







**LAUREN PAPPAS** is the world's fittest DJ.

When she's on the wheels of steel her flex appeal makes her stand out & be noticed. 8 years ago Lauren, a native of Philadelphia, sought after the best DJ's in Philly & NYC to mentor her. She is now one of the most requested DJ's in Hollywood & go to DJ for fitness and sporting events hence the name Fit DJ. Lauren puts a positive spin on DJing by it taking it out of the chaos of the club scene & into gyms, sporting events & festivals inspiring all ages through music & fitness. Lauren is as much an athlete as she is a DJ. Her toned physique comes from training in the gym and eating healthy as taught to her by her father who is a PHD nutritionist & health food store owner. This year she signed with supplement giant BSN and has DJed in front of 150,000 people at the Arnold Sports Festival in Columbus Ohio.



Fit DJ has rocked the turntables for Muscle & fitness Magazine, LuluLemon, ABC's Dancing with the Stars, Sundance Film Festival, Quest Nutrition, Keeping Up with the Kardashians, Equinox Fitness, Gold's Gym & LA Fitness, LA Fashion Week and even for a VIP party for Arnold Schwarzenegger himself.

In 2015, Lauren created her own fitness channel "Pimpin Iron" offering free workouts, cooking, nutrition & fitness tips. As the host of her own show Lauren is able to use the skills she learned in college as a broadcast journalism graduate from Temple University.

"Fit DJ's Flex Factory" is Lauren's Podcast where she shares her favorite workout mixes to pump up her demographic. Her mixes are listed on SoundCloud under Lauren Pappas Fit DJ

Lauren is not just a DJ she is also a fitness model that has been featured in Oxygen Magazine, Muscle & Fitness Her's and Flex Magazine. She is not just a fitness model she is also a fitness competitor and has placed in the top five of all of her shows as NPC bikini division.

She became certified as personal trainer and was training celebrities by the age of 20 in New York City. She appeared on Good Morning America as a training expert. Lauren hosted her own Extreme Sports Show in Manhattan. While living in NYC Lauren began acting and has appeared on networks such as MTV, NBC, ABC, OWN and Comedy Central. She worked on films by Michael Bay and James L Brooks. Upon moving to LA landed a cohosting position on Yahoo's Stunt Nation with X-Games and ESPN reporter Sal Masekela. Lauren is also a host for ScenesterTV interviewing some of the hottest DJ's and musicians today.

Being learning disabled Lauren knew she had to give back. Lauren was able to overcome her learning disabilities & gain self confidence through sports and fitness. She now speaks to children who have learning differences & encourages them to get involved and empower themselves through athletics. Her goal is to not only inspire kids but to show everyone that the can be beautiful & fit by exercising their will and taking care of themselves from the inside out.

Lauren believes that "life is a training montage" and her approach is to "take on everyday with intensity weather it's in the gym or on the turntables".







# PIMPIN' IRON

WITH FITDJ LAUREN PAPPAS

**Pimpin' Iron is a Youtube Channel focused on how Lauren built her physique. She shares what she does everyday. Her workouts, her nutrition plan, supplementation and cardio parameters. Pimpin' Iron is all about looking great and having fun doing it.**



**“Not everyone can afford a personal trainer. My father has a PHD in nutrition and taught me how to eat, lift, and live healthy. This is a way I can give back. I learned all of this for free and now you can too, but you gotta do the work!” - Lauren Pappas “Fit DJ”**





**Pulse**  
M&F Hers  
July/August 2012  
ALL THE LATEST ON  
TRAINING,  
NUTRITION,  
HEALTH, BEAUTY,  
AND MORE

## Show Off Your Calves!

If you focus mostly on your quads and glutes, it's time to give the muscles below your knees a little love. Strong, well-defined calves not only power up your lower body training, they look sexy as heck in a pair of sky-high heels. Turn the page for killer calf-sculpting tips from top pros.

By Sommer Robertson / Photograph by Steve Boyle

For more workouts and exclusive info, check out [muscleandfithers.com](http://muscleandfithers.com)

**86**  
Persons decrease in frequency, intensity, and duration of leg exercise when chronic fatigue is not taken three times daily.

# oxygen

WOMEN'S FITNESS

A woman with long brown hair in a ponytail, wearing a black sports bra and black shorts, is performing a lunge exercise on a paved surface. She is wearing black sneakers with red accents.

# LAUREN FIT DJ

A woman with long brown hair, wearing a blue sports bra and black leggings, is standing in a gym. She is looking down at a piece of exercise equipment. The gym has large windows and various exercise machines.

**QUEST PERFORMANCE WEAR**





# BLAST FAT IN HALF AN HOUR!

Do this total-body resistance-band circuit anywhere to blast fat and build muscle.

BY LARA MCGLASHAN, CPT,  
FITNESS EDITOR

**Got 30 minutes?** Then we have the perfect workout for you. This program combines high-intensity cardio bursts with compound strength moves using a resistance band to amp up your heart rate, energy level and calorie burn. Better yet, this workout can be done anywhere, indoors or out. So grab your band and get moving! All you've got to lose is about 240 calories.\*

## The Plan

After a thorough warm-up, perform the moves one after the other in the order suggested. Rest one minute between circuits and go through the routine three times for a total of 30 minutes. Finish up with a five- to 10-minute cool-down and stretch.

ACTIVITY	TIME
Jog in Place	1 minute
Squat and Raise	1 minute
High Knees	1 minute
Triceps Bridge	1 minute
Jumping Jacks	1 minute
Alternating Punches	1 minute
Jog in Place	1 minute
Pendulum Lunge and Curl	30 seconds each side
High Knees	1 minute
Plank Double-Ended Press	30 second each side

\*Calorie burn based on a 130-pound woman



### Squat and Raise

→ **SETUP:** Stand with both feet on the band and hold the ends in each hand with your arms at your sides, palms facing inward.

→ **ACTION:** Kick your hips back and lower into a squat. When your thighs reach parallel, reverse the move and stand back up. Then raise your arms straight out to the sides until they reach shoulder height, then slowly lower to the start.



### Pendulum Lunge and Curl

→ **SETUP:** Stand with your feet hip-width apart and the band underneath one foot. Hold an end in each hand with your arms at your sides and lift your opposite knee to hip height in front of you.

→ **ACTION:** Take a large step back with your non-banded foot and lower into a deep lunge. Push off your rear foot and raise your knee again to hip height. Pause here and do a biceps curl (not shown) with the band to complete one rep. Do all reps on one side before switching.



## Cardio Tip:

The harder and faster you do your cardio bursts, the more you'll elevate your heart rate and the higher the calorie and fat burn!



### Alternating Punches

→ **SETUP:** Anchor a band around a tree or bench and turn your back to the anchor. Hold an end in each hand and take several steps forward to create tension. Bring your hands to shoulder height, elbows down.

→ **ACTION:** Alternately punch forward in front of you in quick succession. Lean forward slightly to maintain tension in the band.



### Plank Double-Ended Press

→ **SETUP:** Get on your hands and knees and wrap band around one shoe. Hold both ends securely in opposite hand. Get into a plank with your head, hip

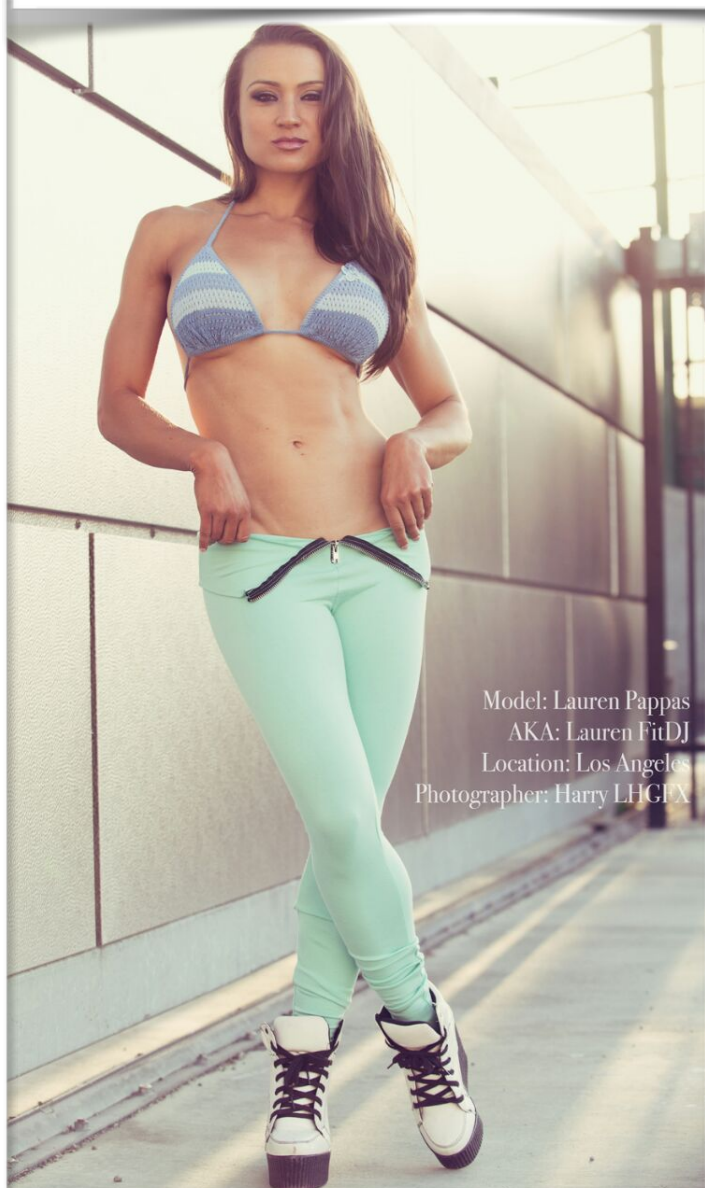
heels all in line and your hands underneath your shoulders. → **ACTION:** Extend the banded leg behind you parallel to the ground while simultaneously punching your opposite hand forward, also parallel to the ground. Do all reps on one side before switching.







Fred Folke



Model: Lauren Pappas  
AKA: Lauren FitDJ  
Location: Los Angeles  
Photographer: Harry LHGFX