



Lauren Shuker

FAVOURITE FITNESS QUOTE

'Lats are the new tits'

TRAINING BACKGROUND

After completing professional dance training I realised that ballet doesn't have enough burpees, so I thought I'd combine the two and lead a double-life. Currently dreaming of being CrossFit champion in future. Planning to complete my Strength&Conditioning qualification in the meantime.

QUALIFICATIONS

BA (Hons) Dance Performance
Level 5 Advanced Nutritional Advisor for Sports
Diploma for Raw Food and Vegan Nutrition
Level 2 Gym Instructor
Spin, Kettlebells, In-Trinity

TRAINING BEST SUITED FOR

Strength and Conditioning
Weight loss
Metabolic Conditioning

FUN FACT

As a kid, my mum pulled my arm out the socket and now it's RUINED.