



**Darren H**  
Fitness Model





Our Darren starts his training first thing in the morning with an aerobics workout, then pushes as hard as he can, lifting as much as possible throughout the day, to keep his impressive physique on point. Darren is available either solo or alongside his son, Michael – and his partner Kathleen – for clients seeking the perfect, fit, family unit.







Height: 6ft 1"

Waist: 32"

Chest: 44"

Eye Colour: Green

Shoe Size: 10.5



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