



Fil C
Sportswear model





Our Fil says he is especially proud of his abs and his obliques - and we wholeheartedly agree with him! Fil's body is incredibly ripped and vascular, with enough muscle tone to make him ideal as a sportswear or underwear model. He trains five times a week, mixing resistance training with weights and calisthenics, as well as several forms of cardio such as jogging, cycling, swimming and hiking.





Height: 5'9
Weight: 66kg
Waist size: 29 inches
Chest size: 41 inches
Shoe size: 9 UK
Eye Colour: Brown
Location: Leeds (UK).



For more information, contact james@rippedmodels.co.uk