

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

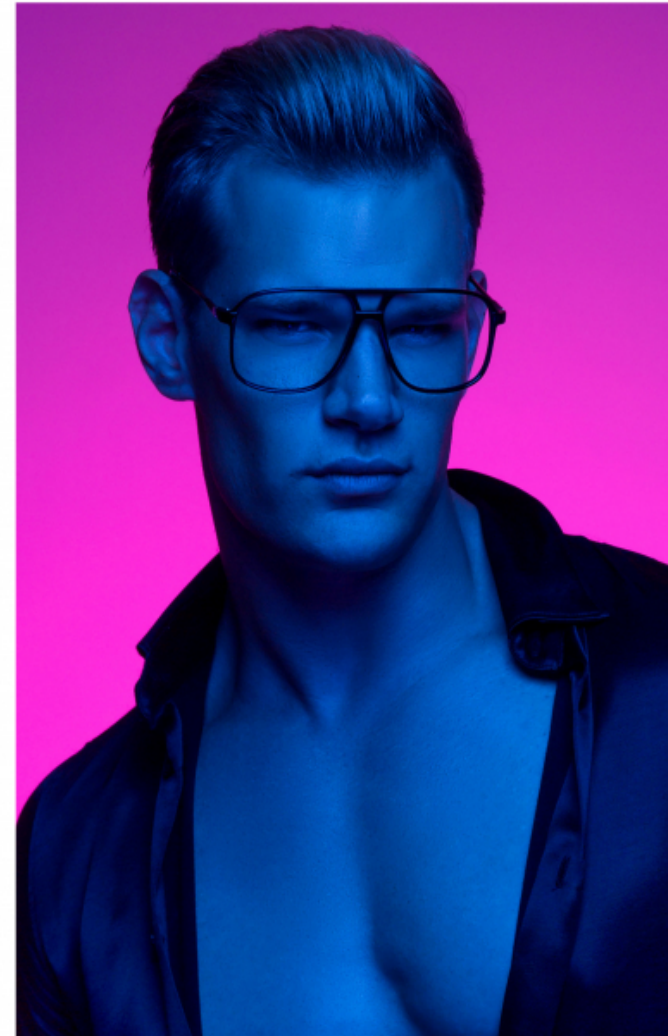
Hair Blond

Inseam 84cm / 33"

Neck 39cm / 15.5"

Suit size 52cm / 42"

Suit cut Long



COOL KOREA

DECEMBER 2018

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



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



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



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



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



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



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

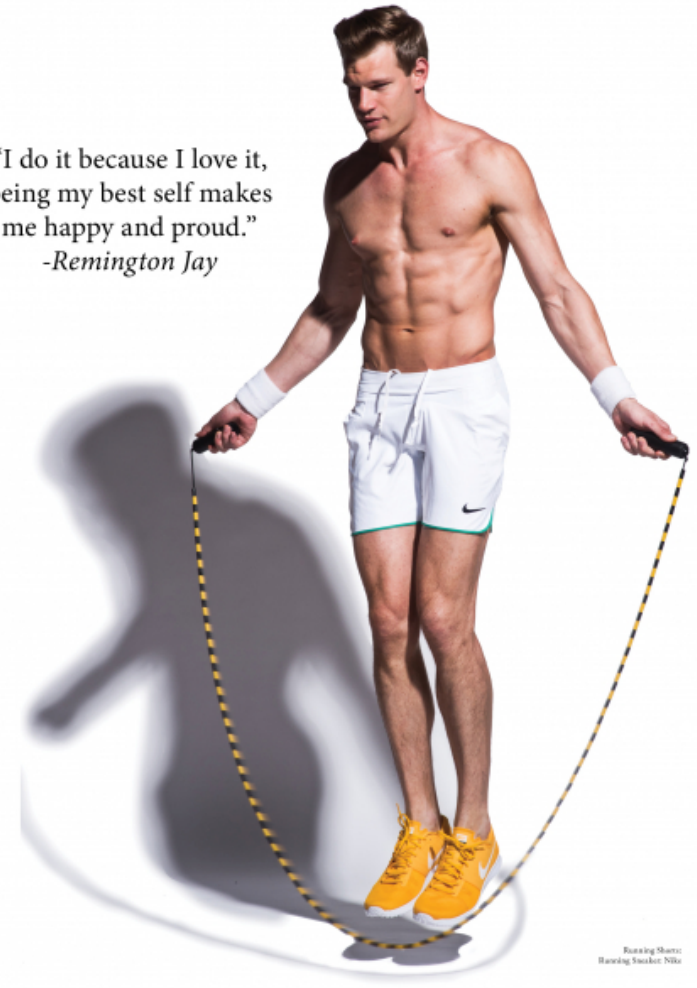


Resistance Band Bicep Curls

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



Jumping Rope:
Remington Jay

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



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



ПАРКА ИЗ ЗАМШИ И ШЕРСТИ, HUGO; КОЖАНЫЙ БОМБЕР С ВОРОТНИКОМ ИЗ ОВЧИНЫ, PARA JUMPERS; ФУТБОЛКА ИЗ ШЕЛКОВОГО ДЖЕРСИ, SALVATORE FERRAGAMO; ШЕРСТЯНЫЕ СПОРКИ, LOUIS VUITTON; ПЕМЕНЬ ИЗ ЗАМШИ, CORNELIANI.

226 00 ОКТЯБРЬ 2017

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

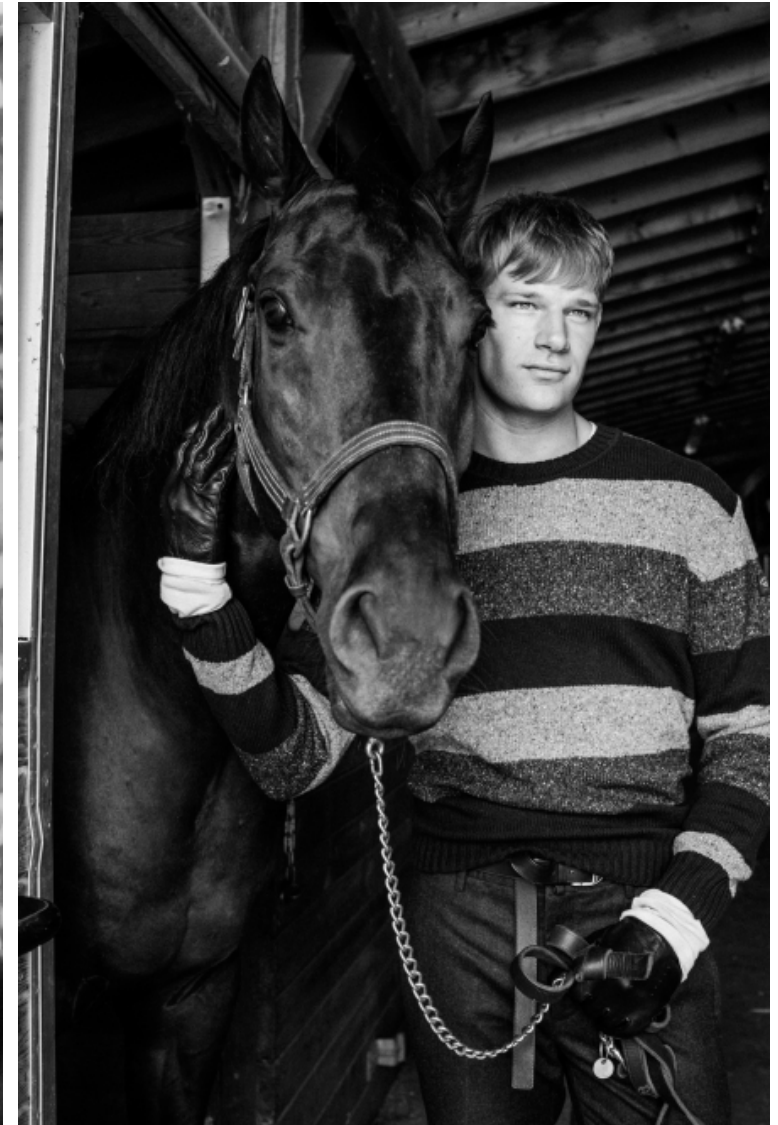
Hair Blond

Inseam 84cm / 33"

Neck 39cm / 15.5"

Suit size 52cm / 42"

Suit cut Long



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



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



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



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

