PRICE; ALL OTHER PHOTOS COURTESY OF GRAND HOTEL TIMEO BELMOND

eking out a bit of both but not quite enough of either to satisfy — when you want luxury the Conti dials down the testosterone, ties on a silk ascot and morphs into the most opulent cloud of luxury this side of the Flying Spur. When you want muscle, however, it unleashes into a 100% torque-twisting supercar.

Soon we are crawling along the narrow littoral roads of Cefalù, with its massive promontory guarding the bay, and glide to a stop outside Hotel Le Calette, with its bright pink bougainvillea tumbling from balconies down to a quiet pool overlooking the azure bay. The pearl of Hotel Le Calette is its beach club set in the cove, ground zero for studying the centuries-old Italian art of *Il Dolce far niente* — “the sweetness of doing nothing at all.”

Eliminate any and all ambitions. There’s nothing to do on the wide wooden terrace but drink Campari and tonics beading with moisture, read a dogeared novel and thank the gods for their abundance. There’s no breeze per se, only the occasional shifting of air; in direct sun your flesh sears in minutes, but under the shade of a wide umbrella the climate is perfection. Serene. The only sounds the lapping of small waves against rocks underneath. When you feel like it take a dip in the Mediterranean, the clear water creating wondrous hues of blue over the mosaic of golden rock that lines the bay.

At night you’ll find a lonely piano player tickling keys by the pool to no one in particular. Perhaps because it’s September, perhaps because travel is still not back to normal, but the Hotel Le Calette feels like it’s catering directly to your whims. We belly up to the bar, tell Tony the barman to make us something Sicilian. Then amble back over to the pool where only one other couple sits quietly enjoying the music, the towering promontory lit up, the sky inky black above. Every 30 seconds or so the beam from a lighthouse swings across the star-filled sky like a batter fouling deep into the stands.

It’s not easy saying goodbye to Hotel Le Calette as we prepare



for the third and final leg of our Sicilian adventure. But the bustling tourist mecca of Taormina, long favoured by the jet set, awaits. Today we take it a bit easier. This seaside drive is as close as it gets to that scene in *La Dolce Vita*, the Bentley snatching the role of winsome British droptop from the Triumph TR3 — except that our 21st-century droptop unspools more horsepower than aircraft of the Triumph’s era. As we steer the GT Speed to Sicily’s third leg we engage the massage program, the front thrones kneading our soft muscles like calves before the slaughter. Through the 2,200-watt Naim for Bentley sound system the voice of Sade pours out of the 18 speakers like warm chocolate, the deeper bass notes occasionally vibrating our glutes via the kinesthetic shakers buried in our leather



Top: The GT Speed Convertible at rest in Calabernardo; *Bottom left:* The seaside wellness centre at Belmond Villa Sant'Andrea in Taormina; *Bottom right:* Mt. Etna rising above the Grand Hotel Timeo's pool

seats. The Sicilian sun shines in clear skies; everything is right in the world. As one of the most visited areas in all of Sicily, the medievalwalled village of Taormina has much to offer, with our twin destinations being the most attractive: a combination of Belmond resorts, one up high in the mountains and one down by the water.

After the long drive negotiating the vertical switchbacks of these cliffs, the sight of the former’s opulent terraced gardens — like something out of a Keira Knightley costume drama — feels well-earned. When the gates open up before us it’s almost like St. Peter is manning the portal. The town’s first hotel, the Grand Hotel Timeo, a Belmond hotel’s lavish grounds embody a level of profound and palpable glamour that one fears has long left this planet. Experienced together with its sister property the Villa Sant’Andrea by the water, it packs a truly peerless one-two punch. One can sleep here in the lush elevated gardens of Taormina and shuttle down to the coast for a day at the beach, or do the inverse: stay by the water for convenient beach



access and shuttle up to Grand Hotel Timeo to enjoy its more sophisticated and cosmopolitan luxuries.

Some point to Timeo’s Michelin-star restaurant Otto Geleng as a highlight, where Chef Roberto Toro’s exquisite creations are plated amongst a milieu that emulates a chateau dinner party. Or the rooms that could double for royal suites, with marble bathrooms, glimmering chandeliers, closets larger than some Manhattan apartments, and expansive terraces looking out to the sea, pool and gardens below. And those gardens... perhaps most evocative of the hotel’s unparalleled luxury. Verdant, filled with tree species culled from around the globe, and bursting with more flowers than a Colombian jungle.

But nothing resonates more than the Timeo’s famed Literary Terrace — a flagstoned perch overlooking the gardens and friendly terracotta rooftops of Taormina spilling out and down towards the Ionian Sea far below. Order a martini from the beautiful fin de siècle bar just inside, while the glass-walled room echoes with the joyous clatter of ice tumbling into champagne chillers, the sound of bowling balls nailing a strike in slow motion. It is nearing sunset, that euphoric hour which anywhere on the planet signals the beginning of the hero’s journey.

We sit in meditation, cocktail in hand, watching the sun set around the smoldering peak of Mount Etna in the far distance. Quietly taking in the same view D.H. Lawrence did while writing *Lady Chatterley’s Lover* on this very terrace, as have many other renowned authors, earning the bar its name. One thinks about this island and its profound saga of western culture, how many people and civilizations have come here and disappeared into record. All this history, all this time, all this beauty. You think about how this adventure all began — with angry thunder, deities fighting overhead, lightning and terror. Yet on this twilight not a cloud hangs in the reddening sky. Sicily’s inhabitants go about their business unconcerned, having long ago abandoned caring about the politics of the gods. ■



Top left: Gorgeous views at the Villa Sant'Andrea, a Belmond hotel; *Bottom:* The 650-hp GT Speed Convertible works its way across Sicily’s highlands

TOP LEFT PHOTO: STUART PRICE; ALL OTHER PHOTOS COURTESY OF GRAND HOTEL TIMEO BELMOND

BOTTOM PHOTO: STUART PRICE; ALL OTHER PHOTOS COURTESY OF GRAND HOTEL TIMEO BELMOND

CAILIN ALYSSA

Time to get more acquainted with this multi-talented events producer, real estate agent and medical student who loves all things sports, entertainment and travel...

Photographed by RYAN DWYER
Interview By SANTI PINTADO



K

“If you have a good mind and heart you will shine, no matter what, and set yourself apart from those who are only concerned with the physical.”

iller shoot, Cailin. What did you love most about it?

This shoot in particular was a pivotal one for me. I had a bit of a rough start to 2022 – I experienced many life changes in a short duration of time and was feeling discouraged, frustrated, sad and lacked self-confidence so much that I almost backed out of this shoot. However, I told myself I needed to get out there and try get myself back. The kind, loving, happy outgoing girl who everyone knows. So, my favourite part was working with a team who knew I could get out there and nail this shoot and it allowed me start feeling like myself again.

Nice one! When do you feel sexy?

Feeling sexy is a state of mind. There are a lot of factors that go into getting that mindset, but the most important is having good energy and feeling good about yourself – being happy with who you are. Yes, working out, eating healthy, wearing your favourite clothing and owning it contributes to sexiness. As women we are sold the story that sexiness is being a certain age or size, but I don't buy it. Sexiness comes from within and it's being comfortable with the person you are. Yes, a nice compliment from another human helps, maybe more so the ego, but I still feel you have to be in the right frame of mind.

What is your best asset?

My heart and my mind. Physical attributes do not last a lifetime but if you have a good mind and heart you will shine no matter what and set yourself apart from those who are only concerned with the physical.

Tell us a little more about yourself.

I have Scottish, German and Spanish heritage and was a tomboy growing up. I'm a California native who now works full-time producing exclusive experiences and events in the sports and entertainment industry. I'm a big sports fan who also has an immense amount of appreciation and respect for all things the music industry has to offer. I'm also a real estate agent in L.A. and a full-time student at UCLA pursuing a future career in medicine. Right now, I'm really focusing on my business career but also working for a start-up cryptocurrency company doing marketing and events for them. Safe to say I'm a busy girl and pride myself on my career. Modelling is just a fun little side hustle.



*Status
Update*

NAME:
Callin Alyssa
BORN:
December 16
HOME TOWN:
Mammoth Lakes,
California U.S.A.
CURRENTLY LIVES:
Los Angeles,
California U.S.A.
**FIVE WORD SELF-
DESCRIPTION:**
"Authentic,
kind-hearted,
intelligent, honest,
independent!"
GO-TO DRINK:
"Tequila on
the rocks."
LIFE MOTTO:
"Jump first,
think second."
INSTAGRAM:
@caylennon

Hair & make-up by
MICHELLE CUEVAS
Produced by **MAIN STREET
PRODUCTIONS**

“Sexiness comes from within and it’s being comfortable with the person you are.”

How long have you been modelling?

I was discovered on the beach by *America’s Next Top Model* at 18 and have pursued a career in modelling on and off since then. I definitely have taken extended breaks due to wanting to go to college or having some unexpected health issues, but I enjoy being in front of the camera, working with brands and most of all meet people on shoots – some have turned out to be great.

Where’s the best place you’ve ever travelled?

I love travelling in general, but I recently visited Switzerland and it was an amazing time – great people, food, culture and fun.

Where in the world would you love to travel to next?

Africa. I am absolutely dying to do a safari by horse back!

Have you ever been to Australia?

I have not but was planning to go in 2020, then the pandemic hit and my trip was

unfortunately cancelled, but I would love to get there soon!

Besides koalas and kangaroos, what else do you know about Australia?

One thing I thought was a cool fact was that the Australian Alps get more snow than the Swiss Alps. I know that vegemite is the most popular Australian spread, too.

What do you look for in a man?

Intelligence and confidence are some of the most important qualities I look for in a man. I want a guy who is comfortable in his own skin, has it together and can hold an intellectually stimulating conversation. I’m also looking for a guy who has a good head on his shoulders and similar values as I do. A man who has emotional maturity and can show consistency, integrity and that he is passionate about things in life. A man who also supports my life and career goals because I know I will be encouraging him to follow his dreams and be his biggest fan.

How can a man possibly win his way to your heart?

Be different. Be brave and bold. Be funny. Be spontaneous. Be a kind human.

Describe your ideal date.

Anything active. I am an active person so playing a sport where you can showcase your competitive side and have fun with it is always good. A visit to an art installation where you can strike up interesting conversations about the work is also a huge plus. Even hitting up an amusement park or playing games that can allow you to let your hair down and have fun, laugh and release your inner child is a great way to spend a date. Active dates allow you to be real and not out so much pressure on being perfect.

What’s next for you?

Modelling wise I’m working on some fashion collaborations right now and I’m super pumped about them, but personally, I am just focusing on my career and personal work projects right now. ■



DELAGÉ ROARS BACK

Entrepreneur Laurent Tapie is raising the legendary marque from the grave...

By NICOLAS STECHER Photography by ROBERT KERIAN

In 1874 Pierre Louis Adolphe Delage was born in the verdant countryside of Cognac, France. Among some of the finest vineyards in the world, this watchmaker's son studied the sciences, graduating from the nearby Ecole des Arts & Métiers with an engineering degree. After securing a financial backer in 1905, he founded Delage, which would go on to find great fame in the world of motorsports. With a fleet of hand-built, V12-powered racers, Delage would claim Grand Prix wreaths and world speed records, peaking in 1927 when his Type 15 S 8 crossed four European Grand Prix checkered flags, winning his eponymous nameplate the World Championship and the Légion d'Honneur for his driver Robert Benoist. Sadly, the halcyon years would be short-lived.

Despite building some of the most luxurious and expensive cars the world had ever seen, the knockout combo of the Great Depression and World War II conspired to kill the marque. By the early '50s, after being sold to peers Delahaye, Delage faded to black.

Until today, that is. "Because I'm French, Delage was really an obvious choice," Laurent Tapie explains from his headquarters in Magny-Cours. A serial entrepreneur, the son of businessman and politician Bernard Tapie — best known for reviving the moribund Adidas in the early 90s, and being owner of the Champions League winning Olympique de Marseille football club — has charged himself with resurrecting the storied marque. "The only two brands in French history that were ever world champion in Grand Prix are Bugatti and Delage, no one else," he reminds us. "Delage set several world records of speed, and in the first half of the 20th Century won more Prix d'Elegance than any other brand in the world."

However, "Nobody remembers that France used to be the number one country for luxury cars until the Second World War," he notes with a hint of exasperation. "We were selling more prestigious cars than the English, the German, the Italians. We were number one!" Speaking with Tapie for only 20 minutes, it quickly becomes apparent his goal is



PHOTOS COURTESY OF VANDUTCH



"IT WAS CONCEIVED TO BE THE CLOSEST STREET-LEGAL CAR EVER TO AN F1."



not just to return the nameplate to the apex of global motoring, but the French flag as well. “Delage still remains one of the most prestigious brands in history,” he urges, “we just need to relive this past, and remind people of it.”

Luckily for Tapie, the vehicle he wants to spearhead this Gallic resurgence, his Delage D12, has all the ammo necessary to lead the charge. First off, the heavy artillery: powered by a gargantuan 7.6-litre, 12-cylinder engine fully developed in-house, the naturally-aspirated lump’s 990-hp come coupled to an electric motor with 110-hp of its own to create an asphalt-melting 1,100-hp.

Secondly, its nimble feet: the D12 sports a very expensive and rare F1-style pushrod suspension, a system that revolutionised Formula One two decades ago but is still so cost prohibitive that no other hypercar utilises one. And even if they could afford to, French engineer Mauro Bianchi, who holds the patent, granted Delage exclusive rights for road-legal cars. “Nobody else has it on a street-legal car, so it was one of the cool things I wanted the D12 to have,” says Tapie. Finally there’s the D12’s biggest innovation: a central seating position. Its twin seats come positioned one behind the other, as in a fighter jet, a geometry that offers unparalleled balance and vision — separating the hypercar from just about everything but perhaps McLaren’s fabled F1.

“The emotion has been there since I’m a boy, because I’m truly passionate about cars,” Tapie reveals, sharing how racing since the age of 20 lends the CEO an advantage — largely from how well he’s versed in the competition. Despite being a longtime fan of Porsche, Ferrari, Lamborghini, McLaren, Aston Martin, et al, Tapie knew none quite appealed to him, at least not as a visionary. He credits (blames?) his stratospheric standards on winning a Porsche-organised amateur race in 1996 where the first place prize was driving an actual Formula One car.

“It’s one of the best experiences I’ve had in my life,” he recalls wistfully, “and nothing I’ve ever driven since, even the very recent supercars that are 700- or 800-horsepower, can approach the feeling when I drove it.” Palpably excited by the memory, he continues, “The will to create a kind of road-legal Formula One car was born that day, [though] honestly I never thought I would actually build one.” He adds

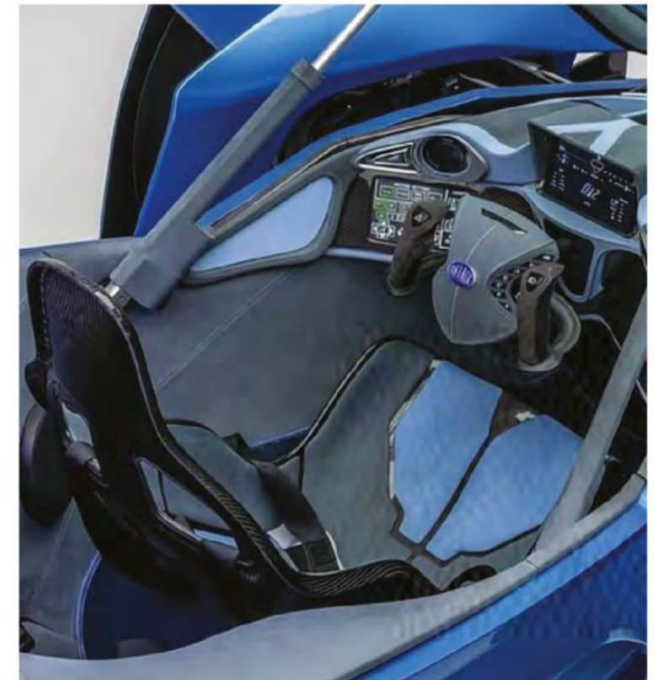
that, “If you have ever driven a car from the central position, you never want to go back to a side of the car,” he promises. “The D12 has been conceived to be the closest street-legal car ever to a Formula One.”

Since the D12’s conception, its success has hinged on one single goal: setting the world record lap time around the Nürburgring. As arguably the most coveted accolade in the automotive landscape, lapping the Nürburgring’s Nordschleife challenges a vehicle holistically in a way that no other single metric can. Notching this record would be final proof for Tapie that his D12 is worthy of the Delage name, of its robust heritage, and of waving the Tricolore flag.

“I am extremely confident that we’re going to beat [the record],” he states unwaveringly, “and we’re going to beat it by several seconds,



PHOTOS COURTESY OF VANDUTCH



not just one or two.” This supreme confidence is built upon some of motorsport’s most basic tenets, pointing out the D12 has more power than both the current (Mercedes-AMG GT Black Series) and previous (Lamborghini Aventador SVJ) record holder. It is also lighter than both, the prime combo of racing superiority. And then throw in the pushrod’s unique suspension, and the fact that it has more than double the downforce of its competitors.

It’s clear the Frenchman seems to think he has all the necessary elements to turn this goal into reality. But raw ingredients won’t suffice; to prepare the D12 for this ultimate test, the final stage of the US\$2.3 million hybrid hypercar’s development will mean handing the keys over to famed F1 Champion Jacques Villeneuve. Simply because Tapie believes only a world-class driver — not an engineer — can orchestrate and balance all these parameters into one symphonic package.

Tapie learned this lesson from a vehicle he says is the best street car he’s ever driven: the Ferrari F430 Scuderia. The reason being that arguable F1 G.O.A.T. (all respect due to Lewis Hamilton) Michael Schumacher famously orchestrated the balance of that super machine, and its epiphany is the difference between a driver- and an engineer-led setup. “It’s very hard to explain but the Scuderia is a car that is alive. You make one lap with it and you end up with a smile on your face; you feel like the car and yourself are one body together,” he states. “I’ve never felt that in any other car, and that’s what I want from the D12.”

As only the third driver (after legends Mario Andretti and Emerson Fittipaldi) in all motorsports history to win a Formula One World Championship, the Indianapolis 500 and the CART/Indy- Car Championship, Villeneuve is the man Tapie believes can get the job done. “Jacques has a very great knowledge and feeling of the cars,” he muses. “One of the reasons he was World Champion and was able to beat Michael Schumacher was because he knew how to make the setup so him and the car can be one together. So that’s what I want him to do with the Delage. I will be happy once he gets out of the D12 and he says, Now, it feels like a Formula One.”

This past August the D12 finally made its American debut at Monterey Car Week, and as expected the otherworldly hypercar left many a potential customer slack-jawed. “We received many more

people than we expected, with an incredible enthusiasm on the design — many visitors told us the D12 was the most beautiful car shown this year,” Tapie shares happily. “I was thrilled to hear some visitors saying ‘I did not know Delage but a friend saw your car and told me I had to come by your stand.’”

The fully functional D12 prototype will be shown early this year, with European clients testing the car first, followed by America. As orders are confirmed, D12s will be configured in spring 2022 with first deliveries scheduled for Q1 of 2023. As Tapie enthuses about the reception in Monterey, “perhaps most importantly we pre-sold several cars — which of course was the primary objective.” ■



THE STATS

NAME:

Vinnie Vain

BORN:

July 1, 1988

LIVES:

Sydney NSW

NICKNAME:

"The Bad Guy"

HEIGHT:

180cm

WEIGHT:

70kg

STYLE:

High Flyer

FINISHER:

Vanity Fair (Spinning Neckbreaker)

FACEBOOK:

VinnieVainWrestler

INSTAGRAM:

TWITTER TIKTOK:

@vinnie_vain

ANATOMY *of a*
WRESTLER

With years of experience, multiple championships and accolades under his belt, **VINNIE VAIN** is one of Australian Wrestling's hottest prospects. Here, he shares his training and diet regimes and a few tips for success...

Photographed by NEW PHOTOGRAPHY Interview By SANTI PINTADO

How and why did you decide to get into professional wrestling?

I grew up watching WWE and was in awe of the larger-than-life characters like The Rock, Eddie Guerrero, Randy Orton, John Cena, etc... and into my teens and early adulthood my interest in professional wrestling never faded. When I turned 25, I obtained my bachelor's degree in business and commerce (marketing), had just purchased my own place and gotten married. Although these are all things I wanted, I felt I'd never actually pursued "a passion". So, I set my sights on my next goal and investigated where I could learn to become a professional wrestler. I went to a try-out held by a local academy, started training and seven years later here I am – "The Bad Guy" Vinnie Vain – sitting pretty, winning championships and making headlines on the Australian independent wrestling scene.

Tells us why you went with your stage name Vinnie Vain?

The academy I trained at were looking to move me into performing on live shows – they believed I had enough skill to start working in front of an audience to develop my craft. However, in professional wrestling, you need a character or "gimmick", and the promoter of the show needed a "pretty, young, flashy guy" so to quote him, "You're pretty vain, always worried about your hair and look – I want to call you something vain." I didn't know whether to be insulted or take it as a compliment, but the first name that popped into my head was Vinnie – at the time I was binge watching Entourage – and so from there Vinnie Vain was born.

Describe your normal training day.

I'm in the gym at 6:15a.m. for a solid and intense 45-minute weight session, then get home, have breakfast (pre-made 50g plain oats, 50g mixed berries, 30g protein supplement powder and skim milk), get showered and be ready for my nine to five job as a leading digital marketing manager. During the day I tend to eat various healthy snacks like an apple, peanut butter or a high-protein yogurt, protein muesli bars, beef jerky... and lunch is usually a high protein based meal. After work I go home to spend time with my daughter and wife – the two biggest priorities in my life – and then have a healthy dinner which is high protein, good carbs, etc... Afterwards I do a really quick abs workout and just run through various exercises, crunches, leg raises, plank, flutter kicks, bicycle crunch, etc. Then I try to sink another protein shake and spend some time to unwind which can entail "watching tape" of various wrestlers



"I've learnt to be mentally resilient and to focus on why I am doing this and the joy it brings me."

and matches as a way to study, learn and perfect my craft. I'm usually asleep by 11p.m..

How often do you train?

I train three to four days per week focusing on weights; one day for wrestling-specific cardio, drills and techniques to improve and stay "ring ready". I train abs most days of the week and try to also get a few runs in each week. My advice to anyone looking to improve their fitness is to find your own path. You are an individual, your body is unique and your goals are your own. I don't care about what anyone thinks about my body – except me. I love my body and as long as I did the best I could with the 24 hours I had to wake-up a better person physically, mentally, emotionally and spiritually, I am happy.

Is there any specific training you need to do in your profession?

With wrestling you need to learn the art, the basics, fundamentals and even then you need to keep learning and developing – it's never ending. You need to keep training to stay in shape and develop as a performer and the character you portray. This is very much a cosmetic business and you need to look the part. My character is "The Bad

Guy" – I'm a flashy, pretty boy and my body needs to look the part. I wear leather pants when I wrestle, and my upper body is exposed, so I focus a lot on my abs but also pay a lot of attention to my chest, shoulders, back and arms. Cardio is also super important. Wrestling has its peaks and valleys in a match – one second you're on your back looking up at the lights, the next you're on your feet leap frogging your opponent ready to give them a massive drop kick. Your cardiovascular strength and endurance is just as important as general muscle strength.

How do you prepare for your shows?

I make sure I at least get that quick run in or do some type of ab workout, or even 50 burpees in my hotel room at 1a.m. if I'm away on business. The hard part of preparation is staying disciplined with eating habits. I love a Big Mac just as much as the next guy, but I try to eat clean as much I can. I'm by no means great at it, and tomorrow isn't guaranteed, so sometimes you just need to eat the damn donut. But with preparation comes the grooming – haircuts, laser, waxing, tanning... As I said, it's a cosmetic business and I play a "pretty boy", so I need to always make sure I look my best on any given week.

Do you have any rituals before you go out and hit the ring?

Usually a sugar-free Red Bull, a Lenny and Larry's protein cookie and a hug from my daughter. Those are the main rituals, but I also go through a morning routine where I have a very solid breakfast – sometimes on show day things can get busy real quick, so I make sure I'm fuelled up. By this time, depending where and what show I'm working, I generally have a road buddy "Christian the ref", where we travel together, kick back and talk some smack.

Do you have any superstitions?

Yes – always pack extra underwear and socks. Now, this may sound gross but I have a specific style of underwear that matches my costume. It may look like I'm always wearing the same, but I have about 15 different pairs of this one style so I assure you they are clean!

What things do you need to look out for during a show?

You really need to make sure everything is aligned. Looking good is not just physical – when you are mentally and emotionally good, this comes out in your physical appearance and there is so much emphasis on the physical that many don't realise that our mental state has so much of an impact on this.

Describe the mental strength needed to do what you do?

You need to be mentally strong because the wrestling business is full of fans and critics who sit there and judge everything you do – from the moment you walk out the curtain to the moment you go backstage after your match. Unfortunately, the IWC (Internet wrestling community) is full of trolls who will diminish you online, yet never have the guts to say anything to your face. Sometimes their words can get to you. When I started out, I used to read a lot of negativities on these forums and Facebook groups and let it bring me down. But as I matured, I learned that their opinions don't dictate who I am as a person, behind the character, or even the performer I present to them. Some love what I do and others don't and that is OK. I've learnt to be mentally resilient and to focus on why I am doing this and the joy it brings me.

What goes through your mind during a show?

When I'm out there I'm trying to make

“As long as I did the best I could with the 24 hours I had, to wake-up a better person physically, mentally, emotionally and spiritually, I am happy.”

**ACHIEVEMENTS**

- Future Wrestling Australia Mercury Champion (2021)
- Kingdom Wrestling Entertainment 600 Champion (2021)
- Hunter Valley Wrestling Elite Champion (2019)
- Two-time Australian Wrestling Entertainment Champion (2017, 2018)
- Australian Wrestling Entertainment Tag Team Champion (2016)
- Mario Milano Contenders Cup Winner (2017)

sure that the crowd are reacting as they should be based on the story that me and my opponent are trying to tell in that ring. Its entertainment so I want to make sure that the fans are exactly that – entertained. It really comes down to me focusing on the outcome and staying positive.

How do you stay focussed?

I really just try to block out everything. For me, wrestling is an escape from the stresses of life, it's my place where I can go and leave all my troubles at the door. I'm fortunate I have this – others in life drink or turn to drugs to get that same feeling, so I tell myself that I'm a) lucky to be in this position; and b) as my mum says, "Remember who the f—k you are". That is enough inspiration for me to go out and do my best.

What's the worst injury you've had and how did it happen?

I've had a few but the worst in the sense of the most painful is going to sound utterly ridiculous. I was working a tables, ladders and chairs match where I needed to climb the ladder and reach the championship belt

to win. I put my opponent in the corner and wedged him there with the bottom of the ladder leaning on the middle rope to create a ramp. I intended to run up the ladder and drop kick him straight in the face, but as I ran up I misplaced my foot and scraped my shin going through the ladder rungs. At the time I was more embarrassed that I did this in front of a packed house of fans but when I got backstage afterwards I realised I pulled the skin all the way back up to my knee. There was blood and skin all over my pants. The profanities that came next!

Finally, what advice do you have for those wanting to do what you do?

As cliché as it sounds, my advice is simply to believe in yourself and be disciplined. If it means getting out of bed at 6a.m. to get that workout in – get up. If it means saying no to the junk food – say no. All my successes in and out of wrestling have come from showing up and doing your best. You don't have to be the best – you simply need to do your best. If you approach anything in life with this philosophy, I assure you, success will come. ■

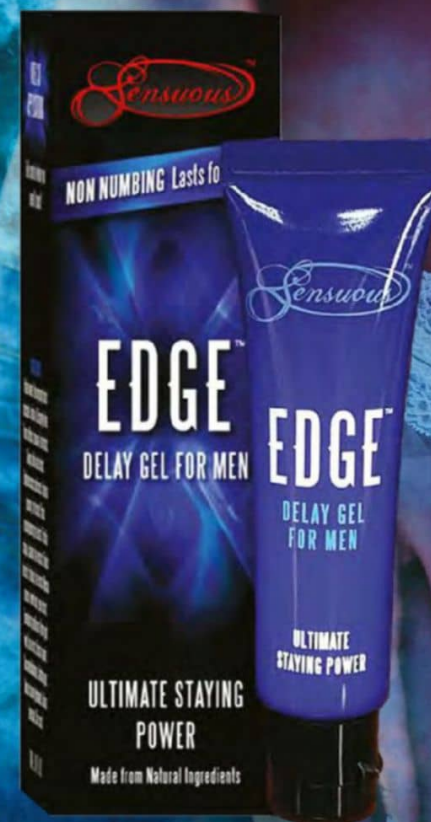
NOW
AVAILABLE AT
coles

Sensuous™
EDGE™

DELAY GEL FOR MEN

Edge™ has been specially formulated to help delay your orgasm and ejaculation, which means that your partner will never be disappointed. The effects of Edge™ is not just about staying power it also has the added bonus of giving you a much greater build up during sex resulting in the ultimate orgasm. Made in Australia from nature's finest sexually enhancing ingredients.

WWW.SENSUOUS.COM.AU



AVAILABLE AT COLES, CHEMIST WAREHOUSE, SELECTED PHARMACIES, AND ALL GOOD ADULT STORES

POLE POSITION

*Introducing budding
Australian model, dancer,
footy fan and business owner
BROOKE TRASLER...*

Photographed by EMMA SALMON
Interview by PARIS RAINE



I

“I love the fact I can go from being glamorous to putting on some work boots and screening a concrete slab!”

ello, Brooke, tell us a bit about your photo shoot.

This shoot was done in my now home town in Shoal Bay at Wreck Beach in Port Stephens. Nature is so beautiful – it makes me feel alive and completely sexy, especially the ocean and its power and beauty.

When else do you feel sexy?

When I'm performing a dance for a special person or in front of an audience – I love eye contact as they watch in delight. I also feel sexy when I'm outdoors at the beach or on a boat in my bikini, with the wind in my hair.

What is your best asset?

Physically, I would have to say my butt. Otherwise, it's my wit!

Give us a little more background about yourself.

I grew up a surfer who loved to dance and began my career having a weekly gig at a venue called Northies Hotel in the beachside suburb of Cronulla in NSW. This soon turned into more major gigs, winning Miss Nude Sydney 2018 and getting private gigs from celebrities whose names shall remain confidential. I even opened up a pole dancing studio business and I'm absolutely loving it! My other love

is sport – I follow the Penrith Panthers in the NRL. Go Panthers!

What would people be most surprised to know about you?

I love the fact I can go from being glamorous, all dressed up, to putting on some work boots and screening a concrete slab! I'm not afraid of hard work and getting dirty.

What have you learnt about men over the years?

They like the thrill of the chase.

What's one thing men should always know about women?

We like to keep things fun, interesting and always love when men are creative on dates.

What do you look for in a man?

I like an action man who is good with his hands, mechanically minded, loves the water and adventures. Plus, give me a man with a bike or who surfs any day.

Describe your ideal date.

I like something creative. Not dinner in a restaurant, but something that will turn into a story. Excitement is the key, so do something that takes me out of my comfort zone.

Cool. What can we get you at the bar?

Jack Daniel's, of course!

Who is your girl crush?

Pamela Anderson. She is so sexy and I love her '90s look. Combined with her beach vibe and rocker relationships – I love it.

What is your motto in life?

Live it now, live it hard.

What's next for you?

Expanding my business. I would love to buy a houseboat that is also a pole studio and be the captain of it. I love challenges and bucket lists – I just want to live a cool life and give everything a go. ■

*"Excitement is the key, so
do something that takes me
out of my comfort zone."*

*Status
Update*

FULL NAME:
Brooke Abbey
Trasler

BORN:
May 26

HOME TOWN:
Shoal Bay, NSW

LIVES:
Cronulla, NSW

**FIVE WORD SELF-
DESCRIPTION:**
"Energetic,
positive, sexy,
amusing,
daredevil"

PULL YOURSELF TOGETHER

Professional British boxer and two-time world heavyweight champion Tyson Fury says he masturbates seven times a day but should you? And how can you do it better and can wanking really help with body strength and athletic performance? Read on...

By CAM FRASER

World champion boxer Tyson Fury recently announced that “most of his success comes down to masturbating seven times a day”. Yep, that’s seven times per day. If that sounds like a lot to you, don’t sweat it. According to male sex toy brand Arcwave, the average man masturbates 4.5 times per week, which is a far cry from Fury’s average. But the two-time world heavyweight champ claims that masturbating helped his hands become stronger and made him better able to manage his testosterone levels, which begs a few questions like: Can masturbation really help with body strength and athletic performance? Should I be masturbating more than I am now? What are the best ways to masturbate? Let’s break it down.

First thing’s first: there is no evidence that masturbation has any effect on athletic ability. While there is a link between masturbation frequency and testosterone, it’s still unclear in which direction this correlation occurs. It may not necessarily be that frequent masturbation increases testosterone, but that someone with already high levels of testosterone has a higher libido and therefore masturbates more frequently. Some athletes report that they don’t masturbate or have sex before a match because they believe that it makes them tired or sluggish. Other athletes report that they do have sex or masturbate before a match because it makes them feel relaxed and refreshed. It is personal for each athlete and I encourage people to experiment with how masturbation makes them feel personally.

Something that I invite men to try is masturbating before they do some physical exercise with the caveat that they don’t ejaculate. So, they can try building up their pleasure and arousal then substitute their ejaculation for a physical workout. I get them to notice how it changes their workout, and whether or not they feel more energised because they haven’t ejaculated. It’s important to remember that masturbation shouldn’t always be about ejaculation. It should be all about self-pleasure and making yourself feel good. So next time you do it, keep this in mind, and the endorphins it gives you might help you through your next workout — or give you a more positive mindset towards working out.

It’s also worth considering how you masturbate. For a lot of guys, self-pleasure can be a routine experience. Sure, it might differ slightly each time you do it — you might watch different types of porn or do it in different places in your house, but by and large we all form self-pleasure routines and stick to them. The most common way my clients engage in self-pleasure is with stimulation and arousal from pornography — so, let’s start here. Porn can be a great tool to help with arousal. It also offers men an opportunity to see a fetish or fantasy they might want to try, in a safe and sexual way. It’s easy to access and can be a great way to switch off from the day and switch on a simple way to build arousal and release tension.

There are some counterarguments against porn, though. For instance, it can

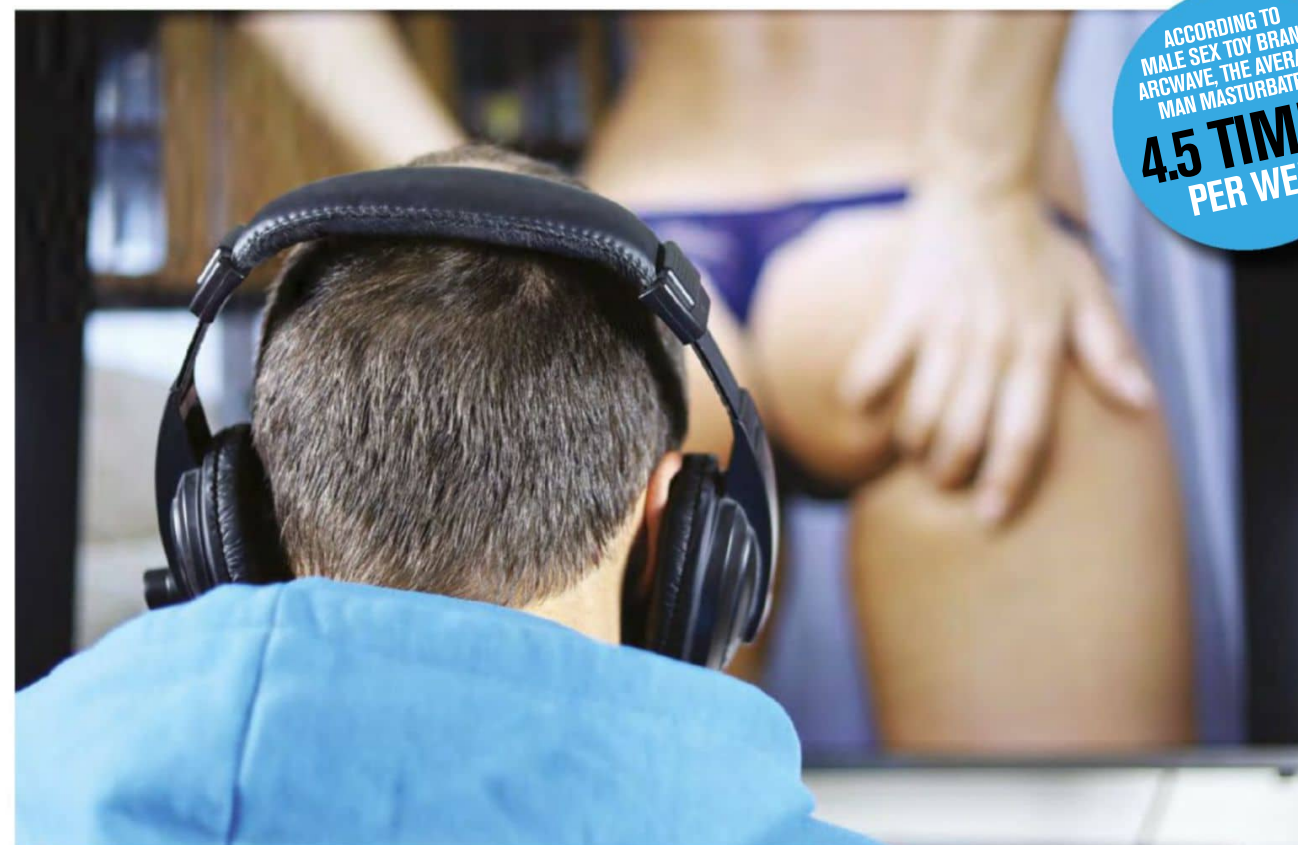
leave men feeling inadequate in different ways. In mainstream porn many of the males presented are walking around with chiselled abs and larger-than-average penises, which simply isn’t representative of the majority of men watching on. Mainstream porn also lacks the ethics and safety that need to be present when having partnered or group sex — it rarely addresses consent. If porn is your preference when it comes to self-pleasure, there are some different kinds of porn to try which might leave you feeling more fulfilled.

Why not broaden the types of porn you consume, and be a more ethical consumer? This includes paying for porn, watching porn that is more representative of your own body type and watching porn which includes consent and safety. However, I always encourage my clients to engage in different ways in building arousal. The reason for this is because a healthy and exciting sex life with one’s self leads to a varied, healthy and exciting sex life with a partner, while also improving communication in relationships. So, not only are you treating yourself to more fun and more pleasure, but you’ll be better equipped to fulfil and please yourself and your partner when it comes to intercourse and relationships more broadly.

Here are my top tips for changing up your self-pleasure routine, to help you explore a more diverse self-pleasure routine, connect and learn more about your body, and improve your partnered sex life.

MINIMISE YOUR TIME WITH PORN

While there’s nothing wrong with watching porn, why not try to use it a little less? Start by watching porn as you usually would. As soon as you start to build arousal, push the porn away from you or turn it off, and play around with your arousal. Does it continue to build? Perhaps it might dissipate? Think about how you feel. If you need to bring the porn back to build arousal up again that’s OK, too. Try to push it away for a longer amount of time the next time and be conscious of how your pleasure feels, and how your body feels. Keep trying to spend less and less time with the porn and enjoy more and more minutes involved in only your own pleasure to have a more embodied experience.



1 ANALYSE HOW YOU WATCH PORN

Are you sitting in front of your phone or laptop as you watch it? What position is your body in? Many men experience porn as something that’s in their head and hand only. They sit or lie down and they watch, often mindlessly, as they stroke themselves to climax. I like to encourage people to change the way their body experiences the porn. My favourite way to change this up is to stand up, prop your porn up on a shelf, or something that’s at eye level, and get your body more involved in the experience. Be aware of how your body feels, how you bear your weight and if a standing experience makes you feel more empowered or in control. This power stance may increase your arousal or pleasure.

2 TRY HEADPHONES

Think about the auditory experience you get from porn. Do you often keep porn on mute because of people who might be in close proximity? Or do you have the volume all the way up? Headphones make for a very different experience, and can increase arousal by engaging a different bodily sense. If you haven’t yet, try putting on headphones next time you watch porn. Or one better, turn the screen off and just listen — experience whatever feelings come over you. After all, partnered sex involves sound as much as it involves touch and vision — so solo sex should, too!

3 GIVE AUDIO PORN A GO?

On the topic of sound, erotic audio is another tool that I encourage men to use when exploring arousal. There are a number of different experiences and services that exist to build arousal by only using the sense of sound. Audio porn is in abundance (you can find it with a quick Google search), or perhaps ASMR might take your fancy. JOI (Jerk Off Instruction) videos are another way to explore pleasure and domination, where a voice guides you to jerk off as instructed. Audio stimulation is not only great for immersion but also for increasing creativity and helping to steer you away from strictly visual stimulation.



“Masturbating helped his hands become stronger and made him better able to manage his testosterone levels.”

4 ADD DIFFERENT SENSATIONS

Touch is so important when exploring self-pleasure, but most of us are so familiar with our hands on our penises that we forget there are different ways to make our penises feel. Some simple experimentation, for a more slippery, silky experience, could take the form of using lube next time you stroke yourself. If you'd like to add vibrations, or different pressures on your penis and frenulum, you could add some sex toys into the mix. My go-to toys are the Arcwave Ion (above), which uses pleasure-air technology to stimulate the frenulum, or the We-Vibe Bond (right) which offers a range of different vibrations to stimulate your penis and balls.



5 READ SOMETHING SEXY

Erotic literature is another great tool to try. There's a whole world of erotic stories just waiting to be discovered, with something for everyone. Erotic literature is a fun way to explore a fantasy you might have, or can simply be a new and exciting way to turn yourself on. So many of my clients surprise themselves when they start reading and suddenly experience arousal, and pleasure.



Masturbation should be fun, exciting and, above all, pleasurable. By exploring your body and different forms of stimulation you start to open yourself up to more pleasure in general – pleasure in food, in conversation, in things you're passionate about and in relationships. So I encourage you, next time you go to masturbate think about making a small change to your routine and really try to let your body absorb the pleasure and the feelings that go with it. It might just change the way you experience pleasure forever. ■



CAM FRASER is a sexologist and sex expert for Lovehoney Group, and host of the Men, Sex & Pleasure podcast via cam-fraser.com/podcast

Sensuous™ FRENZY™ EXTREME

PLEASURE GEL FOR WOMEN

Frenzy™ Extreme is designed to renew sensual fulfilment by providing immediate, increased sensations to the clitoris and surrounding tissues, dramatically increasing sexual arousal and encouraging your body's pleasurable, natural responses. Formulated using natural aphrodisiacs from Australian bush herbs and flower essences.



WWW.SENSUOUS.COM.AU

AVAILABLE AT CHEMIST WAREHOUSE, SELECTED PHARMACIES, AND ALL GOOD ADULT STORES

RAGE ON

Sensuous, the creative company whose products help bring pleasure, romance and love into your life, has just made it more convenient than ever to grab the bull by its horns...

By REILLY SULLIVAN

When it comes to enhancing your love sessions, Sensuous is Australia's go-to for effective pleasure products. Case in point: Raging Bull, a male enhancement moisturiser that's sure to increase your desire and create stronger orgasms. In Chinese culture, the bull represents perseverance, diligence and prosperity. Speaking of perseverance, Raging Bull is the perfect helping hand for bigger erections, so you can go all night long.

Formulated from a unique blend of herbs, Raging Bull was created to address some of the most common yet taboo issues which impact male performance. Firstly, our dissatisfaction with our equipment and hardness. Raging Bull works to stimulate blood flow and boost sensation on the penis, helping you stay up longer and enjoy better sex. If the size of your erect member is a concern, applying Raging Bull can ensure you're achieving the fullest erections possible. It's also a great product for guys who use penis pumps and jelqing routines in their quest for added size.

For optimal use, Raging Bull is directly massaged onto the penis and surrounding areas morning and night. Users report that routine application is key to maximum results. Made in Australia and vigorously tested for safety and efficacy, Raging Bull will make you feel more confident at that crucial moment. Just think of it as a special balm for the crown jewels.

Convenience is important to the team at Sensuous. It was the driving reason they've made the move into Coles — one of the country's leading supermarket chains. Now it's never been easier to pick up Raging Bull as part of your regular grocery shop. Find this topical product in the men's health section next to the condoms. Raging Bull is available in a tasteful 100ml red container that will subtly blend in with the other items in your shopping basket. While you're there, why not also grab Sensuous' Edge Delay gel and enjoy even more staying power in the bedroom. Experience smashing results in as little as seven days with Raging Bull and put the power back into your performance. ■

FIND RAGING BULL AT SELECT COLES
SUPERMARKETS AND CHEMIST WAREHOUSE
PHARMACIES, PLUS ALL GOOD ADULT STORES.
DISCOVER THE ENTIRE SENSUOUS RANGE AT
SENSUOUS.COM.AU



DON'T BE ANTI-SOCIAL
FOLLOW MAXIM NEW ZEALAND
EVERYWHERE



FACEBOOK/MAXIMMAGNZ
TWITTER/MAXIM_AUS
INSTAGRAM/MAXIM_NEWZEALAND
YOUTUBE/MAXIMAUSTRALIA

MAXIM

NOT JUST A MAGAZINE

WAITING AN ENTIRE MONTH FOR OUR MAGICAL PUBLICATION TO
ARRIVE IN SHOPS CAN BE EXHAUSTING. THAT'S WHY WE OFFER YOU
A LOT MORE THAN JUST THE INK AND PAPER IN YOUR HANDS RIGHT NOW...

MAXIM.COM.AU

Visit MAXIM New Zealand online for your fix of girls, entertainment, sport, tech, lifestyle, competitions, and the web's hottest video content. Well, the hottest content that doesn't involve the words "feeder fetish webcam". We know you'll totally search for that after you read this.

MAXIM NEW ZEALAND DIGITAL EDITION

Get with the times, you Boomer Loser. Our digital edition on Zinio is exactly the same as the print edition, and available for Apple, Android, and PC devices. Go to zinio.com.au to either buy a single edition or subscribe for 12 months.

WWW.MAXIM.COM.AU/SUBSCRIBE-DIGITAL

Laura RAMOS RAMIREZ

PHOTO: @ANONYMOUS

The MAXIM
Australia /NZ
Women of the
World Official
2022 Calendar

is out now and is
the perfect gift for
you and/or your
mates. Featuring
a dozen gorgeous
international
models, this
month we kick
it off with May
babe Laura...

STATUS UPDATE

HOME TOWN:
Bogotá, Columbia

LIVES:
Bogotá, Columbia

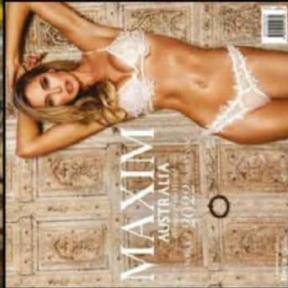
BORN:
May 21, 1996

**FIVE WORD
SELF-DESCRIPTION:**
"Respectful, loyal,
loving, professional
and strong."

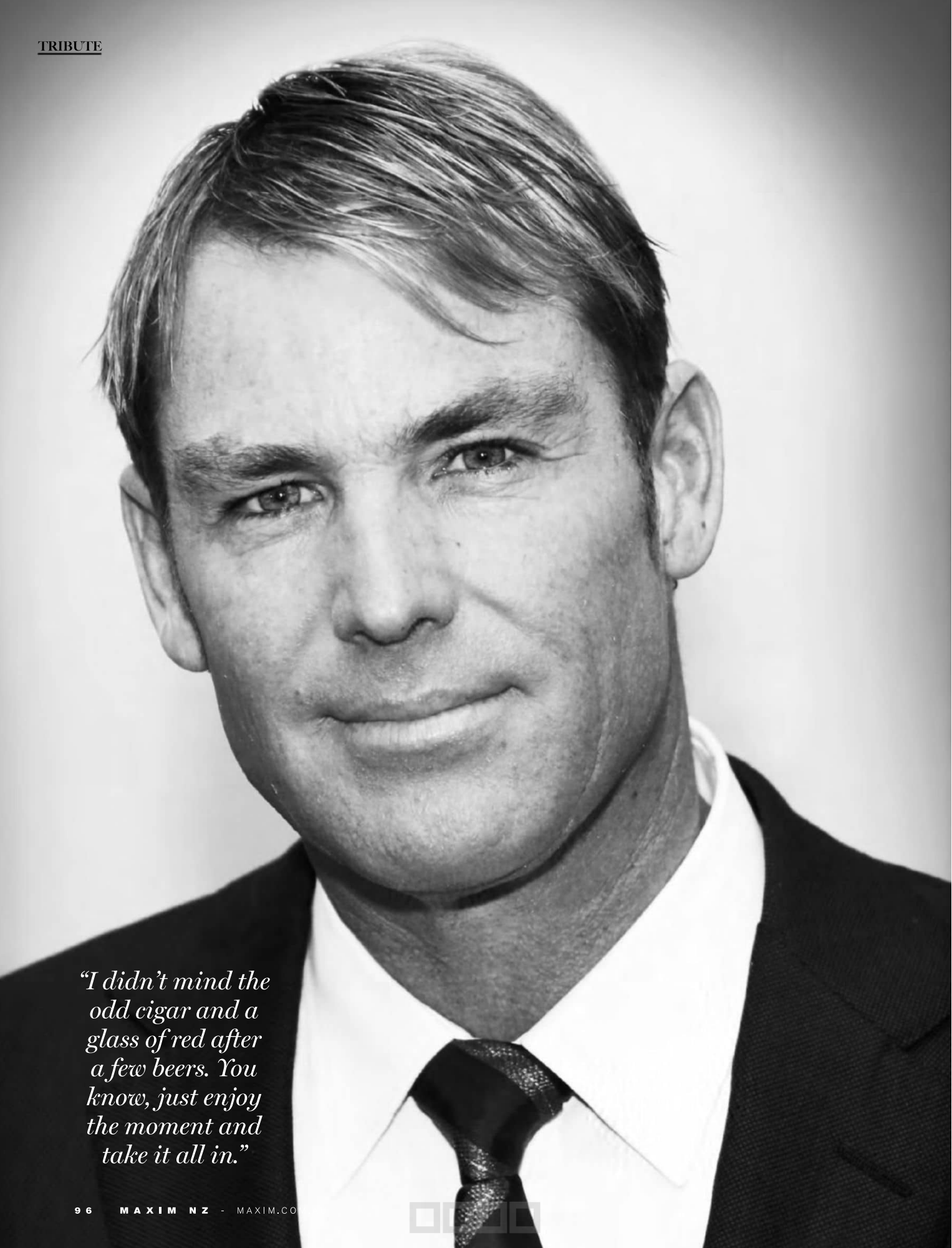
FAVOURITE DRINK:
"Lychee Martini."

LIFE MOTTO:
"Life is based
on decisions, that's
why I decided to be
one of the best."

INSTAGRAM:
@lauramosss



The MAXIM Australia/NZ
Women of the World Official
2022 Calendar is available at
[www.maxim.com.au/
calendar](http://www.maxim.com.au/calendar). RRP \$19.95



“I didn’t mind the odd cigar and a glass of red after a few beers. You know, just enjoy the moment and take it all in.”

REMEMBERING WARNE

A few years ago MAXIM cover girl and TV presenter Laura Csortan (pictured, right) caught up with her good mate Shane Warne to talk cricket, dating, women, hangovers and lighting his bedroom candles. As the world farewells Australia’s greatest spin bowler, we pay tribute to him with this interview throwback and to remember the kind of top-shelf bloke he truly was. RIP legend...



OK, Shane, let’s get the cricket talk out of the way first. What is your greatest Ashes memory?

Beating England 5-0 in Australia in 2006-07. My last ever series playing international cricket and to beat the old enemy in a whitewash, and pull their pants down, was a lot of fun. Individually, my favourite highlight was bowling the Mike Gatting delivery in 1993, which was a bloody long time ago now! To do that in a first Ashes tour, first ball in England in a first Ashes Test, was pretty cool.

Did you always want to be a professional sports star?

I actually always wanted to be a professional [AFL] footballer and had three years at St Kilda Football Club. Unfortunately, they released me in 1988 so I had a year off, went to England in 1999, and basically got back and played cricket for Australia 18 months later. So, cricket sort of found me.

And, obviously, you learnt to love it?

It actually bored me in the summer. I just wanted to be down the beach with my friends but I played because my friends did. Over time I was very lucky to get the opportunity to play cricket – I don’t take that honour for granted, I was very privileged. Then I got a taste of playing international cricket and I was very determined to become the best version of myself and the best cricketer I could be. I like to think I repaid the faith the selectors showed in me at such a young age. I was 21 or 22 and only really played a couple of state games for Victoria before playing for Australia.

Who was your biggest inspiration at the time?

Allan Border. He is the Godfather of Australian cricket and an absolute legend. What he’s done for Australian cricket and for all of us players who went on to do OK – you know, a big group of players from late ’80s to mid-2000’s, the period where we were the best side in the world. We beat everyone at home and away and AB was overseeing it. When he retired

he helped a lot of us out and he was the most helpful person to me. Him and Ian Chappell. I learnt the most off Ian in regards to what it’s like to be a leader, captaincy, and just a lot about aggressive cricket. They were both big influences for me.

What’s the best sledging you heard in an Ashes match?

Ah, it’s always hard to answer the sledging questions because some of the stuff isn’t that funny when you repeat it. When it happens in the heat of the moment it’s actually really funny. My personal favourite was when I called Ian Bell the Sherminator just because he looks like the Sherminator. The night before the last day in Adelaide Michael Clarke and I were having pizza, talking about the next day’s play, and just chilling out. *American Pie* was on the TV and as the Sherminator came on Michael was like, “Jeez, he looks like Ian Bell.” So, the next day when I was bowling to him he walked past and I said, “What are you looking at Sherminator?” He replied, “I’ve been called worse.” I said, “No you haven’t...” and it was just one of those moments that to others won’t seem super hilarious but at the time was just really funny.

Describe what it’s like to win the Ashes.

The Ashes really defines every Australian and English cricketer. It doesn’t matter how you do against anybody else, if you do well in an Ashes series you suddenly become a hero because it’s so important. And that’s not disrespecting any other series. Out of all the world cricket played, the Ashes is the most watched and most interesting even for non-cricket lovers. It just means so much and really has the ability to capture the imagination of the public. xIt always brings out emotions and passions you sometimes don’t see from players.

What really happens in the Aussie change rooms after a victory?

There’s been one of the best bottle opening situations by Andrew Flintoff I’ve ever seen. He had the ability to put a normal stubby, not a twist top, in his teeth and just rip it open.

Everyone just cringed and he just did it all night. Strong teeth! Michael Slater had the ability to get drunk the quickest, generally a two-pot screamer ol’ Slat, and Matthew Hayden was probably the quickest to get his clothes off. He liked to do that.

And what was your forte?

I was the DJ in the dressing room. I just chilled out in the corner playing tunes for the lads. Yeah, I got louder later, but only after a win. I didn’t mind the odd cigar and a glass of red after a few beers. You know, just enjoy the moment and take it all in.

What’s been the biggest night out after an Ashes win?

Ah, it’s pretty hard to remember. It mustn’t have been a great night if you can still remember! I played in nine or 10 Ashes series and only lost one, so there was plenty of celebrating going on. I was lucky to play in a really good team and incredible era of Australian cricket. The best celebration we had? The 1993 one at The Oval was pretty outrageous. I think we went directly back onto the flight so we flew back to Australia with severe hangovers. We all slept the majority of the way.

So what exactly did this big night entail?

Just all the boys going out, having way too much to drink, telling each other how much we love one another and how great we are, too! Look, we’re talking years and years ago so we were all fresh and young. Those were the days. God, I was 23 turning 24 at the end of the series. I was a youngster.

You were almost in your prime, Shane!

Oh no, I’m in my prime now! You get better as you get older, Laura.

Do you really think so? OK then, what’s the worst hangover you’ve ever had?

Oh, most Sundays or Saturdays or Fridays. The worst? Hmmm... I’ve been in a world of hurt many times. Maybe after a mate’s wedding in Ireland. God, they definitely know how to drink!



Clockwise (from left): Warne's 708 Test wickets is nothing to scoff at; partying with Michael Clarke after Australia's World Cup win this year; posing for the paparazzi, with good friend Laura Csorton, back when he was 'experimenting' with his hair



Did you then give yourself a bit of a break? Maybe a detox?

Yeah I gave myself an uppercut and a detox. That's a big upper cut, too!

What's been your most embarrassing moment ever?

I've had way too many to pick just one but it's always nice to look back at those things and think, "Yeah, that's pretty funny." Luckily, I haven't had too many lately, it's been a while. Although, if you ask my children they'll say, "Dad you're embarrassing every day!" But that's what you're meant to do, you know, dad jokes and stuff. Every day they tell me to stop it and tell me I'm not funny. And I do laugh at my own jokes, so that's not ideal.

What have you learned about women over the years?

Oh, hello! Um, I've learnt a lot, both good and bad, but the best thing you can do is be straight up and honest. They may not like the answers but they will respect you for that. For instance, if you come home from whatever you are doing and your partner says, "What do you want to do for dinner tonight?" The worst answer you can give is, "I don't mind, whatever you want to do." They just want you to say things like, "I just booked dinner at your favourite Italian restaurant, make sure you're ready by 8pm." Deep down a woman wants a man who is in charge. And a man has to be in charge, in a nice way with a bit of charm, not arrogantly but with understanding and respect.

OK, so if you were to take me on a date where would we go?

Well, I would take you to my favourite Italian restaurant, which would probably be Romeo's Of Toorak in Melbourne. There'd be candles

and red wine, and I would like to think I would be entertaining and fun over dinner.

Apart from red wine what other drink could I shout you?

Well I like hard liquor, I like vodka. I like a nice cold beer in summer but if we were going out for a few drinks together, vodka would be my drink of choice... and maybe a shot of Fireball.

Do you have a party trick you can impress me with?

Yes! Russell Gilbert and Glenn Robbins have showed me some card and cigarette tricks. It's not the old push them up your nose and in your ear look, I can actually make it look like I've made them disappear and bring them back. Michael Clarke is a huge fan of it, he asks me to do them all the time. He tries to work it out and he can't. It really annoys him.

Who the saw you naked?

Oh, um, ohhh... probably myself when I got out of or into the shower this morning.

Don't tell me you've got mirrors all over the bathroom, Shane.

Ah.... yep. My bathroom is full of mirrors and so is my bedroom. Just an FYI – that's not to check myself out. It's for the ambience of the room, Laura. Especially with the candles in front of the mirrors – I've got 30 candles in my room.

By the time you're done lighting them all you must be wrecked.

Yeah, I need a little rest after I light them all, but it's blowing them out that's the worst part.

I can only imagine! Besides a house, what's the most expensive item you own?

Well, I collect watches. I have a few expensive

watches by Panerai and Breitling. I've got a limited edition Breitling which is pretty cool. Other than that, I would say a car – it would've been my Ferrari or Lamborghini as they were similar in price. They cost an arm and half an elbow. Oh, and my leg as well.

What was your first car?

A TC Cortina! It was a really sad colour, too, like a creamy beige shocker. I think I had it when I played my first Shield game for Victoria. I got \$250 so I bought the biggest stereo I could find. I think it was worth more than the car.

You're clearly a lover not a fighter, but what's one thing to always remember in a fight?

Do you mean with another guy or a woman? Let's do both, shall we. Well, with a woman you just have to agree and tell her, "You're right." Then she might walk off in a huff and 10 minutes later come back for a cuddle, so it's OK. With a bloke, the loudmouths aren't the ones to worry about. I've learnt it's the quiet ones standing near them you need to look out for. So, a quick knee to the balls always fixes them up. If you've got no other option just run!

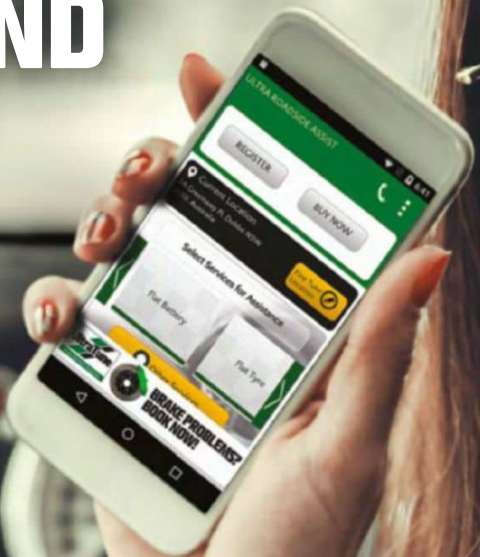
Finish this sentence: If I ruled the world for a day I would...

Call it National Fun Day where everyone has the day off to do whatever they want.

Sounds like bedlam. What would you do?

I'd probably just stay in bed all day and light my candles. Nah, I'd get three of my mates and play 36 holes of golf, then go and have a great dinner with friends. Just have an awesome night with hopefully a happy ending to cap it off. We all like happy endings, Laura. ■

AUSTRALIA'S N°1 CAR SERVICING BRAND



ESTABLISHED 1979

PROUDLY SERVICING AUSTRALIA



MOST SATISFIED CUSTOMERS
CAR SERVICING 2016, 2017, 2019

TRUSTPILOT
★★★★★

WWW.ULTRATUNE.COM.AU



Earth To Malibu

PREMIUM SKIN CARE
• CALIFORNIA •

