

SELF

OLYMPICS
2016

TOP SWIMMER
**NATALIE
COUGHLIN**

12 MEDALS
& COUNTING!

25+
SUMMER
HAIR
IDEAS

#ARMSGOALS
THE ULTIMATE
WORKOUT

**IN THE
ZONE**
GET
THERE,
STAY
THERE



SHAZAM
FOR MORE
NATALIE
P. 6

GO TEAM USA!

» THEIR WINNING SECRETS + REACH YOUR PERSONAL BEST «



SELF