

BARBELLS
FITNESS



**Ashley
Hernandez**

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Founder Angela Crouch



Angie Crouch founded Barbell's Fitness in 1995,

she was only 15 years old.

Her first fitness center was located on Indrio Road in Lakewood Park, Florida.

In 1997, she expanded to a second location in the Orange Blossom Mall on Okeechobee Rd in Fort Pierce Florida.

Her dedication, motivation and eagerness to promote a healthy lifestyle lead her to create a fitness video with Bandit Equipment.

Two years after she founded Barbell's Fitness, she was killed by a drunk driver.

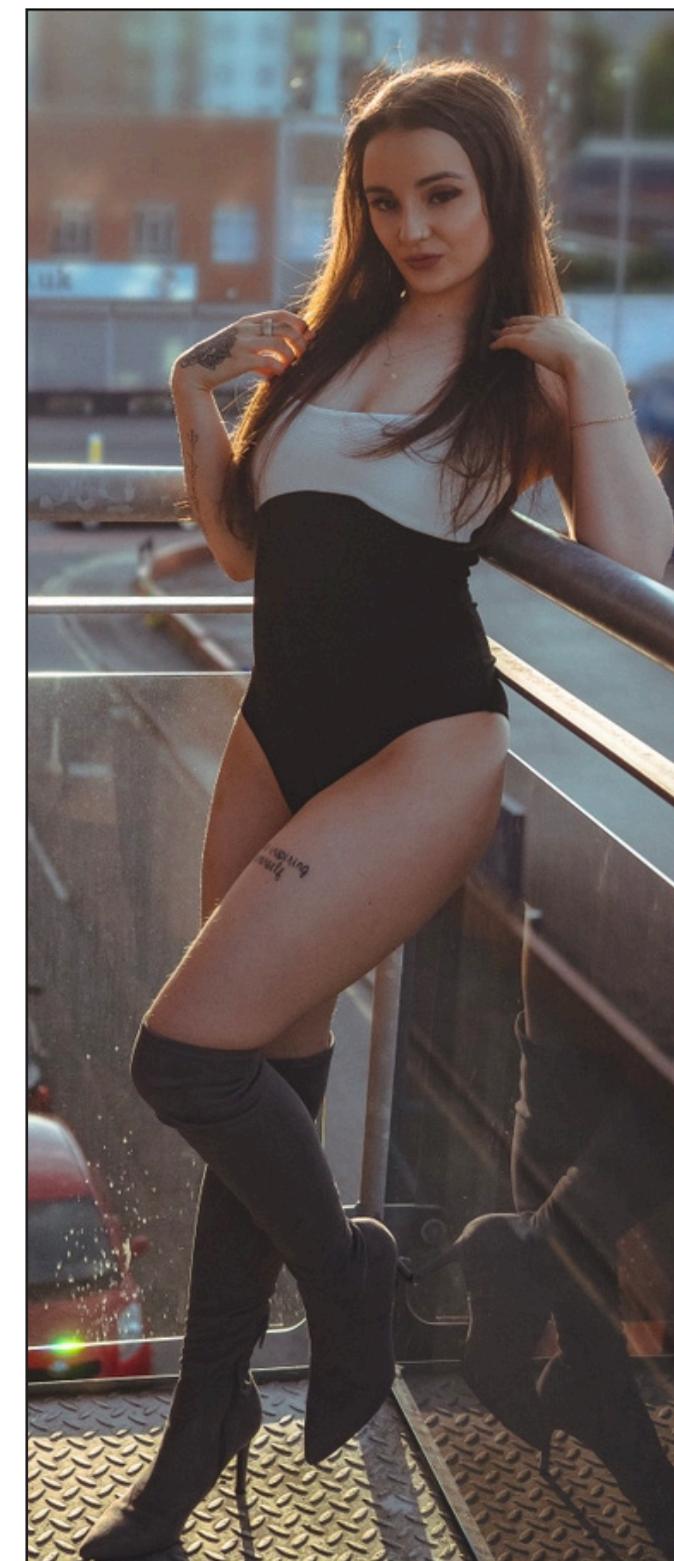
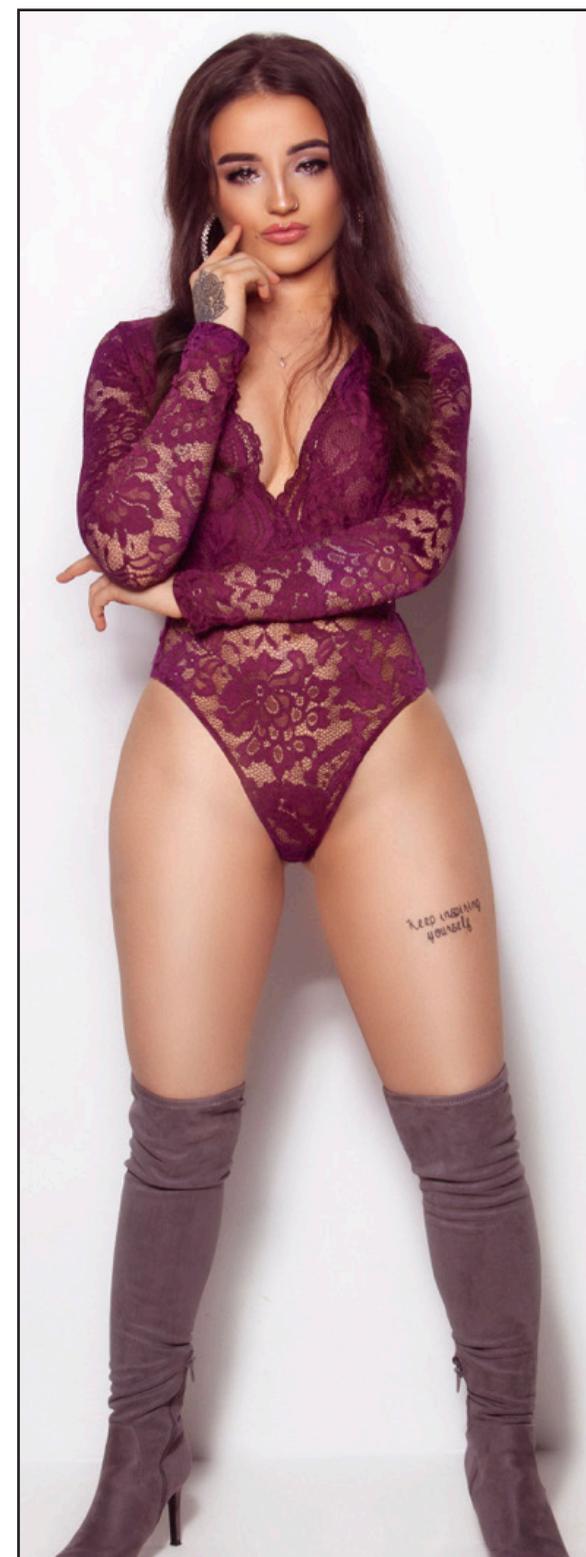
She was only 17 years old.

Nevertheless, her dream and legacy are still alive. We encourage Readers to support their M.A.D.D. organization



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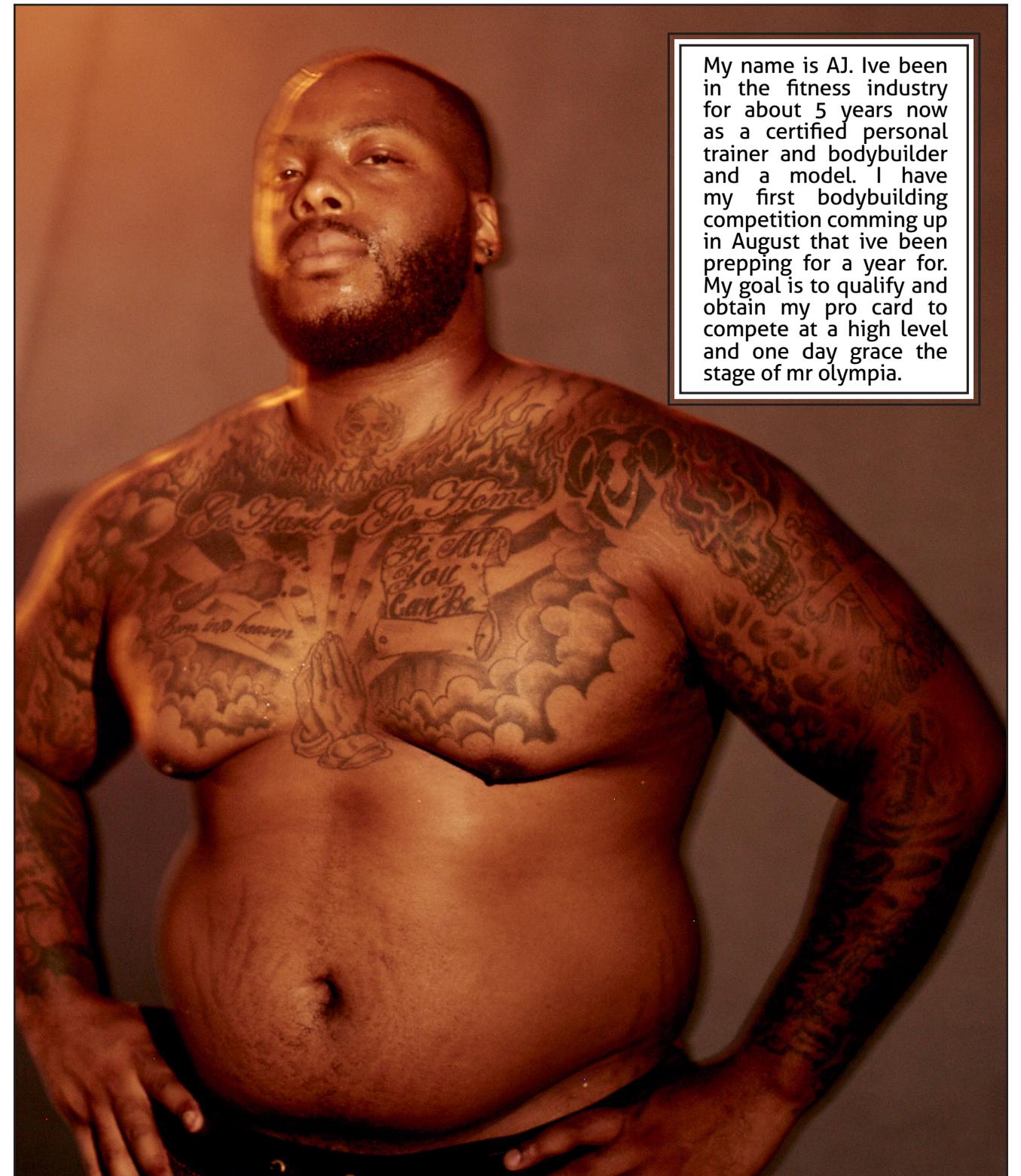
My dreams are to be happy and successful in anything I set out myself to do. These are two very important things to me and I make a plan to set out and do just that everyday it has been a struggle and you do lose your motivation but I just think about how much I really want it. Photographers Credits: Jake Henderson, Chrissy from littlefair

Jake Henderson

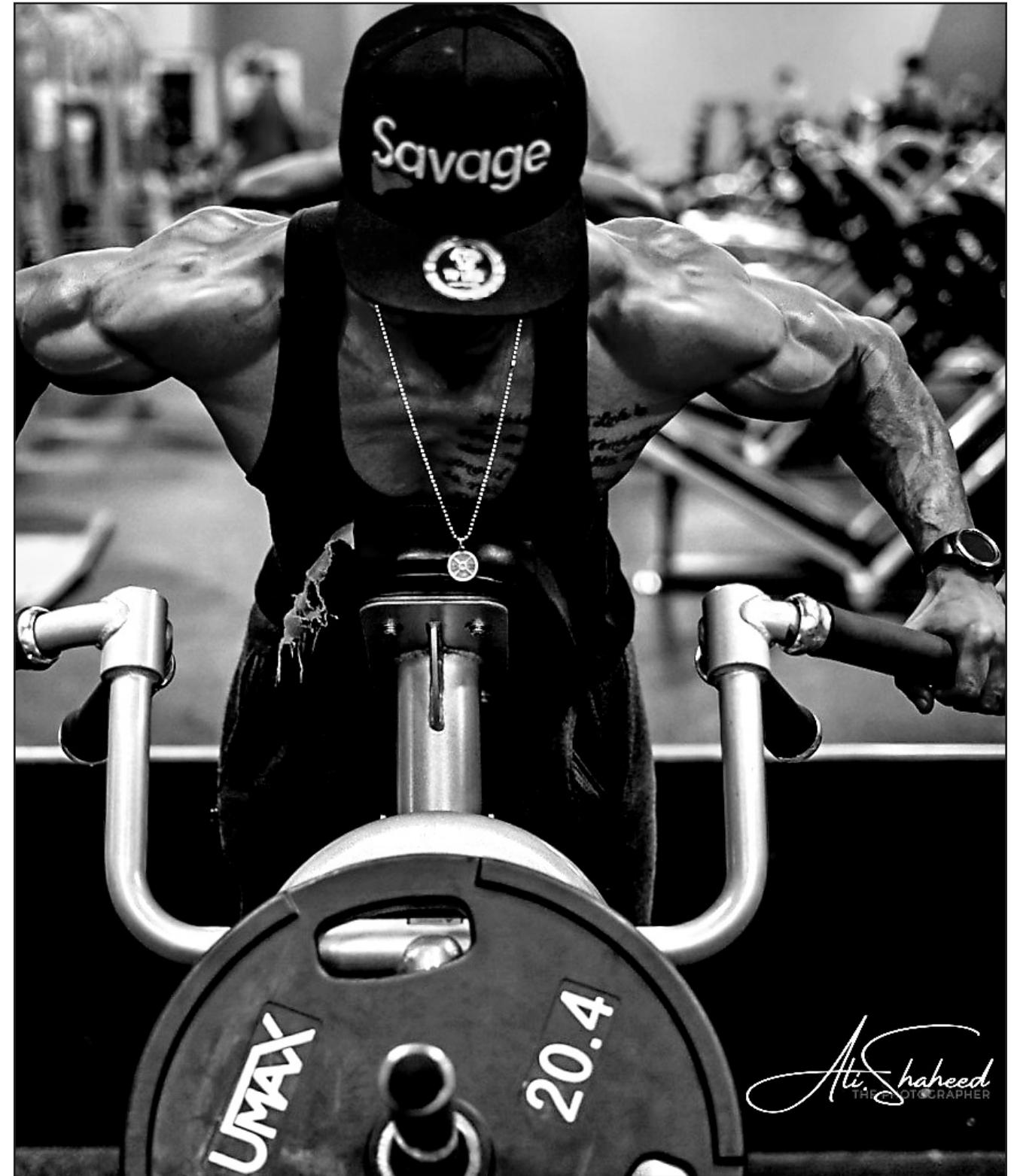
Allen Holmes

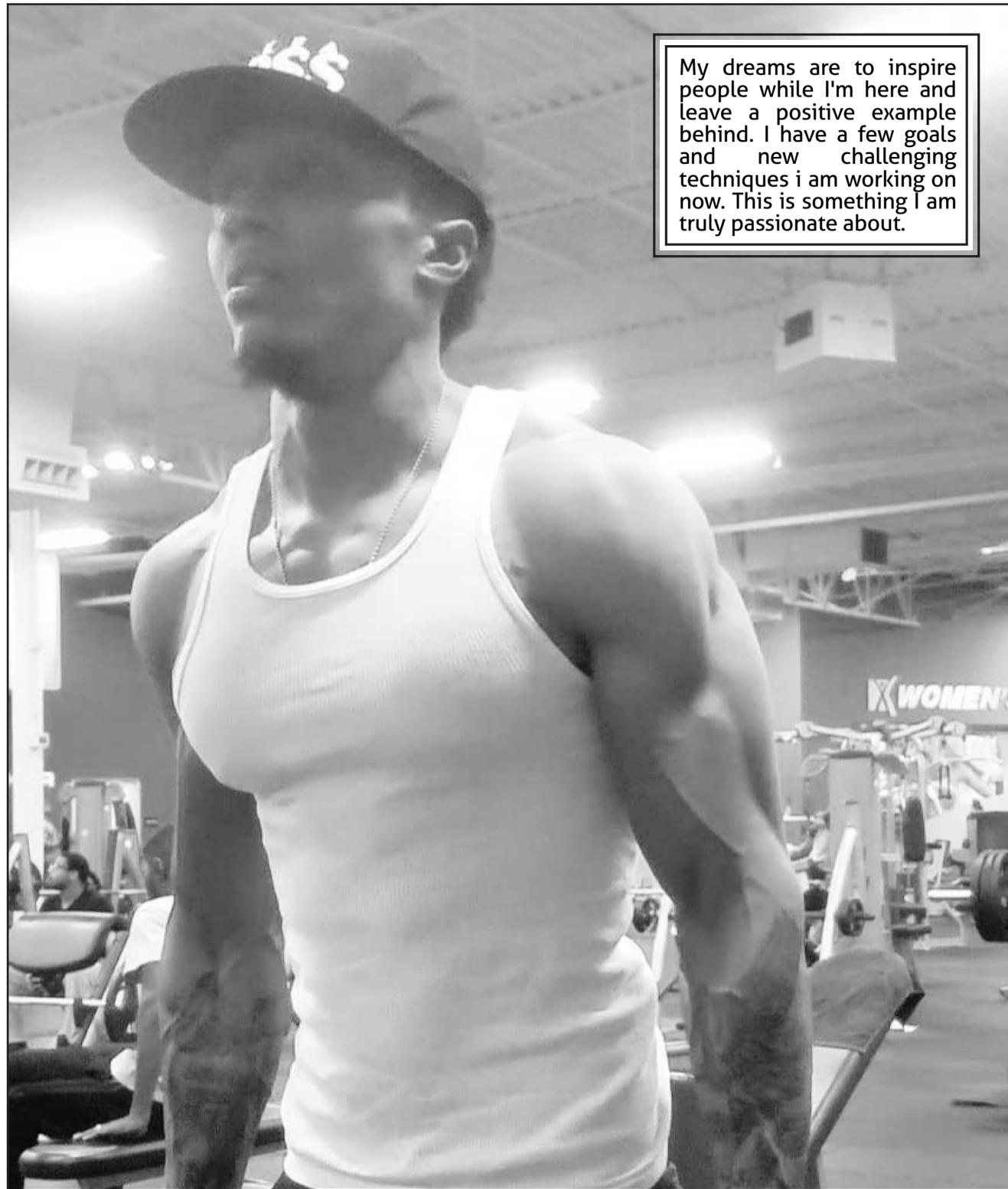


Allen Holmes



My name is AJ. Ive been in the fitness industry for about 5 years now as a certified personal trainer and bodybuilder and a model. I have my first bodybuilding competition comming up in August that ive been prepping for a year for. My goal is to qualify and obtain my pro card to compete at a high level and one day grace the stage of mr olympia.





Antonio Durham



Antonio Durham



It have always been a person trying to not only change myself and learn myself daily. However, I wanted people to see my journey, my growth and my accomplishments on the way. I started my fitness company called aftamathfitnessx January 2021 and I never knew that the growth would take off. I have facebook group called aftamathfitnessx which has over 1,000 members and 20,000 viewers. I have 4 fitness company that sponsored me and have been a huge help to career growth. My goal is not inspire others on their fitness journey as well. My fitness group on Facebook is very supportive. We encourage, post workouts, and support each other growth. Its very interactive and people get involved. Its amazing feeling people lives change before your eyes and watching their journey! Bring tears to your eyes knowing your are changing lives daily!
Photographers Credits:
Myself



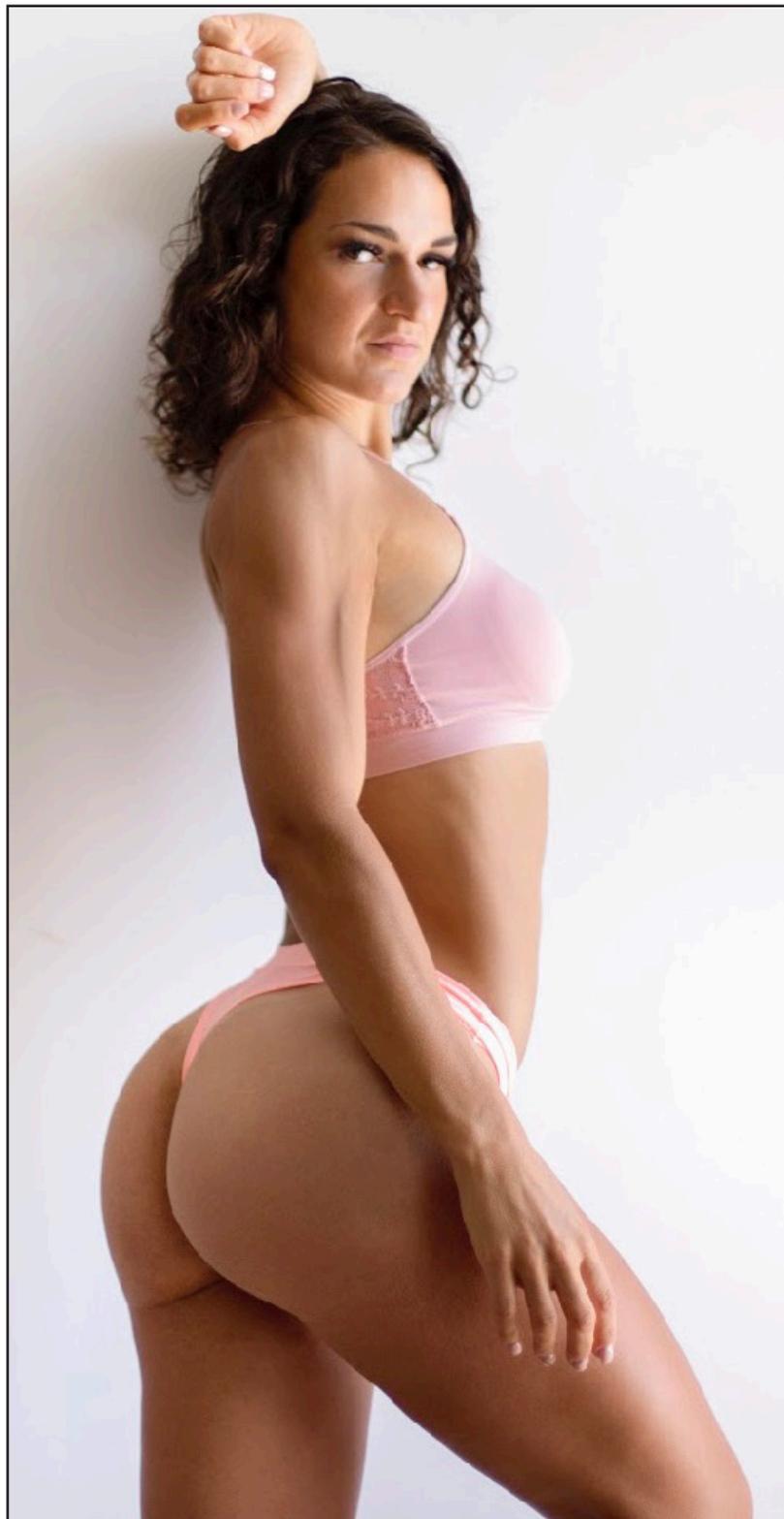
Ashley Hernandez



Ashley Hernandez

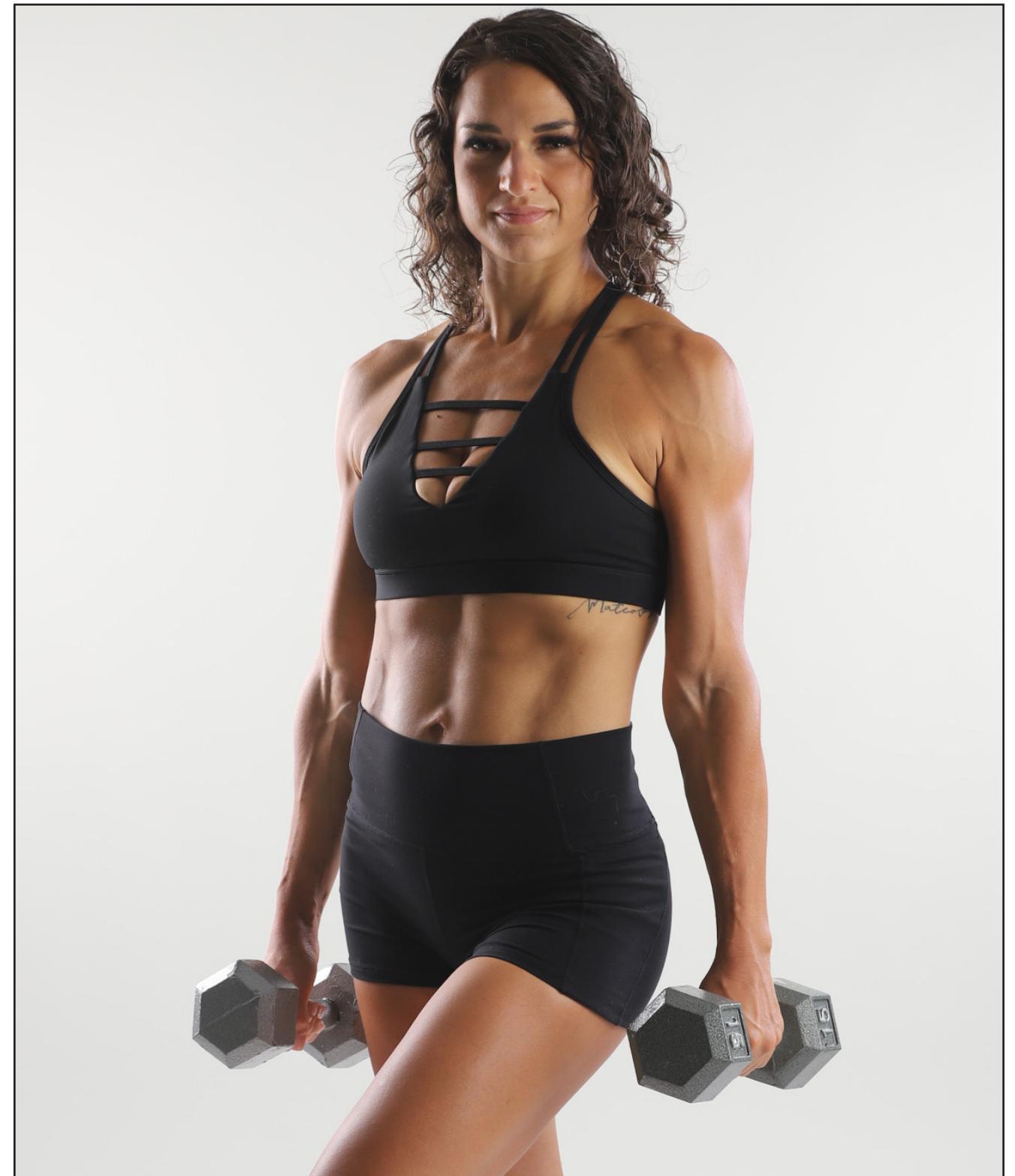


Ashley Hernandez

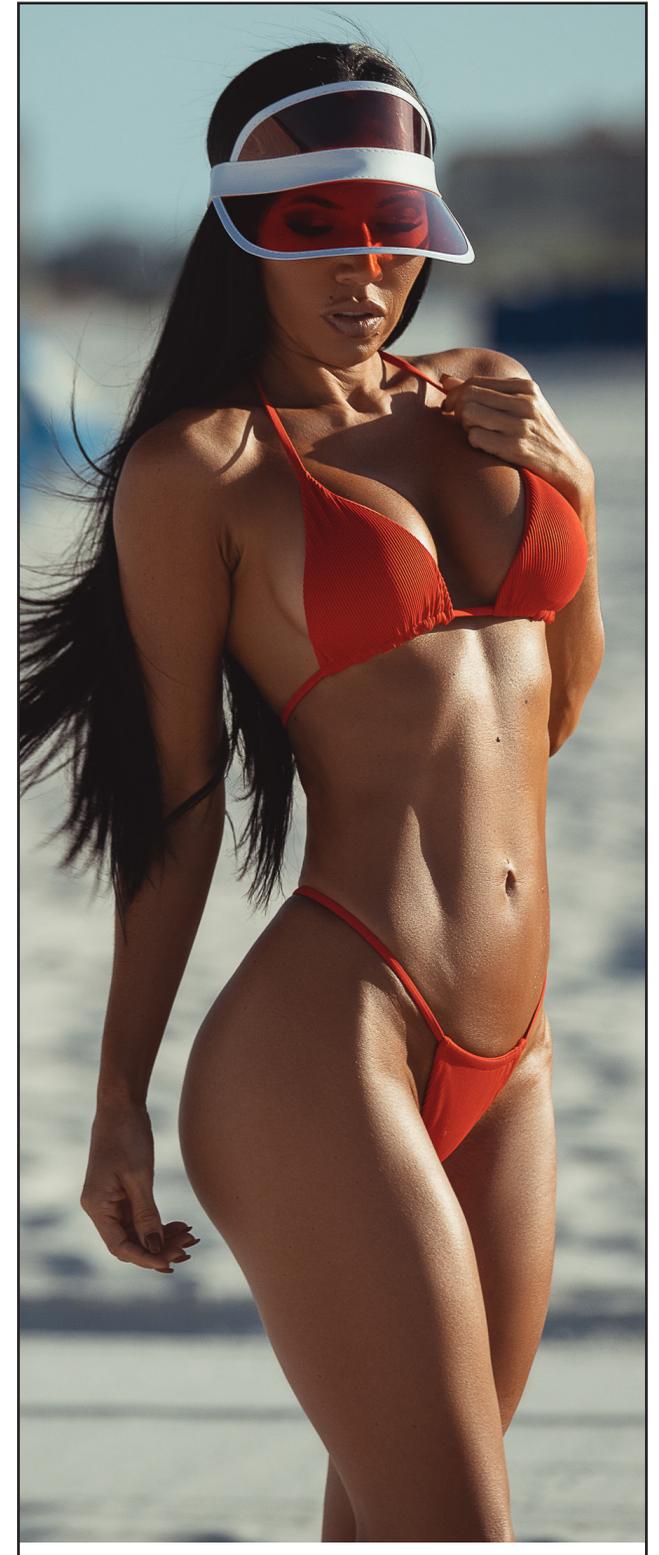
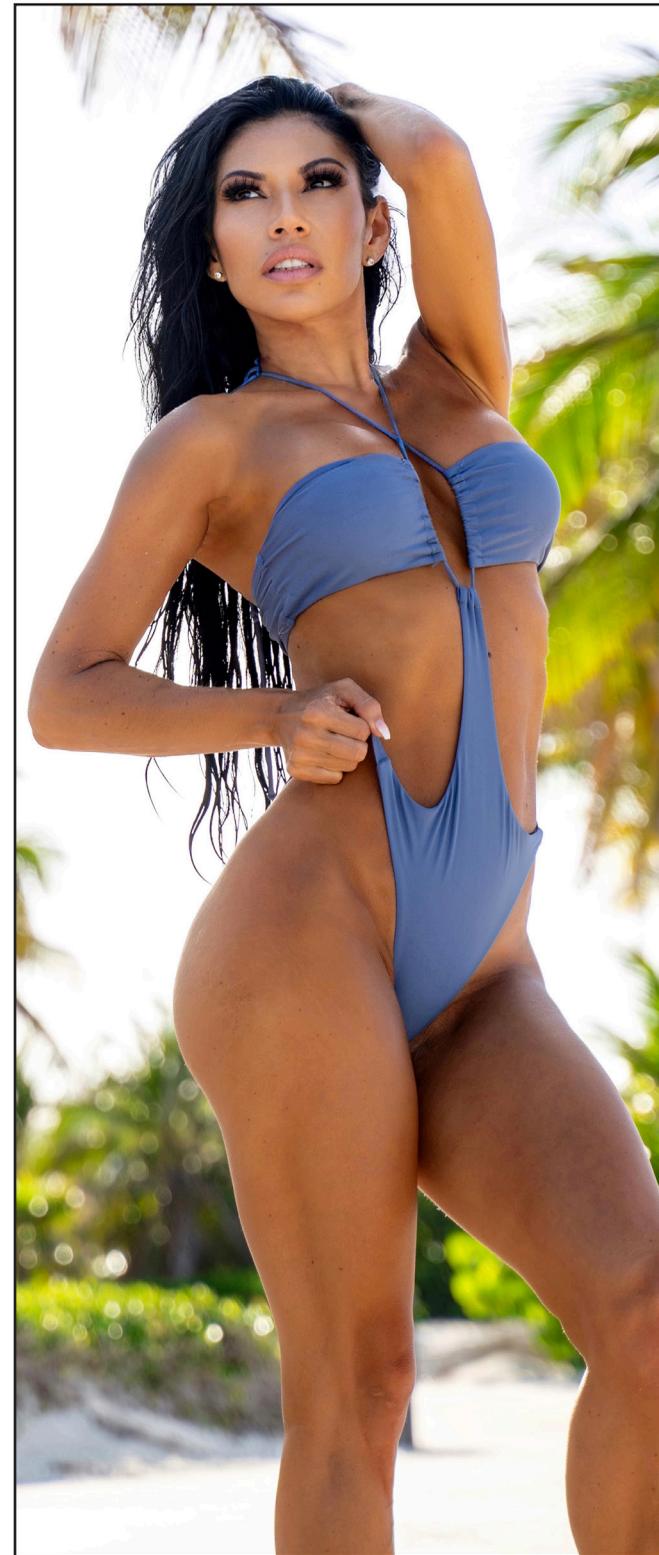


I am a 35 year old mother of two, who has been on a personal fitness journey for 4 years now. Initially the goal was to lose weight after the birth of my daughter. Through proper diet and regular daily exercise, I began to drop the weight, increase my energy, and push myself towards new goals. In August 2019 I began weight training for the first time, and was instantly hooked. I loved feeling strong and empowered, and was proud of the physique I was working to build. In 2020 I decided to take the plunge and compete as a women's bikini competitor, in two Body Building Shows with the Canadian Physique Alliance (CPA). I placed in both shows (2nd and 3rd in my respective classes) and have qualified for the CPA's National Pro-qualifier. Initially I was planning to compete this year in 2021, but with the uncertainty of shows, due to the pandemic, I have decided to not compete this year. Instead, my focus is on living a happy and healthy fitness lifestyle. My ultimate goal is to compete again, and hopefully earn an IFBB pro card, but regardless, fitness is such a huge part of my life and I will continue to live it, stage or no stage. I am proud of how far I have come over these past 4 years. With fitness, I have achieved more than I ever thought possible. I went from an overweight mom, to losing over 50lbs and walking across a body building stage, in a bikini and heels. I have met many wonderful people, and continually feel humbled when others reach out to me, and tell me that I have inspired and motivated them on their own personal journeys. I am not sure of where my path may lead, but one thing I have learned is that fitness is not an end destination, it's a constant daily journey, a journey that I wholeheartedly love.

Photographers Credits: Mussington Photography and Lomer Photography



Dayana Dorman



Dayana Dorman

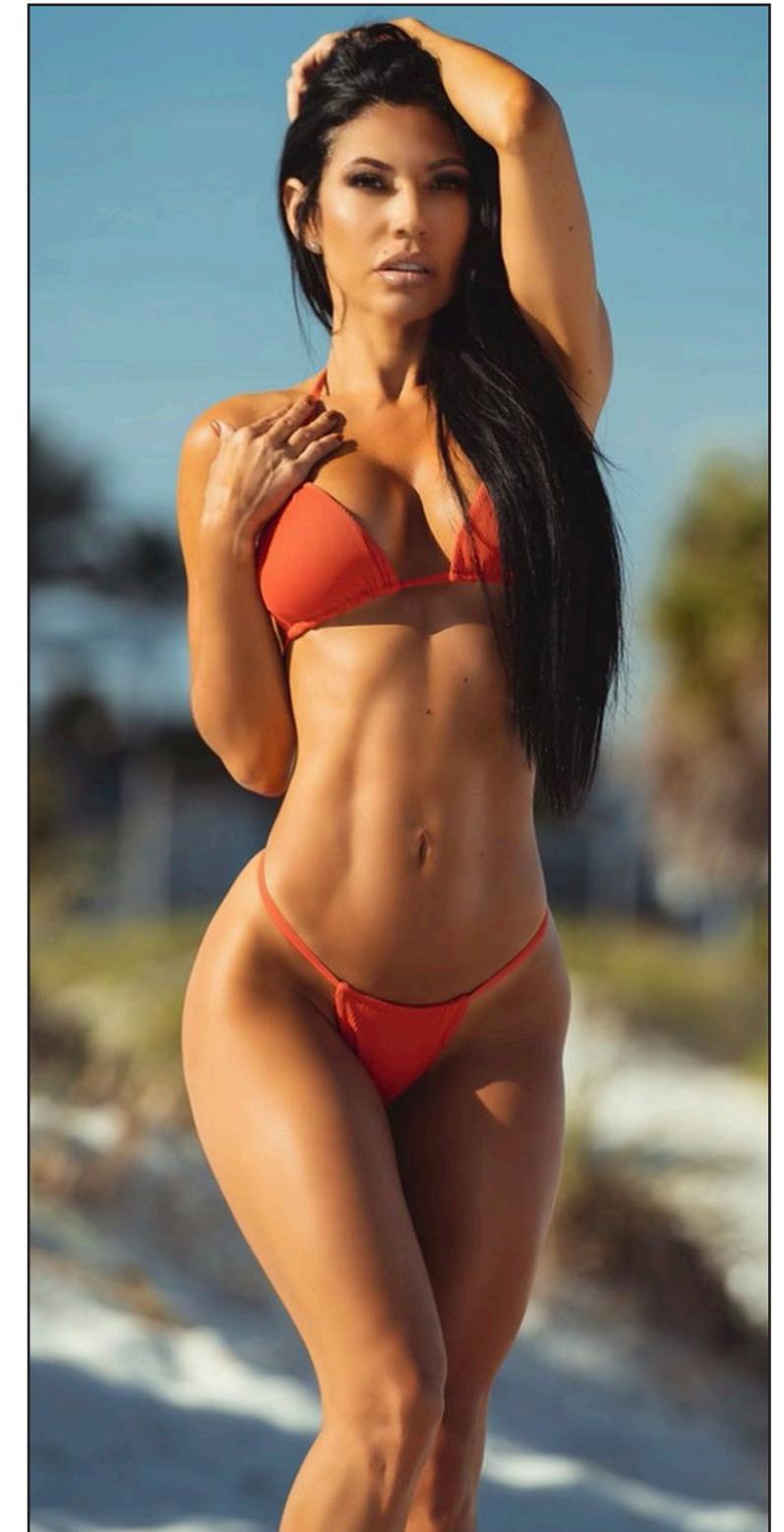


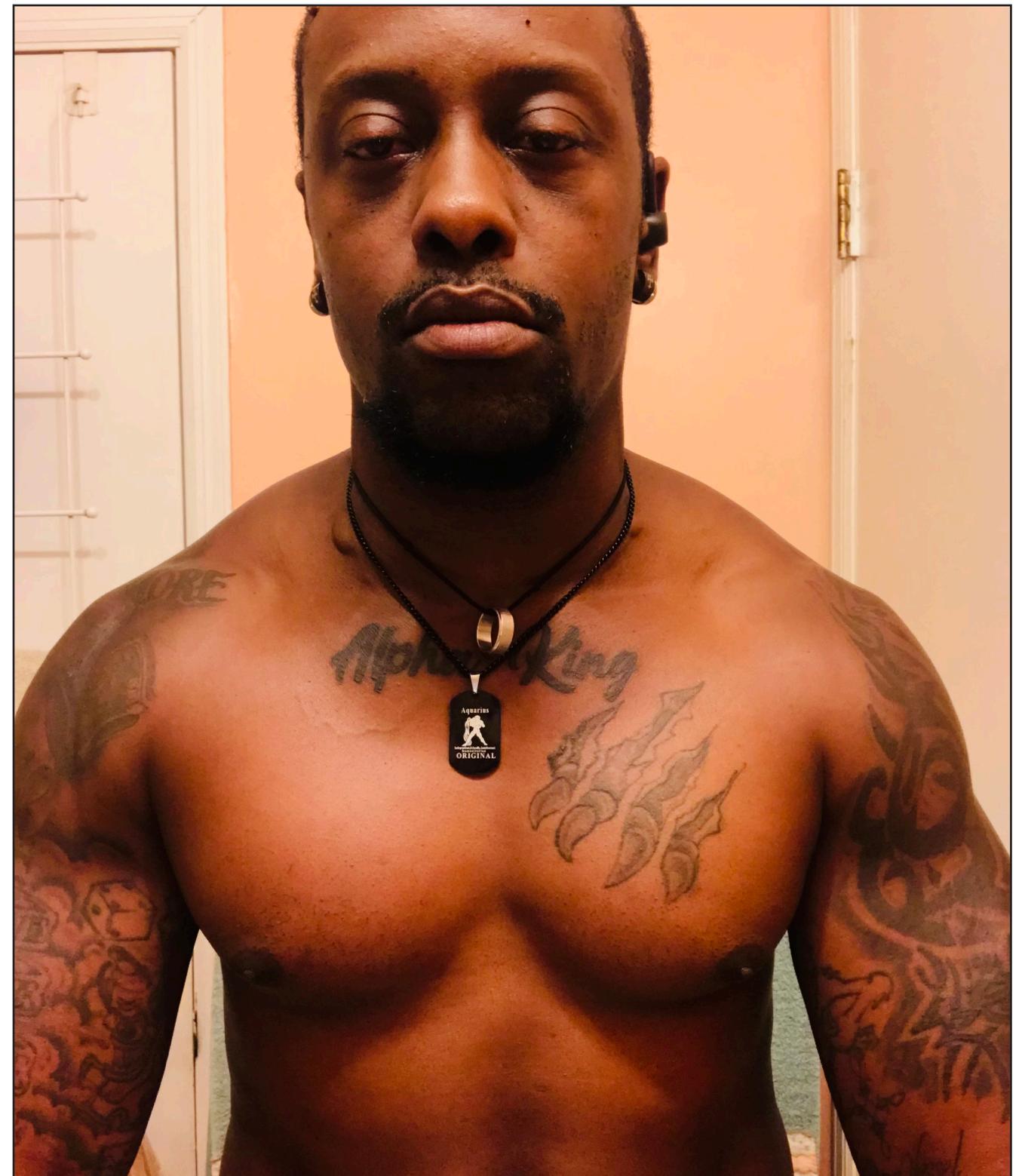
I'm a 1st generation immigrant, from Venezuela. I moved to the United States 17 years ago, due to my country's political situation. I'm fully bilingual and a business owner. Fitness has always been a huge part of my life, starting with the fact that I was a professional dancer for many years.

Making a difference in my community has always been very important to me. Which is why I decided to open an indoor cycling studio in Brandon, FL. CycleBar, helping my members attain their health and fitness goals.

I'm also a professional bikini athlete with the WBFF, and was recently awarded the title of WBFF Miss Diva Bikini International, in the Bahamas. Definitely one of my biggest achievements!

Photographers Credits: Surraca, Toby Harrison, Gilco Productions

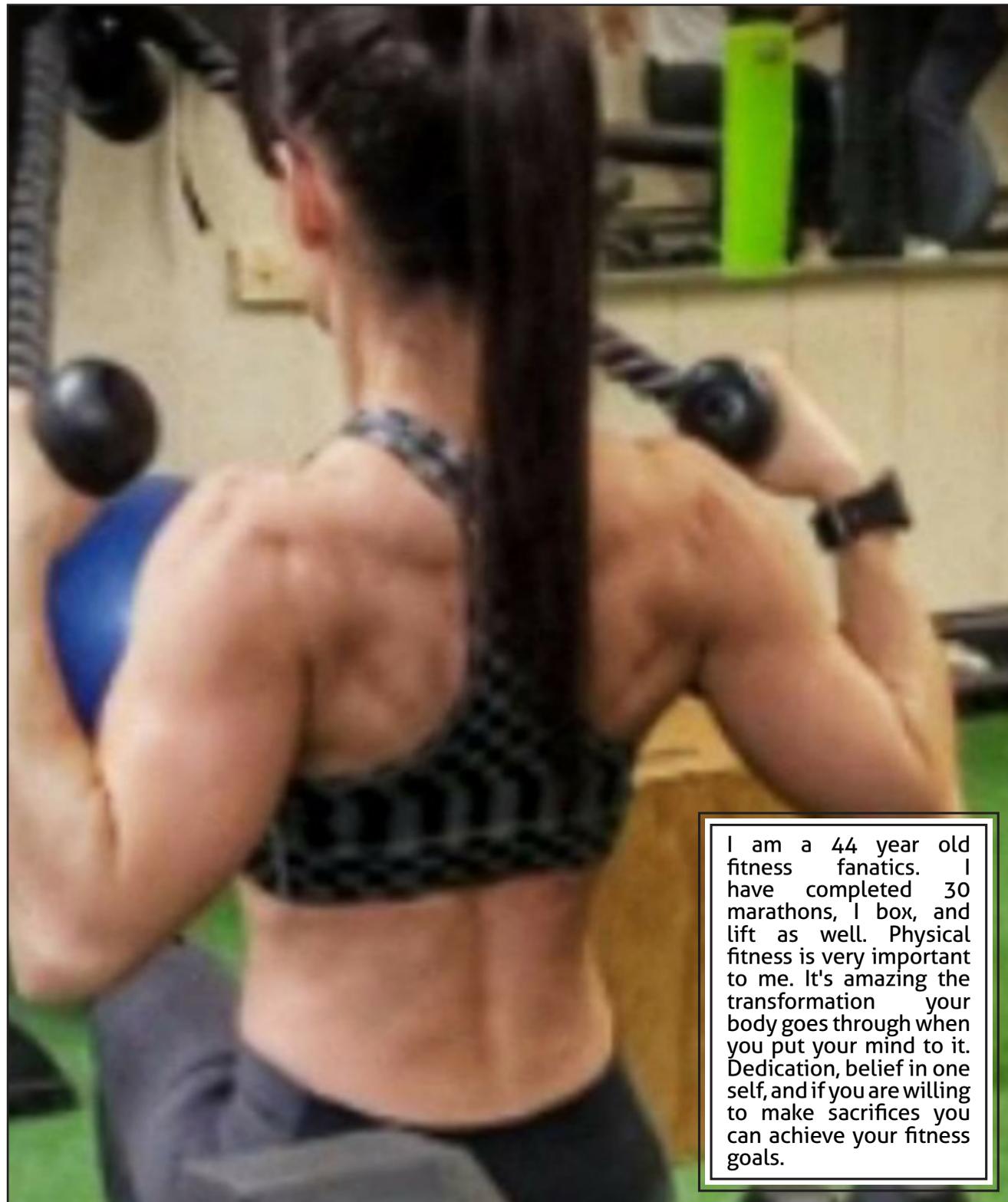






Gina Celona





I am a 44 year old fitness fanatic. I have completed 30 marathons, I box, and lift as well. Physical fitness is very important to me. It's amazing the transformation your body goes through when you put your mind to it. Dedication, belief in one self, and if you are willing to make sacrifices you can achieve your fitness goals.



Jenn Dawn





Lionel Zajimovi

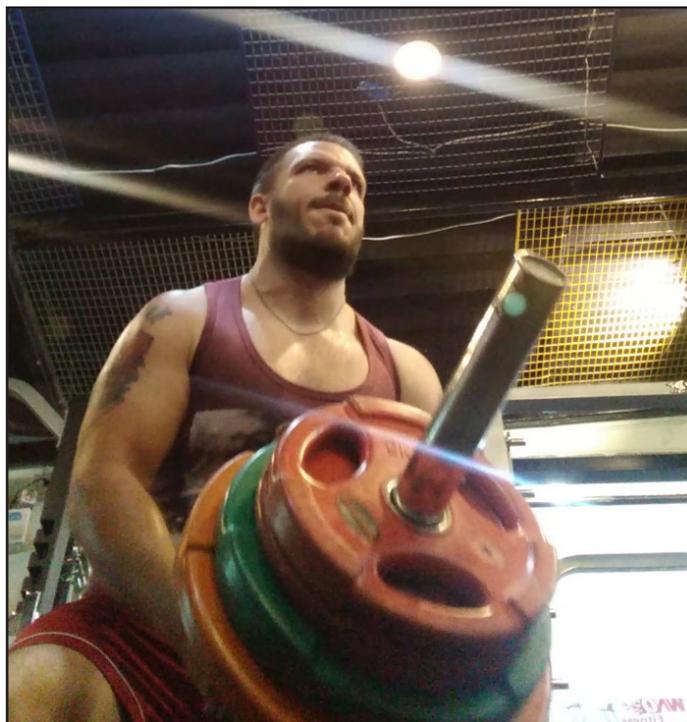


Lionel Zajimovi



The reason I started lifting was rather peculiar. My best friend and I picked gym over kung fun. Which happened to be the wisest decision of my life. And although he didn't really get hooked to it, he tried for a while. At the beginning, my goal was only to get fit and to lose extra fat. I remember telling others I don't really care about bulking. What changed my mind is the wrestling entertainment industry and its athletes such as John Cena, Triple H and Randy Orton. So after a little while I tried to put on some muscle. The thing is I was still a rookie and didn't really know what to do to really get big. It took time but, in the end, I got my first job and I was able to buy gym supplements and afford better healthy food. Now my goals are bulking up, more strength, taking care of my heart and lose even more extra belly fat.

My biggest accomplishment is knowing that, at the age of 11, I lost the ability to walk due to heavy medication. I had to go through painful months of therapy and rehabilitation. I even broke my back while skiing on a school trip. One of my doctors told me I would never be able to lift anything heavy. People used to call me fat as well because my whole body was



swollen thanks to the same drugs I had to take as a kid. Now my friends and even strangers and even my boss call me a beast, massive and huge. This is my biggest pride and I'd like to encourage everyone to believe in themselves and never to listen to people who just want to drag you down.

Never give up because there's no other way. Go for it, grab your dream and never let it go. I also would like to thank Fitness Magazine from the bottom of my heart for giving me this totally unexpected but wonderful opportunity. Photographers Credits: @vodkaJimovic and @sarunyatvijiit





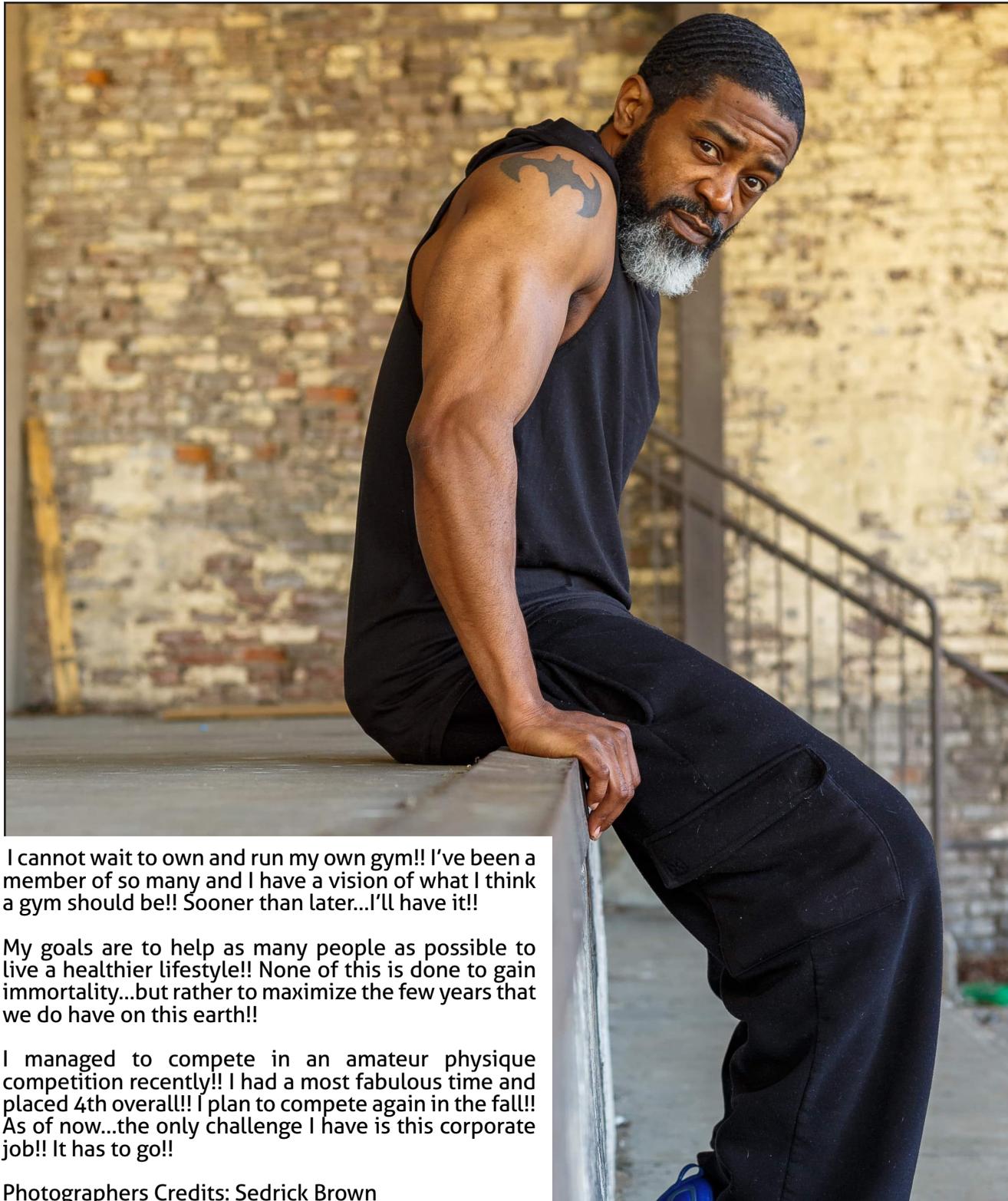
Sempre busquei ter boa saúde através do esporte, com uma boa dieta e um bom treino de musculação alinhados, além da musculação sou um faixa preta de jiu-jitsu. O esporte te faz crescer mentalmente e fisicamente. Estarei sempre buscando meu melhor a cada dia



Michael A Kirksey



Michael A Kirksey

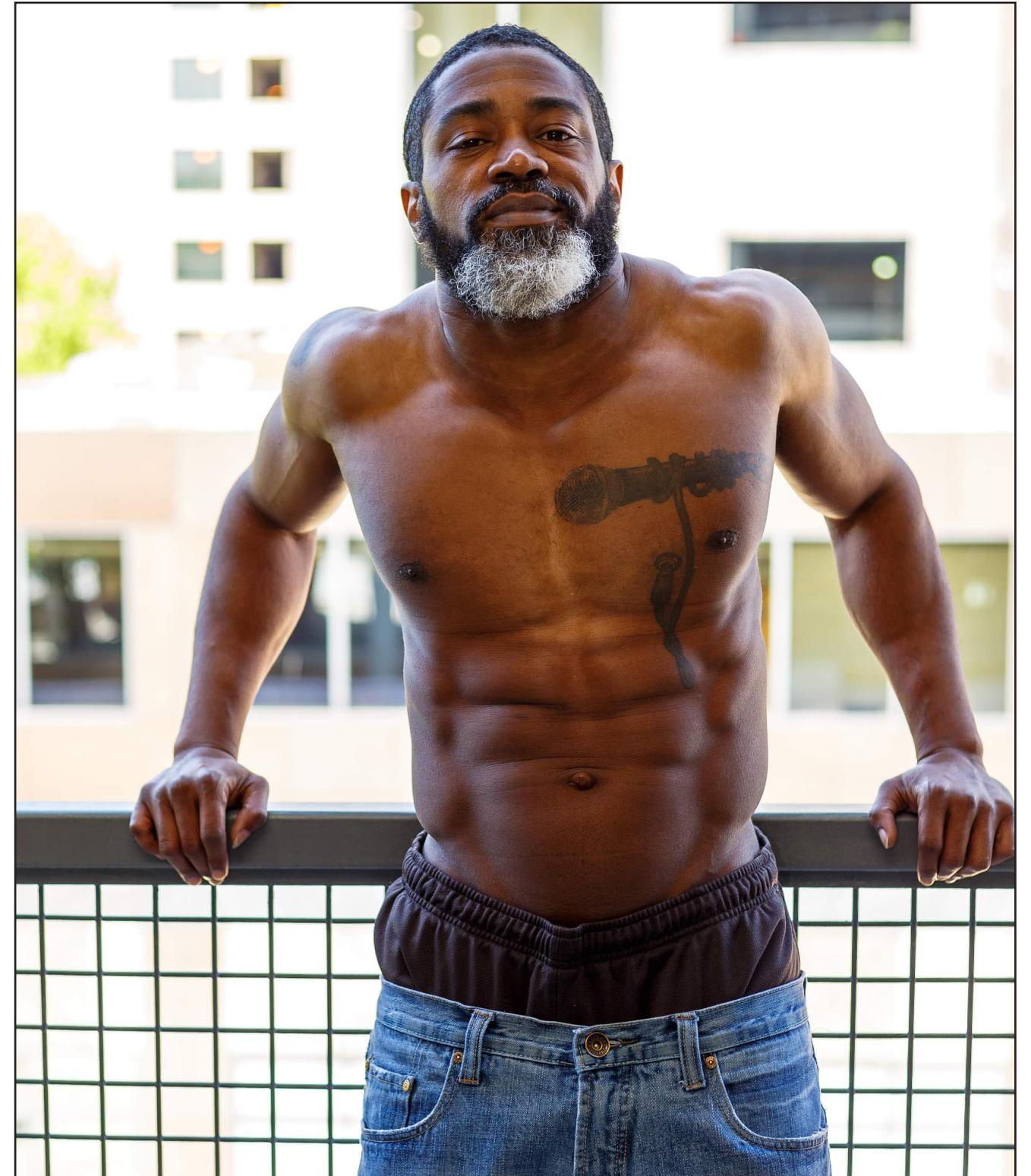


I cannot wait to own and run my own gym!! I've been a member of so many and I have a vision of what I think a gym should be!! Sooner than later...I'll have it!!

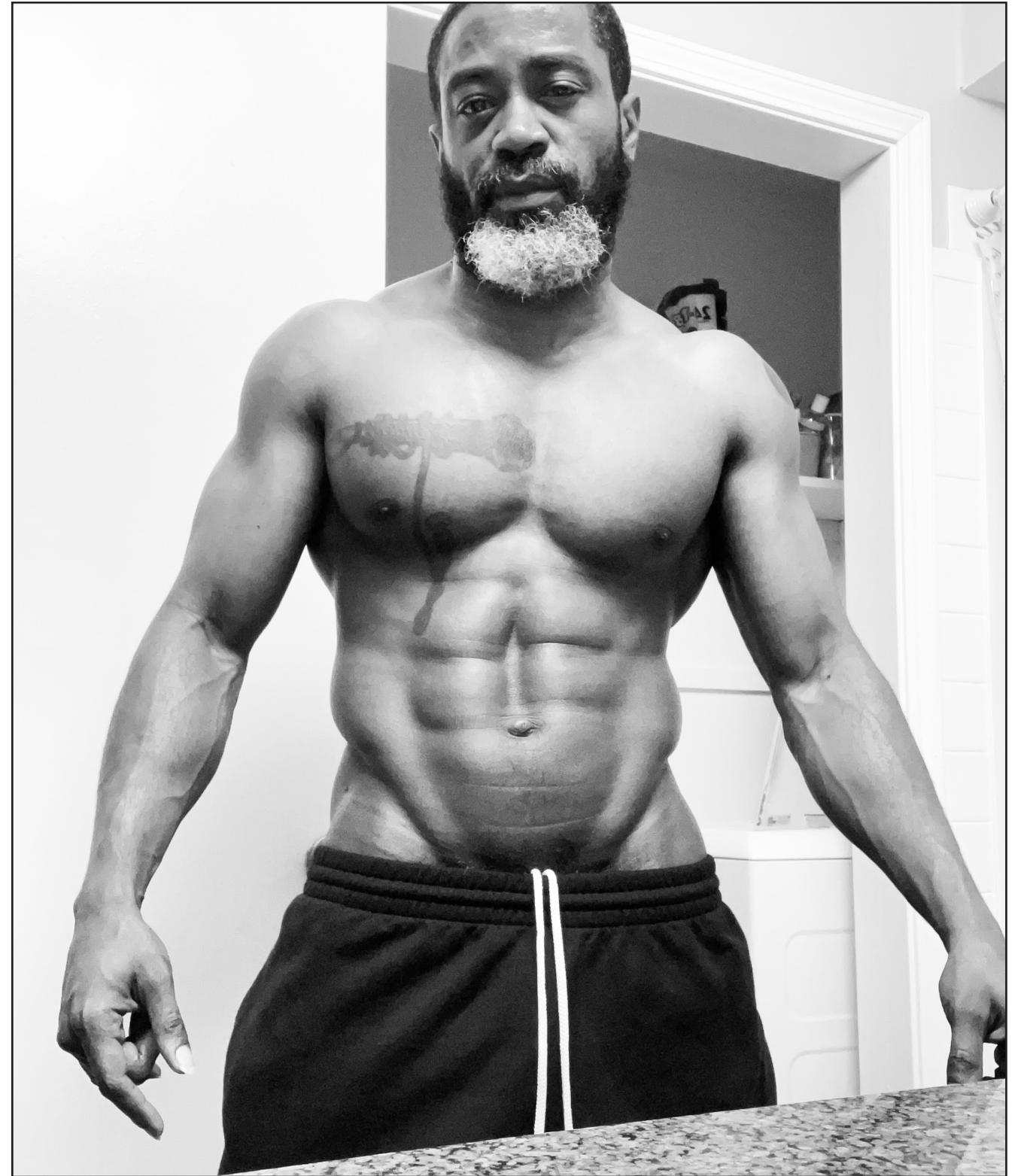
My goals are to help as many people as possible to live a healthier lifestyle!! None of this is done to gain immortality...but rather to maximize the few years that we do have on this earth!!

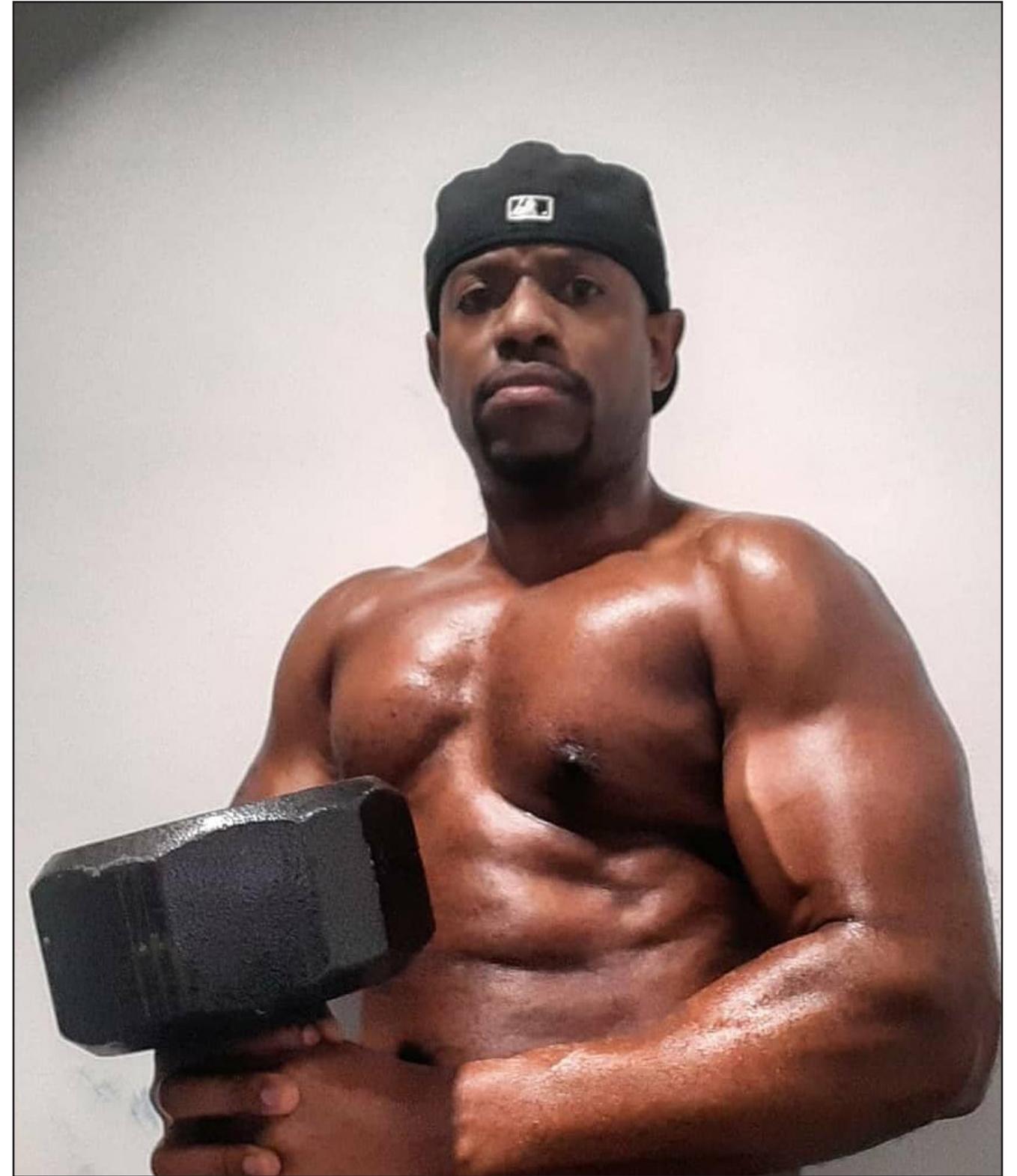
I managed to compete in an amateur physique competition recently!! I had a most fabulous time and placed 4th overall!! I plan to compete again in the fall!! As of now...the only challenge I have is this corporate job!! It has to go!!

Photographers Credits: Sedrick Brown



Michael A Kirksey





Nick king





Hey everyone my name is nick and I want to introduce myself to the fitness world. Follow me on Instagram @fit_nick_150 if you want inspiration, training tips , info on health and entertainment all in one.

DREAMS: I've always dreamed of being the best athlete, fitness trainer, men's physique competitor, fitness model and a health and wellness motivational speaker. Quite simply to help those that feel like their undeserved or can't make it, the elderly who want and need to get fit and those who are injured and want recovery.

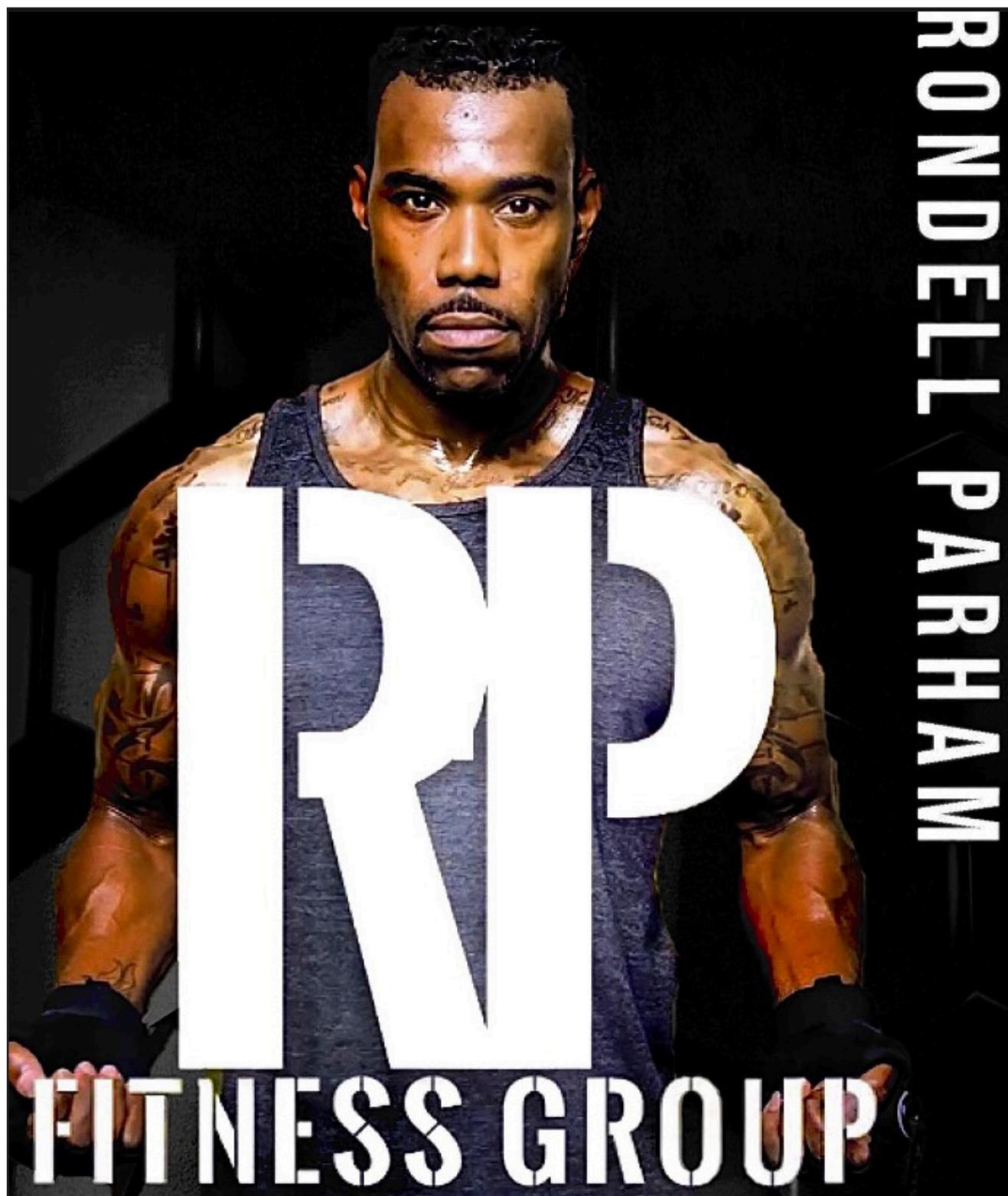
GOALS: My goal is to train harder and win and continue to win men's physique competitions. Also to aquire all fitness certifications that are needed to help me become one of the best fitness trainers to help all those out there who want to become their best selves and help with physical therapy too. I definitely want to use my voice for voice acting in fitness and more.

CHALLENGES: I've had challenges throughout my

life and I've never had it easy . I have always had to put in the work and work hard for what I want to achieve. I go through rigorous hrs at work but i find time to train, I have had very little opportunities presented to me throughout my life but I never give up and I still push forward. I have health issues like we all do but I make no excuses and I fight through them and do best I can with what I got. I also have little to no support from family who say I should quit and they sometimes try to deter me but I always say I'm living for me and they want me to live how they live feeling insecure and I DONT want that. I will continue to fight forever and STAY FOREVER FIT.

ACHEIVEMENTS: I am drug free, never been arrested, have stable employment, I contribute to being a stable role model and 2nd father to my nephew who is 7 now. I also am proud that I have transformed my skinny body to muscle .

Photographers Credits: Me myself , I have done all my shots on my own



It has always been a life long dream to be an athlete/competitor and fitness trainer. As I early on earned a basketball scholarship I really wasn't introduced into the bodybuilding training aspect of my endeavors until closely finishing school. I knew I had to get stronger on the court and as my basketball career came to a close that's when I developed a love to just stay fit and eventually I jumped into competition and personal training. My dream to open my own facility is in the near future. Before the pandemic I was ready but have had to make so financial adjustments but nevertheless I am on track again. Getting on the physique stage years back was one of my greatest accomplishments to break out of fear that I needed to start somewhere and it was all exhilarating. My goal of getting back on stage is very close and to make a statement in the sport and walk out my dreams, long term goals and plans. Thanks for all support now and moving forward.

RPfitness Group
Photographers Credits:
RPmediaEnt

A full-body photograph of Rondell Parham standing against a plain white background. He is shirtless, showcasing his muscular physique and extensive tattoos. He is wearing dark grey athletic shorts.

Rondell Parham





BARBELLS FITNESS

Gina
Celona



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