



Lauren M
Fitness model





Our Lauren says she is particularly proud of her upper body, which showcases her hard work and dedication to strength training. We certainly agree with her! Lauren focuses her training around compound exercises as they are crucial for building overall strength and muscle tone. Health and wellness are central themes with Lauren, who has multiple sclerosis and wants to challenge how disability looks, Lauren strives to motivate others facing similar challenges to embrace their potential and redefine what is possible – and we completely endorse her work with this.





Height: 5ft 6"

Dress Size: 8 - 10

Eyes: Green

Location: West Midlands



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

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