

## Chris M

Glasgow-based fitness and underwear model



Chris is devoted to fitness. Does it show? Hell, yeah! He uses a rigorous programme of bodybuilding style strength/hypertrophy based training with HITT cardio sessions in the morning to create perfection. He also train his abs twice a week for around half an hour each session – he doesn't train them often, but when he does, he hits them hard! We think he looks amazing and with a fantastic attitude he comes highly recommended.



Height: 5ft' 11"

Weight: 84kg

Waist: 32 inches

Chest: 40 inches



For more information, contact [james@rippedmodels.co.uk](mailto:james@rippedmodels.co.uk)