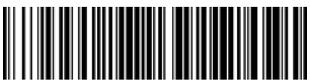


BARBELLS **FITNESS**



**Wendy
Myers**

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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. organisation

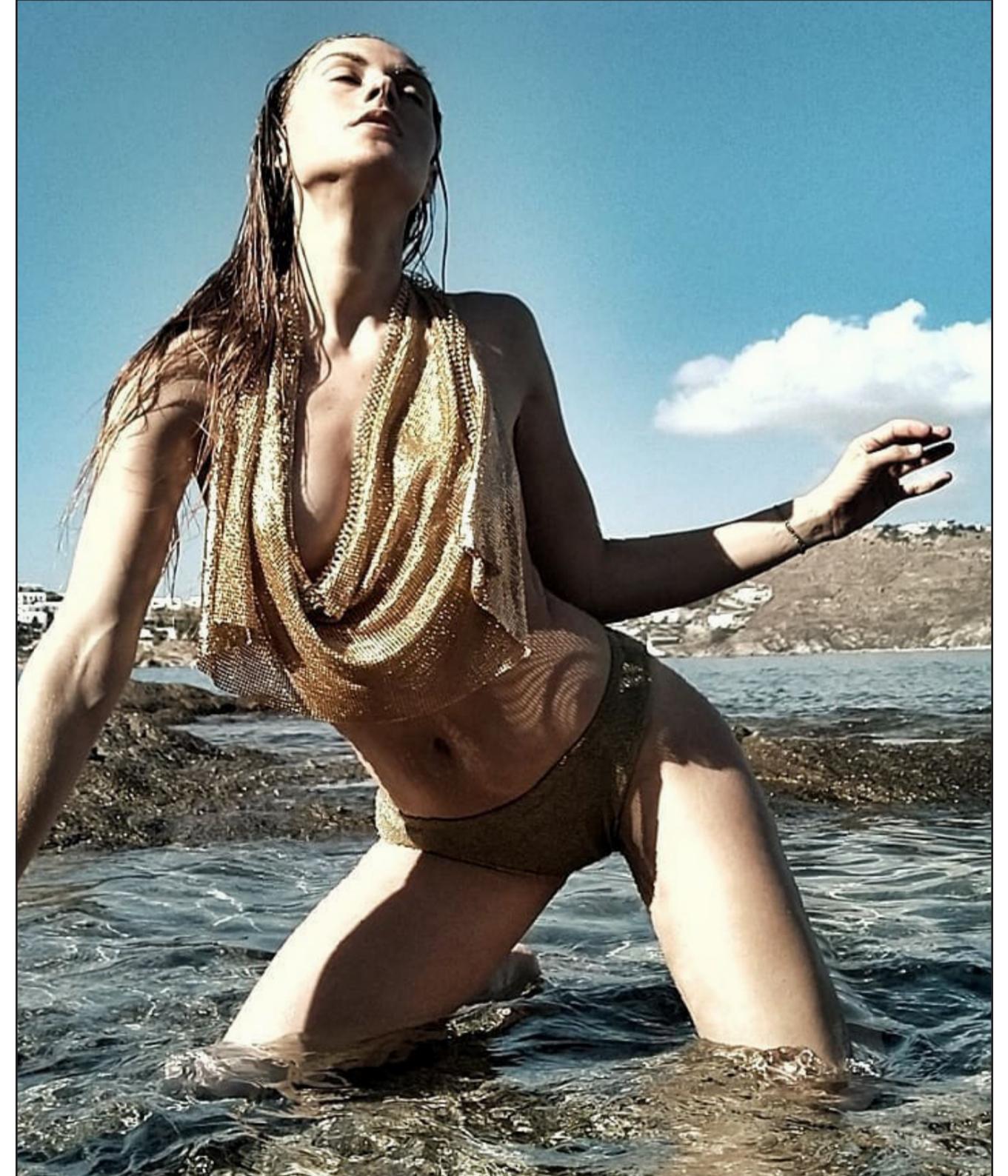


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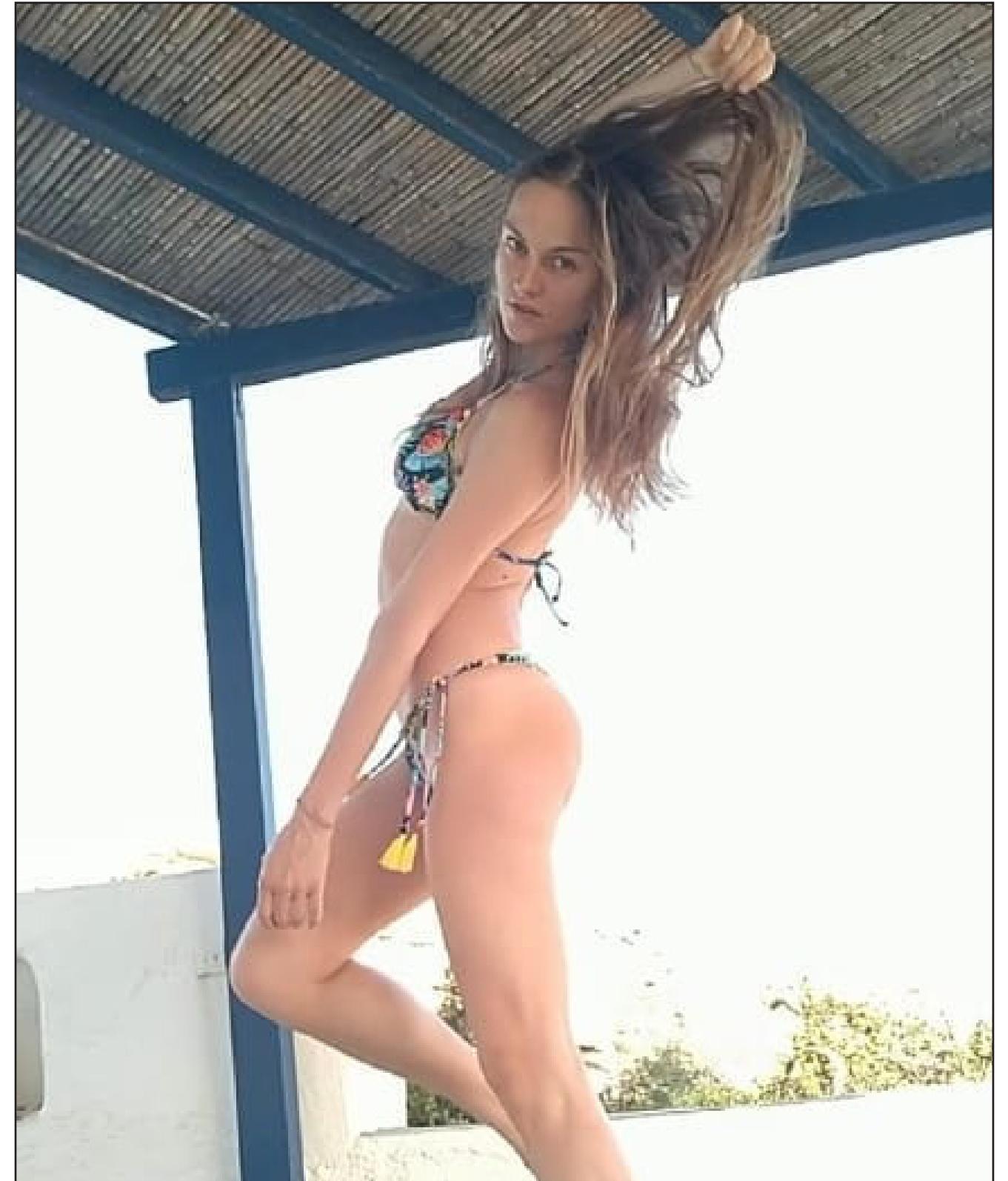
HELP GET DRUNK DRIVERS
OUT OF THE DRIVER'S SEAT

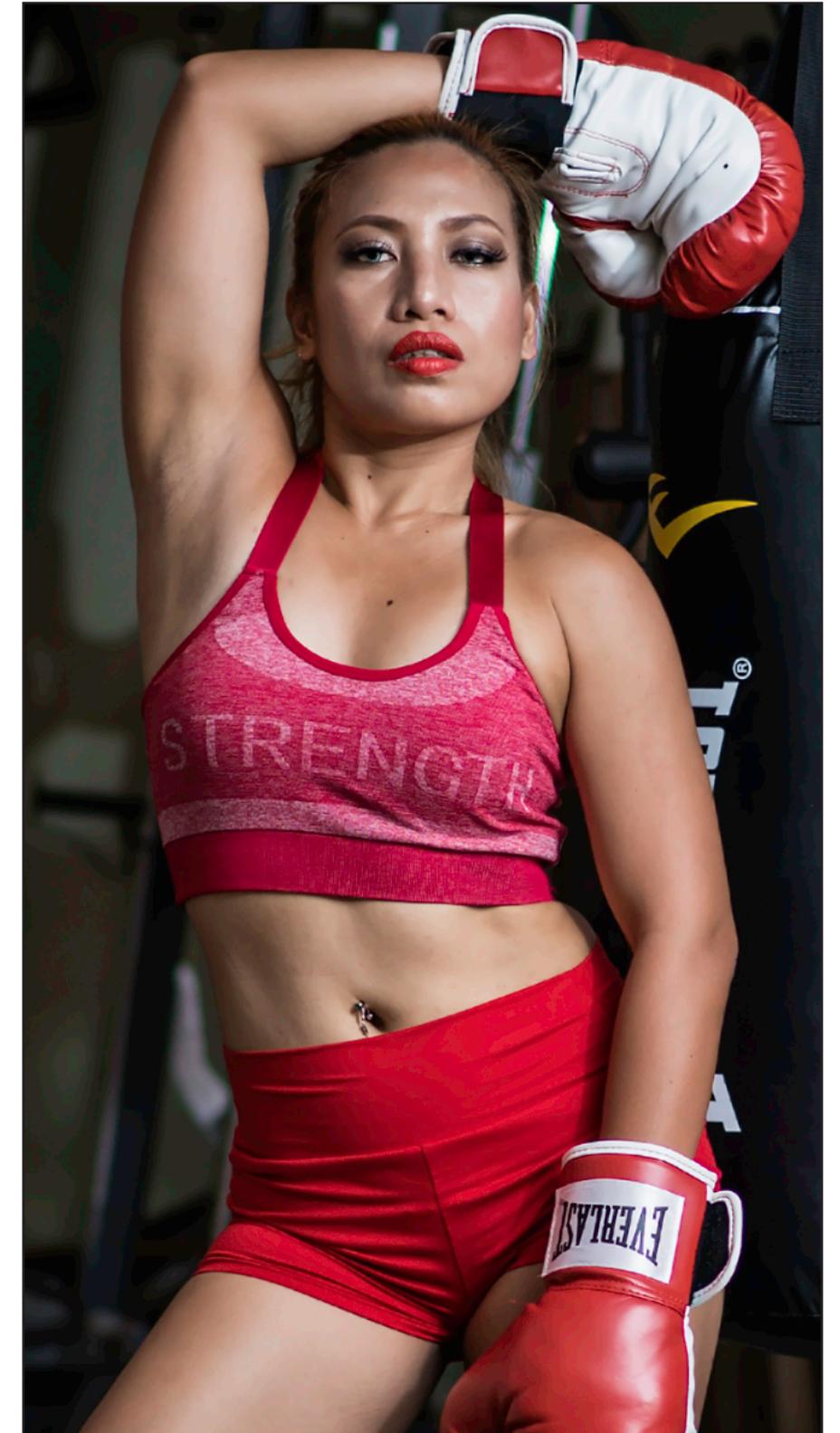






My goal is to lose at least 8 kilos in 2 weeks 😊 as well as to reach a huge amount of followers on Instagram so my challenge is to reach at least 20k followers on Instagram in a year, I am also planning to create an online clothing boutique so this would help a lot, and one of my dreams would be to travel the world and become a travel blogger 😊... Concerning my achievements, i can't think of much for now, a lot has happened the last two years in my life so I haven't yet achieved what I wanted but I'm happy to live in a beautiful island here in greece 😊







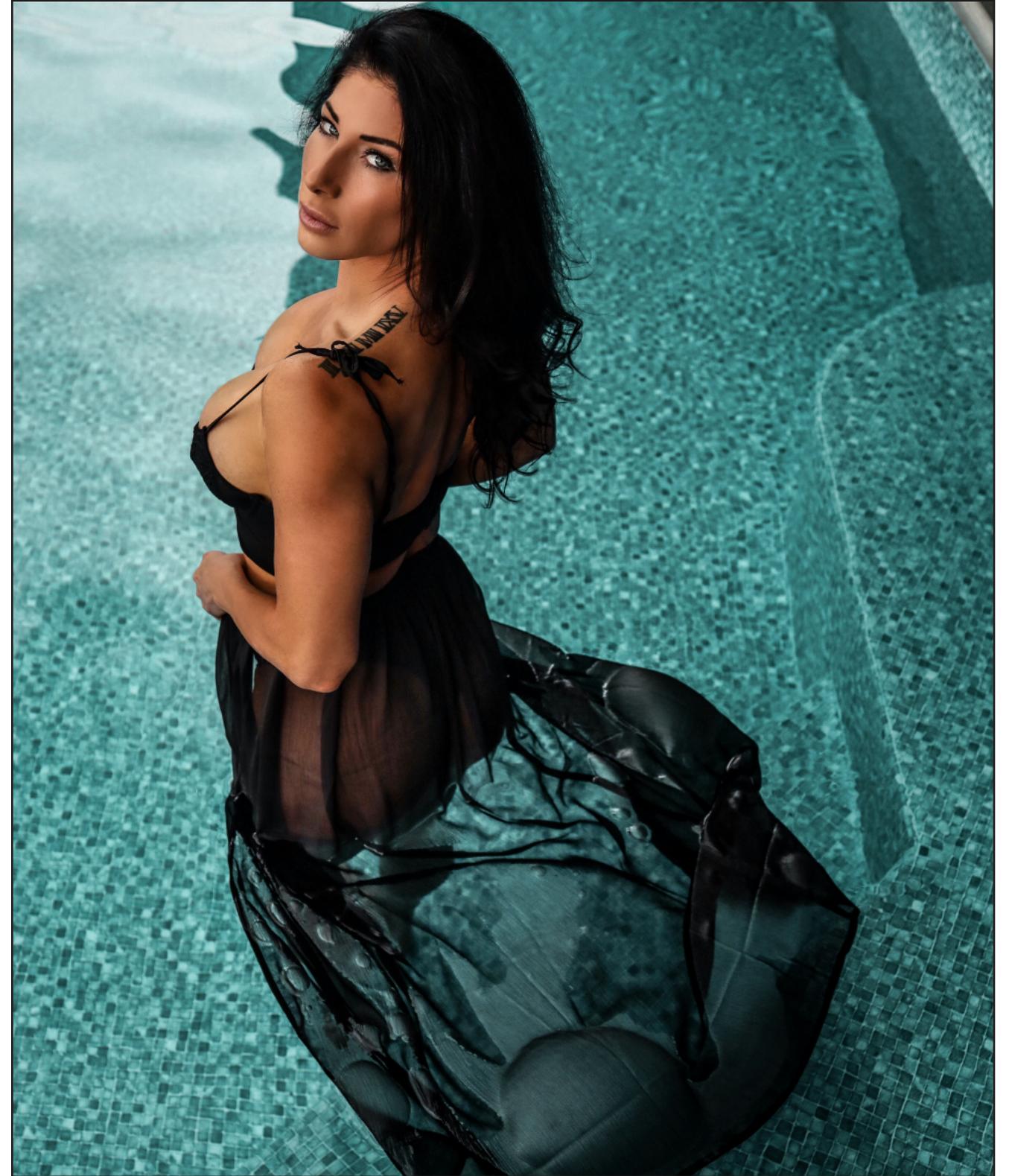


My dream and goal is to be better on my craft, not for a bragging purpose but to be more effective in what I'm doing specially towards helping my clientele..My clients are my main concern and will always be. In the end of the day, I want them happy and as possible I don't want them to be disappointed towards how I treated and handled them. As they say "clients talk" . I have a reputation and trying to maintain that. In 12 years in this industry, I can say I achieved a lot. From experience, such as handling different types of clients from different countries, cultures, walks of life and most of all handling disabilities. I achieved various fitness credentials such as nationally recognized certifications both group fitness instructor under Athletics and Fitness Association of America and a certified personal trainer under National Academy of Sports Medicine . Also I am well trained instructor, handling various group classes both cardio , dance fitness like Zumba and Jungle Body , functional training (HIIT & circuit) , stretching and flexibility workouts like yoga, barre and pilates, weight trainings and more. Despite all of this I still want more! I want to achieve and learn more which is the most common challenges that a fitness professional encountered mostly is to be updated all the time, to educate themselves always and to never stop learning. As some, they think they know all and never bothered and that caused their work performance. Attitude problems will cause client retention and employment.

All I know, when you love what you do , you enjoy every bits of it. Waking up everyday to work and do what you love is the best feeling! It's also inspiring when I hear appreciation from my clientele and that what keeps me going!

Thank you clients!

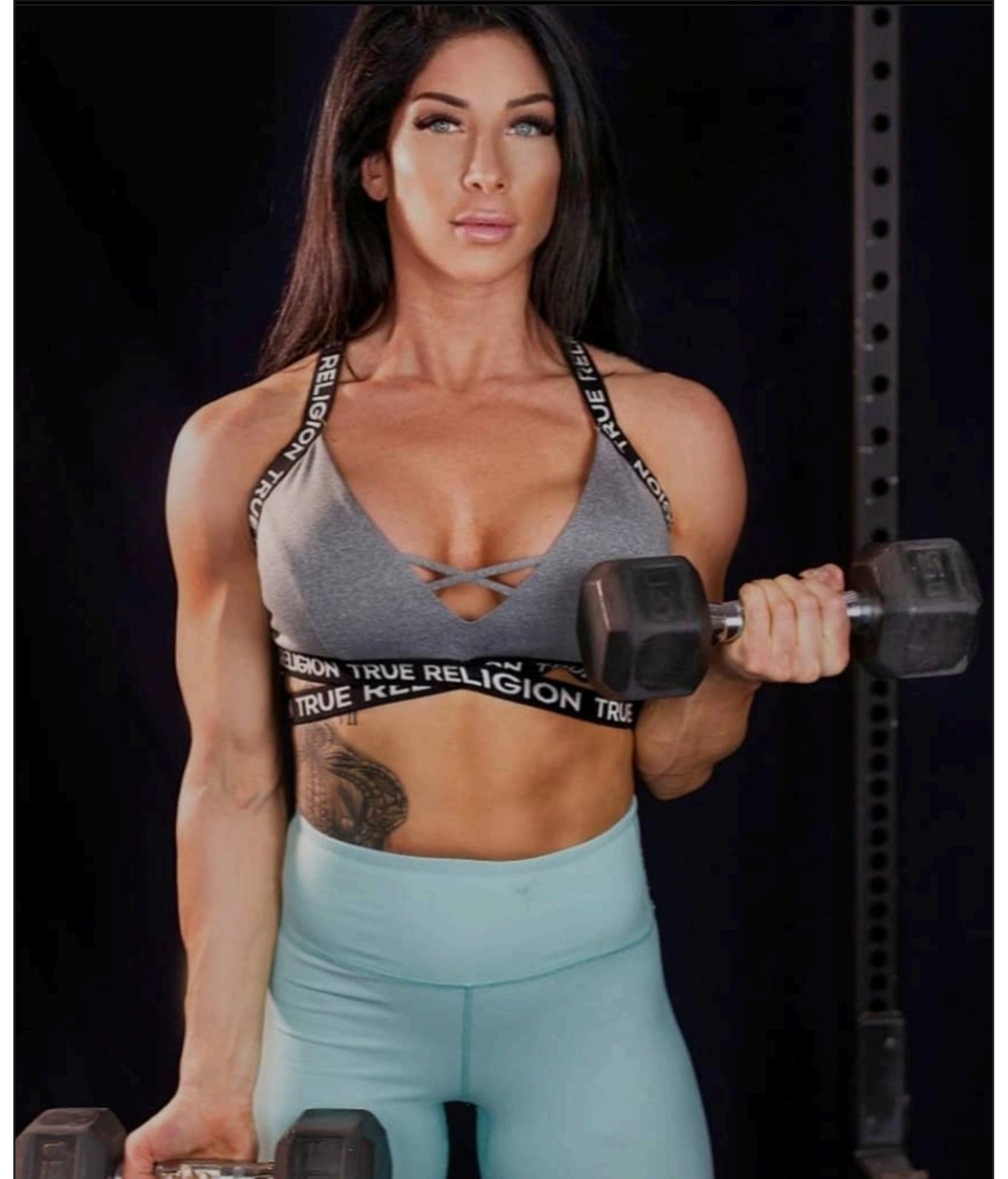
Photographers Credits: James Wright



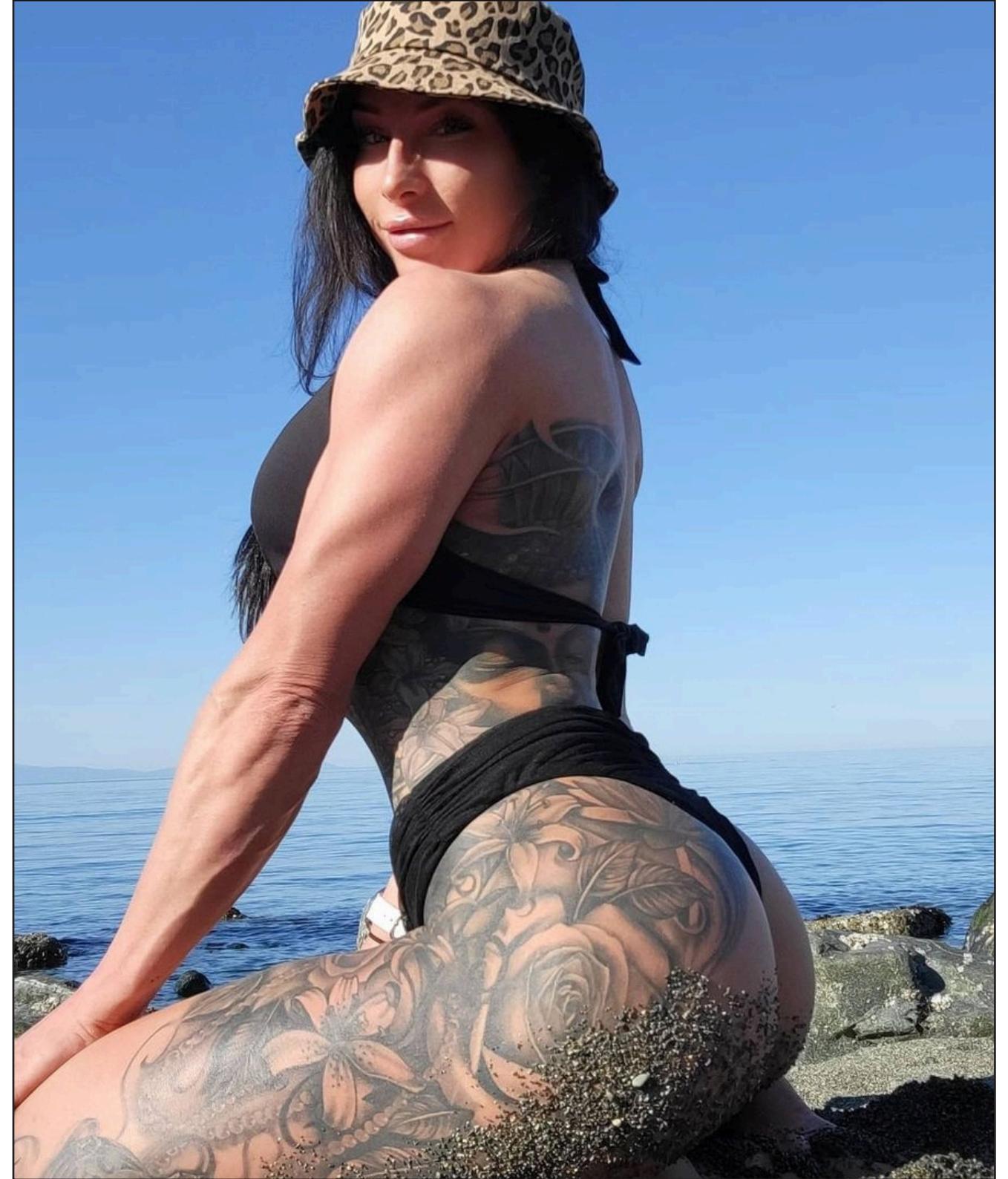


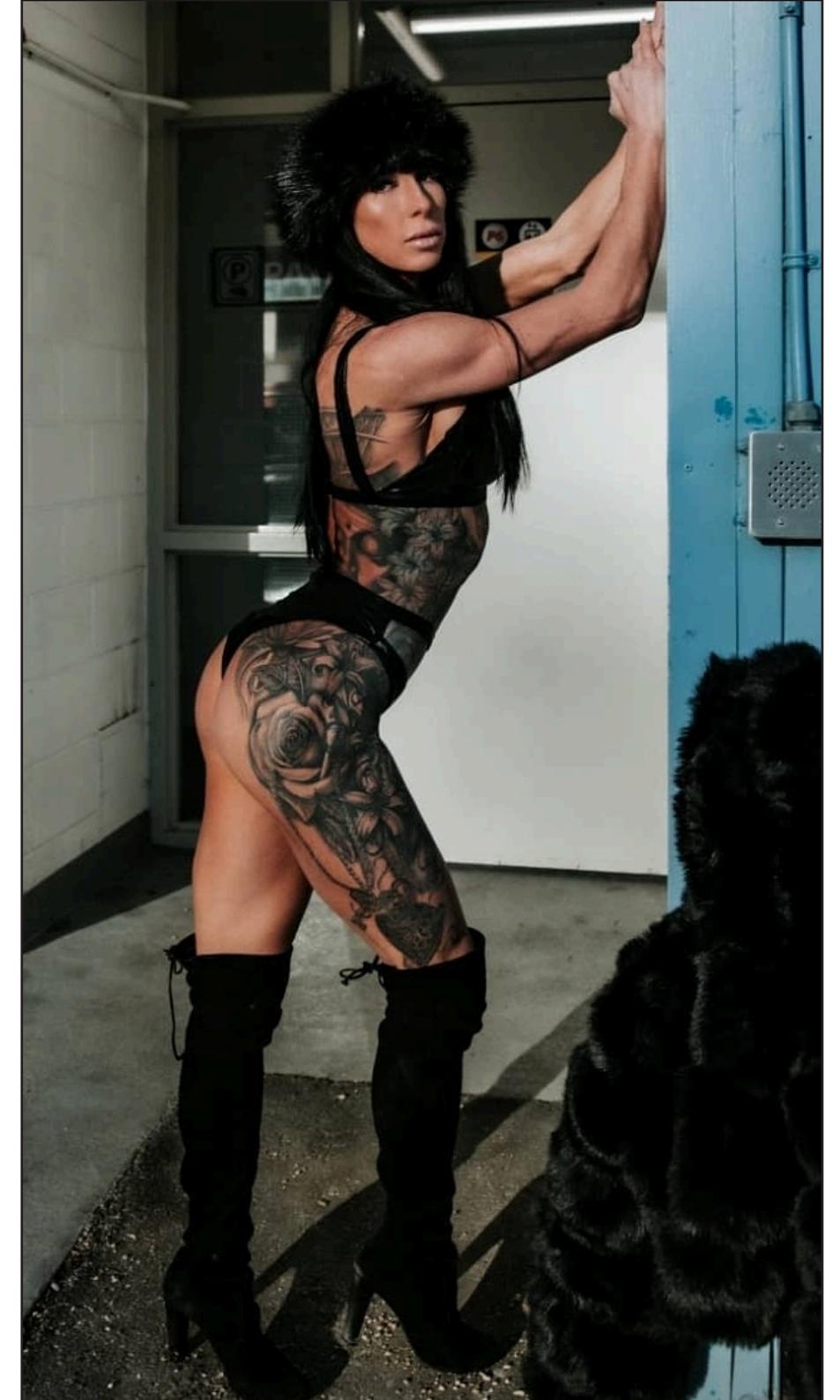
Currently working towards winning my IFFB Bikini Pro Athlete Title

Photographers Credits: Designer Beautii













Dream right now is to obtain an IFBB Pro bikini athlete title. Ive been working towards this goal for about 3 years now to date. The finish line finally feels close.

Photographers Credits: Elite
Ambition , Designer Beautii





24



My name is Liz.

I'm an IFBB Bikini Pro.

Growing up I struggled with depression and had a very unhealthy relationship with food

After college, I swapped out smoking cigarettes for the gym. Little did I know that was just the beginning of my athletic career.

I began competing last year. I wanted to just scratch it off my bucket list, but ended up falling in love with the sport and earned my pro card at NCP USAs back on July.

Bodybuilding is a very mental sport. You have to learn to control your mind

before it controls you. It can get very lonely and you have to be okay with it. You have to push your limits, extend your boundaries and increase your level of discipline. This isn't just a 3 hour gym session, it's a 24/7 all-in kind of deal.

This sport is about evolving and learning.

My goal is to raise to the top in the bikini division and my dream is to step foot on the most prestigious stage in bodybuilding, the Olympia stage.

I want to leave a mark in this sport and help others appreciate it as much as I do.

Photographers Credits: Prime24 photography and Terrance Ruffin









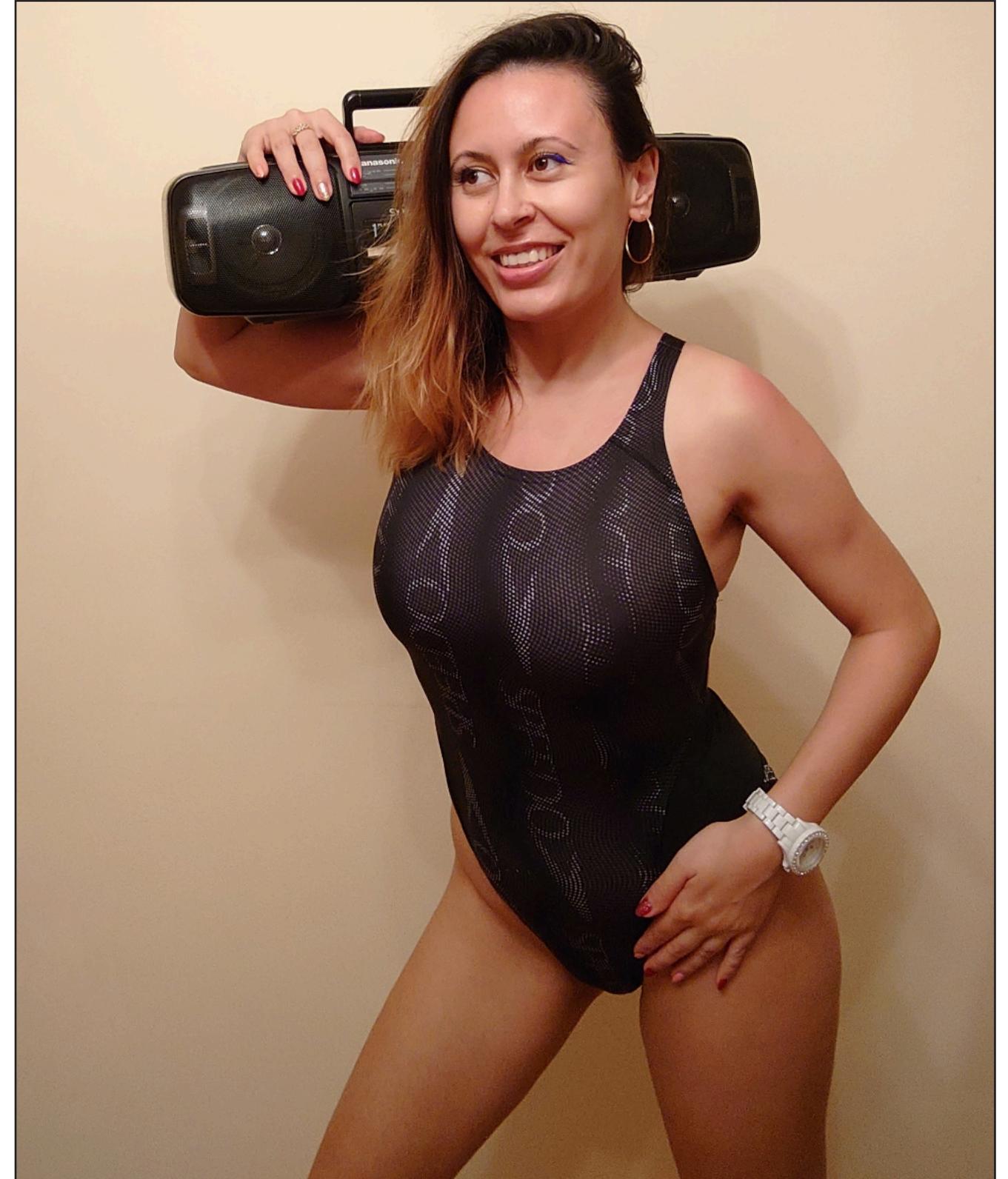




Monika Spiess is a Young Woman of German Origin but residing in the warm Spanish territory. Monika Spiess is the author of 56 Published Books and Photography Model.

Photographers: Oussama Gouait
Credits:







Tinakis is an internationally multi published model based in Bulgaria and USA. She is a "Girl of the week" winner four times in Bulgarian daily Telegraf - the newspaper, which has published her photos by different photographers for ten years.

Tinakis has more than eleven years of experience in fashion, editorial, print, fine art, commercial, glamour, catalog and parts modeling. She has gained fame in several countries for her work with

Fashion tv photographer Balin Balev in photoshoot, which has been published on Fashion tv (Ftv), representing "the tenderness of the woman", through "the eye" of fine art photography.

Tinakis has successfully worked for different brands due to her specific look. She is known for being flexible, adaptable, stylish, versatile, hard working and capable of wearing all types of clothing styles.

Happy mind, body and spirit is her motto and she guides her life around that.

The Bulgarian model mission is to inspire women to follow their dreams, to use their energy and time for positive activities, to be independent but she promotes family value!

Tinakis has passion to give back to society and work in humanitarian projects which do charity work.

You can follow her career on:

[Instagram.com/tinakis25](https://www.instagram.com/tinakis25)

[Facebook.com/tinakismodel](https://www.facebook.com/tinakismodel)

[M.K.Photography](https://www.m.k.photography)

[Instagram.com/mariankakrasteva](https://www.instagram.com/mariankakrasteva)















Growing up a tomboy, I was a natural athlete and constantly engaged in one sport or another. My goal was always the same ... beat the boys! And I did! Sports were my life and being a competitor was the only way I knew how to live.

In high school I tried weight lifting and loved it, and was able to squat more than the football players. But I was discouraged to continue in it because it was thought that it would make a girl "bulky," so I moved on to other sports, always knowing there would be a day I would come back to it.

That day was two years ago, when, at 44 years old and after having three children, I followed my dream in becoming a natural figure competitor. I finally graced the stage with muscles and beauty. Now, at 46, I have qualified to compete for my pro card through NPC, which is not an easy task for a natural competitor.

It was stepping on stage to compete that led me into modeling. I needed "sass" for the stage and that is something a tomboy does not have! So I courageously stepped way out of my comfort zone and attended a modeling clinic. Much to my surprise, I was told I was a natural in front of the lens.

The challenge then became to see if who I was would fit in the modeling world. It took a while for me to fully embrace who I was in front of the lens. Many photographers told me not to smile, but that was just not me, and when I tried it the shots seemed dead. So I embraced who I was and went with it, smile and all! Now the most common compliment I get is how alive and inspiring my shots are because I smile.

I love that people see me as inspirational because that is a huge dream of mine; to inspire others, especially woman to get fit and see their strong body as sexy! Too many women feel that after children or after 30 they

are done, that their life is downhill from there. That could not be further from the truth! I say at 40 we are just getting started!

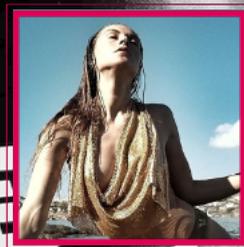
It was this dream of helping other women that has led me to obtain my personal training license as well as my nutrition license so that I can help

embolden other women to start living their best life after children and well as into their 40's and older!

Photographers Credits: JD Lander Photography (@jdlanderphotography)



BARBELLS FITNESS



Angel
Mae Beck

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