

# Select

MODEL MANAGEMENT

500 Bishop St NW SUITE A-2, Atlanta, 30318, Georgia, United States  
**Phone:** (404) 872-7444 **Fax:** (404) 874-1526 **Email:** info.atlanta@selectmodel.com **Website:** <https://selectmodel.com/>

## Remington Jay

Height 190cm / 6' 3.0"

Waist 81cm / 32"

Shoes EU/US/UK 45 / 12 / 10.5

Eyes Blue

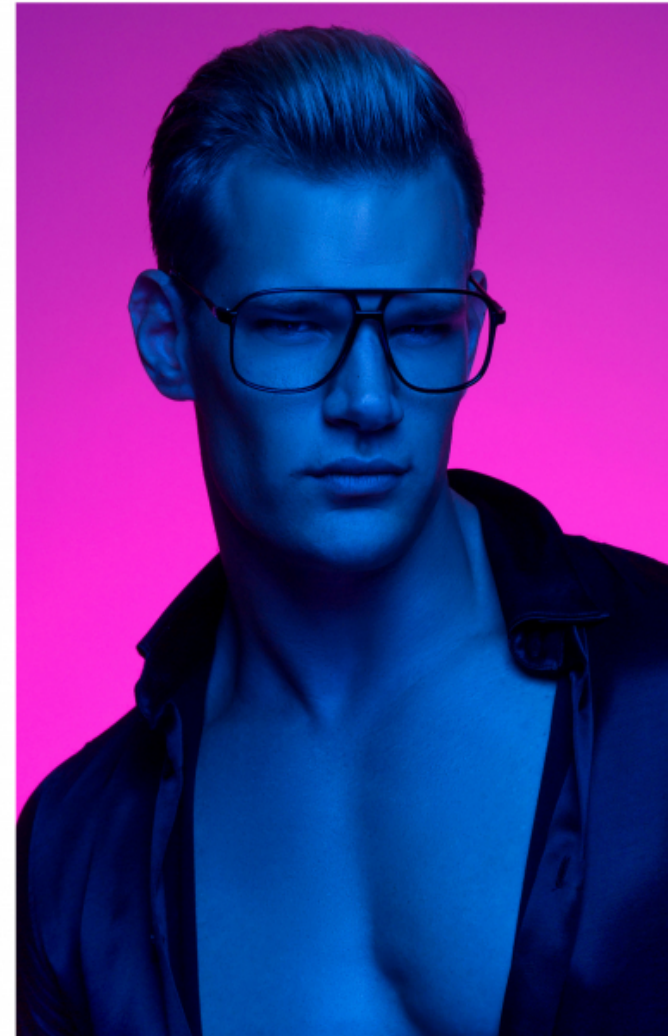
Hair Blond

Inseam 84cm / 33"

Neck 39cm / 15.5"

Suit size 52cm / 42"

Suit cut Long



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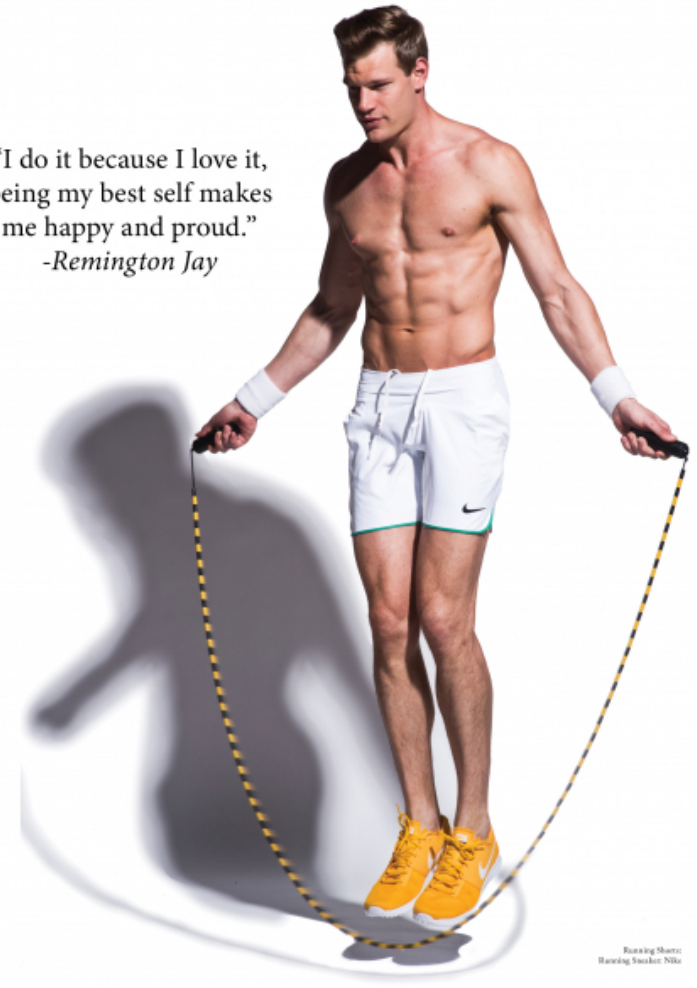


### Resistance Band Bicep Curls

Remington contributes resistance as the key to his metabolism, allowing him to go hard in the gym without getting too big. This particular exercise is great if you don't have access to gym equipment or need to get a workout at home. It builds toned biceps. Simply take a resistance band, and grab the ends in each hand. Stand directly on top of the middle of the band, with feet together and your elbows pinned directly to the side of your ribs. Once in position, slowly curl the handles of the band from the waistline all the way up to your shoulders and back down. Repeat this movement for three sets and 10-15 reps.

"I do it because I love it,  
being my best self makes  
me happy and proud."

-Remington Jay



Book: Pig Shirts;  
Hanging: Steven Hill



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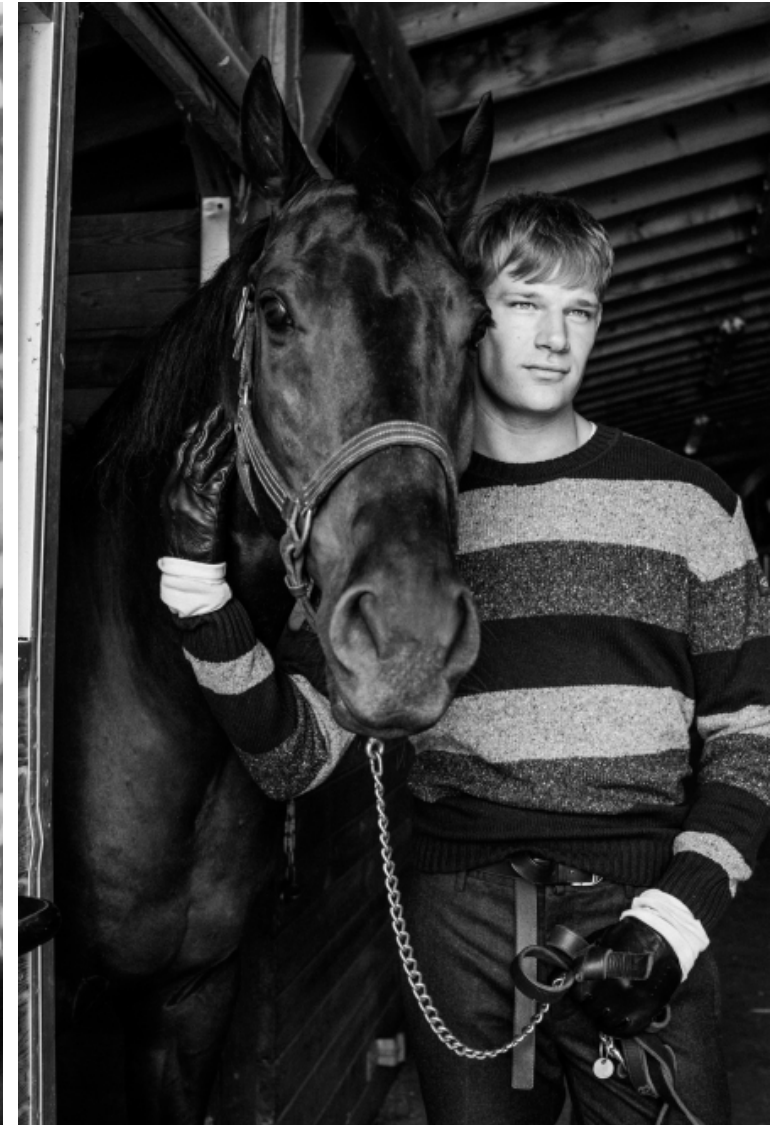
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