AthletesWorld

WINTER 2026

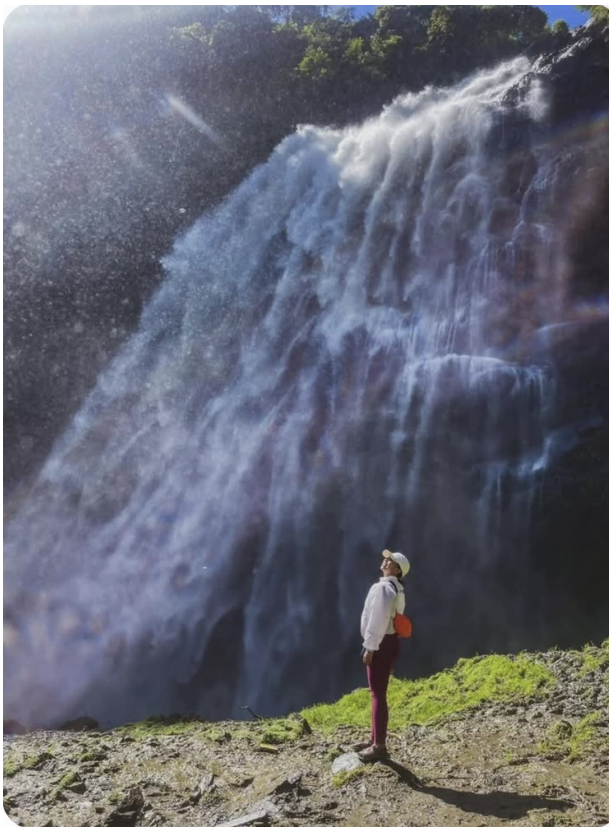
A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Shane Polinar

Athlete based in Cebu, Philippines

ATHLETES WORLD
WINTER 2026



Shane Polinar, Athlete based in Cebu, Philippines

ABOUT SHANE

Shane is an athlete based in Cebu, Philippines with a background in running / jogging, fitness / gym, hiking, and cycling.

ATHLETE PROFILE

Name	**Shane Polinar**
Location	**Cebu, Philippines**
Athlete Status	**Athlete**
Sports / Activities	**Running / Jogging • Fitness / Gym • Hiking • Cycling**
Available for Opportunities	**No**

Shane is a passionate athlete, adventure enthusiast, and free spirit whose love for movement and exploration began at an early age. Growing up in an athletic and energetic household, she was surrounded by inspiration from both her parents. Her father, a former high school varsity volleyball player and lifelong basketball enthusiast, continues to compete on the court against players half his age at 50 while embracing his newfound passion for pickleball. Her mother, a dancer, introduced a different kind of athleticism through rhythm and movement. Inspired by their passions, Shane played volleyball before pursuing basketball in high school, while also competing as a dancer with various dance crews. During those formative years, she discovered Muay Thai, sparking a lifelong passion for combat sports and physical fitness.

Despite growing up in a strict household, Shane always found opportunities to satisfy her adventurous spirit. Whether spontaneously cliff diving or seeking new experiences, she developed a genuine love for stepping outside her comfort zone. After graduating from college, her newfound independence allowed her passion for exploration to flourish. She began joining hiking groups on her own, traveling extensively, and learning to freedive. From riding ATVs through muddy terrain to skydiving and cliff diving, Shane embraces the excitement of adrenaline-filled experiences. For her, adventure is about more than chasing thrills — it's about discovering new places, challenging herself, building confidence, and creating unforgettable memories.

Today, Shane has successfully combined her professional career with her passion for fitness, travel, and outdoor adventure. Working remotely has given her the freedom to turn the world into her workplace, allowing her to explore new destinations while maintaining her dedication to Muay Thai and gym training. Her energetic personality, curiosity, and willingness to embrace new challenges reflect her belief that life is meant to be experienced to the fullest. Whether she's training in the gym, exploring beneath the ocean's surface, or embarking on her next outdoor adventure, Shane continues to build a lifestyle that celebrates freedom, strength, and personal growth. Her journey is a reminder that fitness isn't confined to four walls — it can be the foundation for a lifetime of adventure, discovery, and extraordinary experiences.

Athletes World Magazine

Athletes World™ is an independent global magazine dedicated to sports, fitness, and lifestyle, featuring athletes, coaches, trainers, and industry professionals alongside stories on training, nutrition, wellness, and industry news.

Published by Athletes World Magazine - A Burbayne publication

November 24, 2026

https://athletes.world/winter-2026/shane-polinar-featured-athletes-cebu