

MUSE



KEVIN KREIDER

Height : 6'0" / 183 cm | Waist : 32" / 81 cm | Chest : 40" / 102 cm | Shoe : 44.0 EU / 9.5 UK | Hair Colour : Black | Eyes : Brown

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COVER STORY

HOW TO GAIN MUSCLE WITH **KEVIN KREIDER**

Photography by Larry Hamilton

A famous face in the fitness and modeling industry, Kevin has been asked many times about his nationality. He was adopted from South Korea into a German-Irish family in Philadelphia. He graduated from Temple University in 2006 with a BS in Exercise Science and became an independent personal trainer at the 12th Street Gym. Kevin started modeling in 2010 under Ford Models agency, and has worked in places like New York, Thailand, Singapore, Hong Kong, South Africa, and London. With his passion for acting, he moved back to New York City to attend a 2-years acting conservatory, Maggie Flanagan Studio, and graduated in 2013.

In December of 2014, he lost all of his hair within a matter of weeks due to a condition called Alopecia Areata, a stress induced hair loss. Seemingly overnight, Kevin lost his modeling and acting career, he then went to Los Angeles to meet his manager from Adams on Film where he decided to take a long leave from his career to skateboard across the country. On April 15 2014, he set his mission from LA on his GoPro skateboard which took him more than 3 months to reach New York. The footage taken along the way was made into a documentary, "Kevin and His Skateboard: Coming Home."

The journey had transformed Kevin and had shaped his goals and focus in life. He won the Men's Physique in 2015, and became an IFPA Pro. He is also now the director of trainers at 137th Under Wellness Models in NYC, Kevin Kreider is able to model again. He continued his love for fitness and created, Pursue Fitness for Life which consists a workouts, fitness tips, videos and photos at www.pursuefit.com.

Check out his #1 Best Selling e-book on Amazon called Personal Trainer Confidential: Top 5 Mistakes to Avoid When Choosing Your Trainer

Follow him on Instagram @KevinandHisSkateboard
Subscribe to YouTube Channel: Kevin Kreider: Snap Chat: Kevin Kreider

Cable Side Crunch - You want to keep your elbows flexed, and try and touch your elbow to your hip. Keep your arm flexed or you'll be working more of your lats.



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