



Gijs L

Sports and fitness model





Our Gijs is an up-and-coming fitness model who we expect to become a big name in the coming years. He trains most days – and sometimes even notches up two sessions each day. The results are already showing, with Gijs saying his shoulders are his favourite feature, although his chest is catching up. He bases his training around a push and pull split, and, like us here at Ripped Models, is looking forward to what the future holds for him on his fitness journey.





Height: 6ft 2"
Weight: 85kg
Waist size: 28 inches
Chest size: 39 inches
Shoe size: 11
Eye Colour: Brown
Location: Netherlands.



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