

FEATURE - Nach einem Jahr zur Traumfigur



Reference

DUK10100711\_015

Title

FEATURE - Nach einem Jahr zur Traumfigur

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Caption

Simon Stubbs, 42 of Nottingham, has gone from being obese to ripped in under a year. August 9, 2018. A Nottingham school worker who lost more than five stone in less than a year has revealed he's working to become a personal trainer. See NTI story NTIFIT. Simon Stubbs said his rapid weight loss had been described as one of the "best ever seen" by fitness experts. Photos show the remarkable progress of the 42-year-old, who has gone from a 46" to 31" waist size. His secret has been eating clean and training twice a week with former two-time British bodybuilding champion John Clarke at the Liberty Gym in Sneinton. / action press \*\*\* Local Caption \*\*\* 27327197

Special instructions

(c) Dukas

City

Nottingham

Credit

DUKAS

Source

ACTIONPRESS

Author

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Original references

RPY