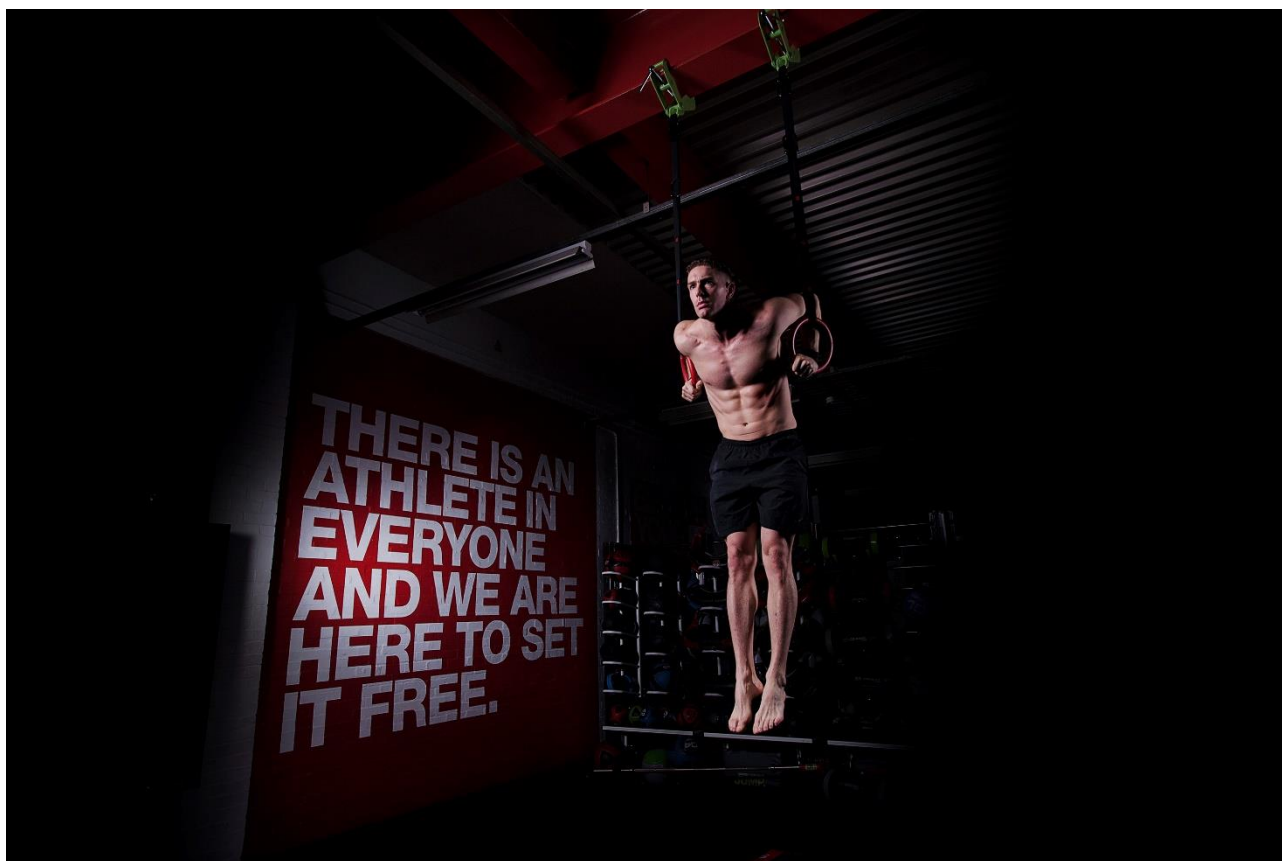


## Ross M

Fitness and aesthetics model



Ross is a Certified Strength and Conditioning Specialist, Crossfit Instructor and Precision Nutrition Certified Professional. He has a passion for fitness and keen interest martial arts. He's competed as an athlete in various sports from a young age and is currently an active competitor in Brazilian Jiu Jitsu and grappling tournaments. He has international experience, coaching complete beginners right the way through to fitness fanatics and professional combat athletes.





Height: 6ft 1"

Weight: 83kg

Waist: 32 inches

Chest: 42 inches



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