

### BRING YOUR OWN BRIGADE

What begins as an account of California's wildfires turns into an endearing exposé on how both sides of today's political divide have lost sight of the truth.



### ACASA, MY HOME

A family living on the outskirts of Bucharest is forced to abandon its home in the marsh and conform to civilization.



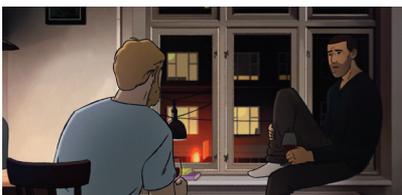
### SUMMER OF SOUL

This tale of the 1969 Harlem Cultural Festival is joyous and nostalgic, but also makes an unsettling statement on whose history has been prioritized—and whose lost.



### FLEE

The mesmerizing and rare animated docudrama of an Afghan refugee reckoning with his past as he navigates a future of opportunity.



SUGGESTED

## Ride in Style

If it feels like everyone is on an e-bike these days, it's because they are: 130 million will likely hit the road between 2020 and 2023. E-bikes are comfortable, make commuting long distances easier, and are a blast to cruise around on. Enter the Cowboy 4, one of the sleekest models on the market. No buttons or gears, a removable battery for easy charging, and a dock for your phone that also serves as a wireless charger. Mount up! *Cowboy 4 commuter e-bike, \$2,990*

### PRO TRAINING



A gymnast and boxer, master instructor **Dayron Booth** on why he stays fit with **Lagree**.

**THE GIST** "Lagree is done on a reformer machine, but unlike Pilates, which is low-impact, low-intensity, Lagree is low-impact, high-intensity."

**WHY LAGREE** "It helps with mobility, strength, and it gets your heart rate up. You get the

benefits of working hard in a safe space."

**GETTING STARTED** "The workout can be tailored to all fitness levels. Just reduce the range of motion, resistance, or length of holds."

Paramount Pictures; Zeigler; Films; Final Cut For Real; Cowboy E-bikes; Photo courtesy of Dayron Booth