

A muscular man with a red headband and white shorts is shown in profile, facing right. He has a very low body fat percentage, with his abdominal muscles and pectorals clearly defined. The lighting is dramatic, highlighting the contours of his muscles. The background is a plain, light-colored wall.

UK-certified
trainer with 4
years
experience

Personal
training by
Chris

PTbyChris@
gmail.com

Photoworld