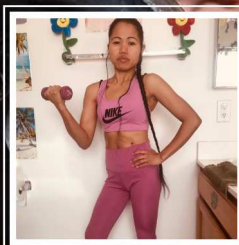


BARBELLS FITNESS

Bianca G



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BARBELLS FITNESS

Cheryl Jacobs

Moe Samir

Issue 01 2023 \$24.99



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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Sasha Wong



Bianca G



Sasha Wong



I've started my fitness journey back in 2017. It was the only thing that saved me from depression when I've lost almost everything in life. I used to be a professional singer back then but I've lost my range when I did my vocal polyp removal surgery. I felt devastated because it was the only outlet of my emotions.

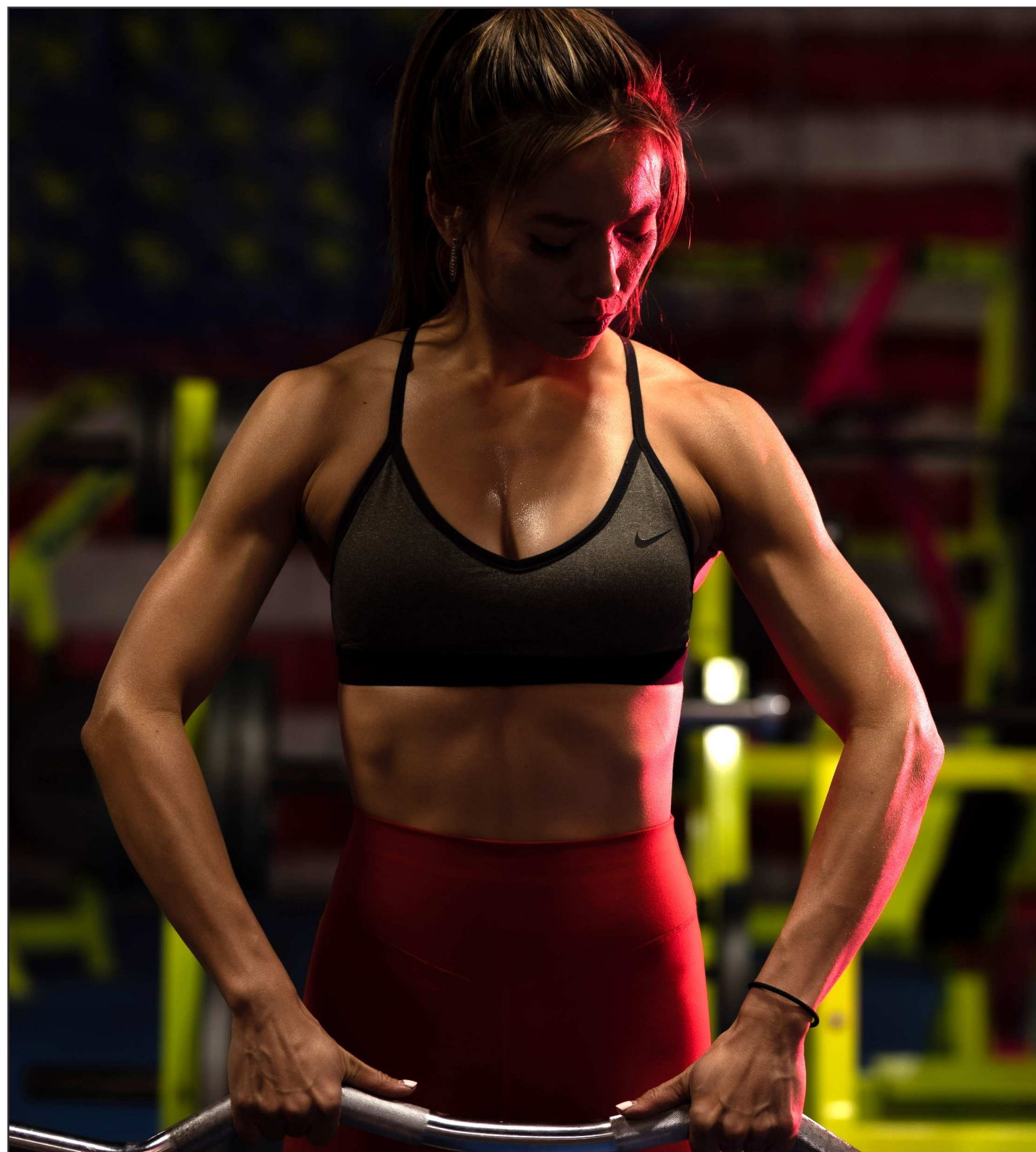
I was weak and no idea about fitness. But since I love challenges, I fell in love with it. Fitness has opened doors and opportunities for me that I never thought of having when I was younger. It gave me a whole different perspective in life and made me a lot stronger than ever..

Since then I pledged of helping people transform lives thru fitness.

Photos Credits: Joe Mikoli, FitzEntertainment



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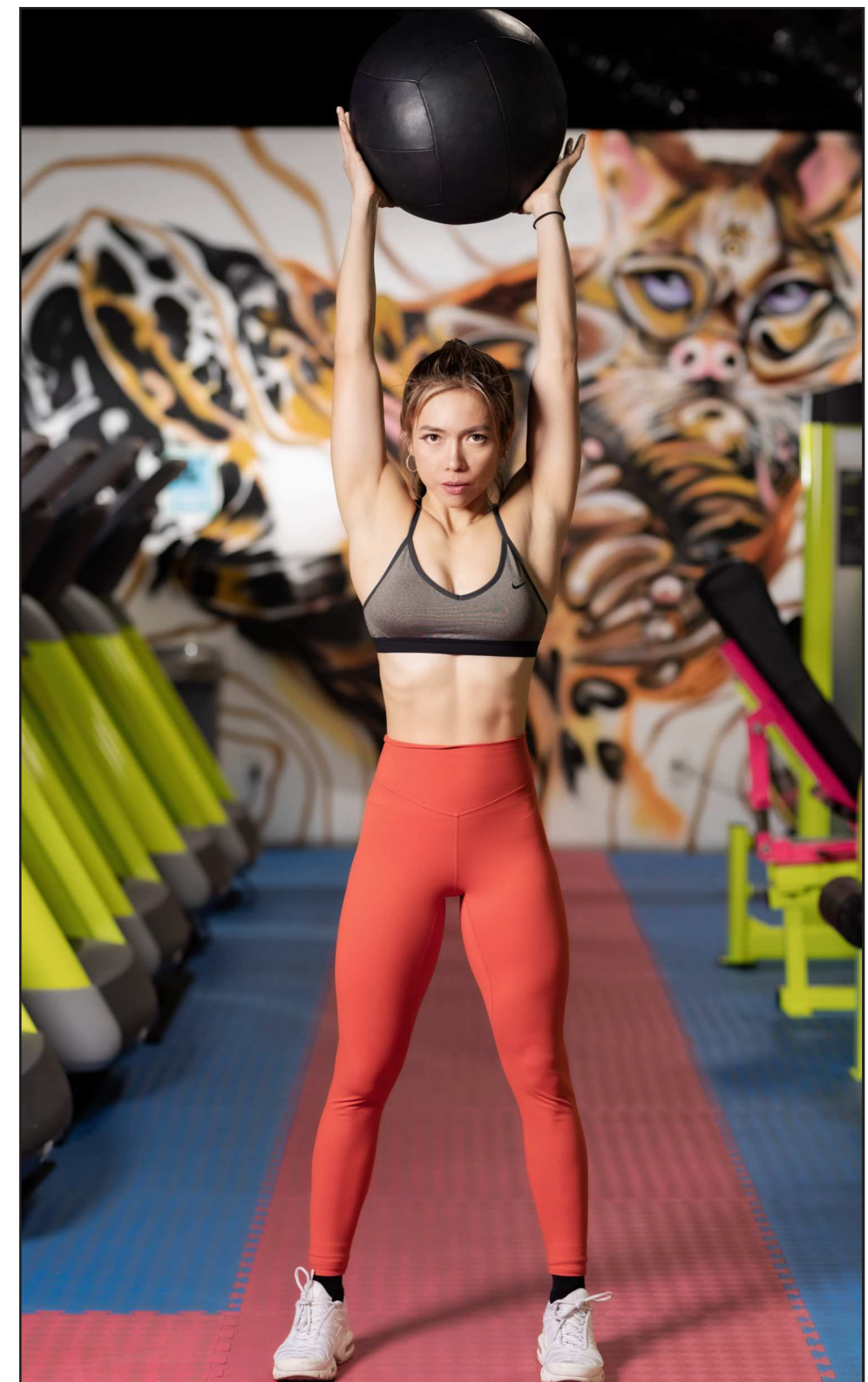


Sasha Wong

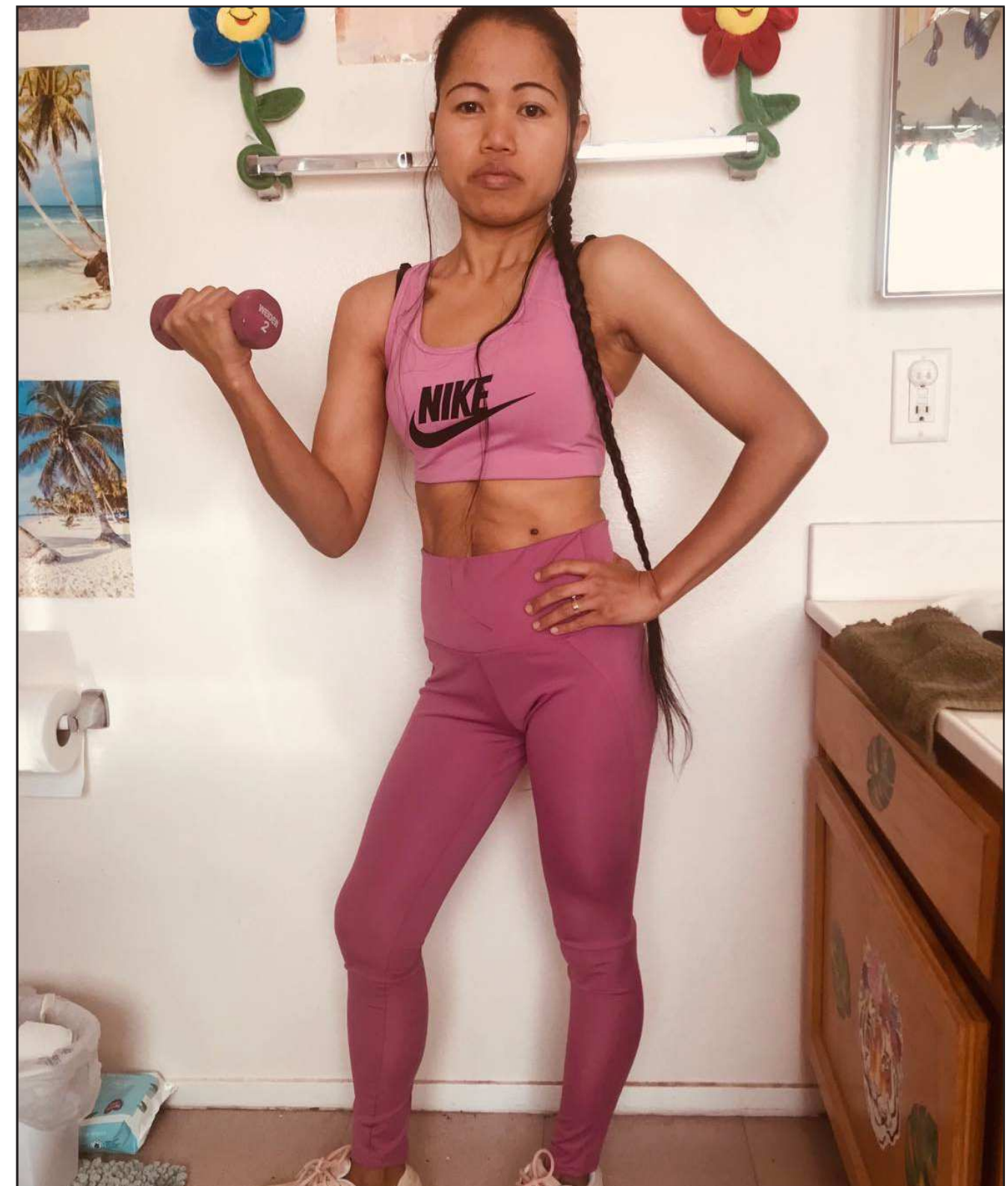


My dream is become a famous model and photographer same time so I can have my own studio and I can earn money from photo shooting too. It will be big challenging for me as I am not goodatmachines.

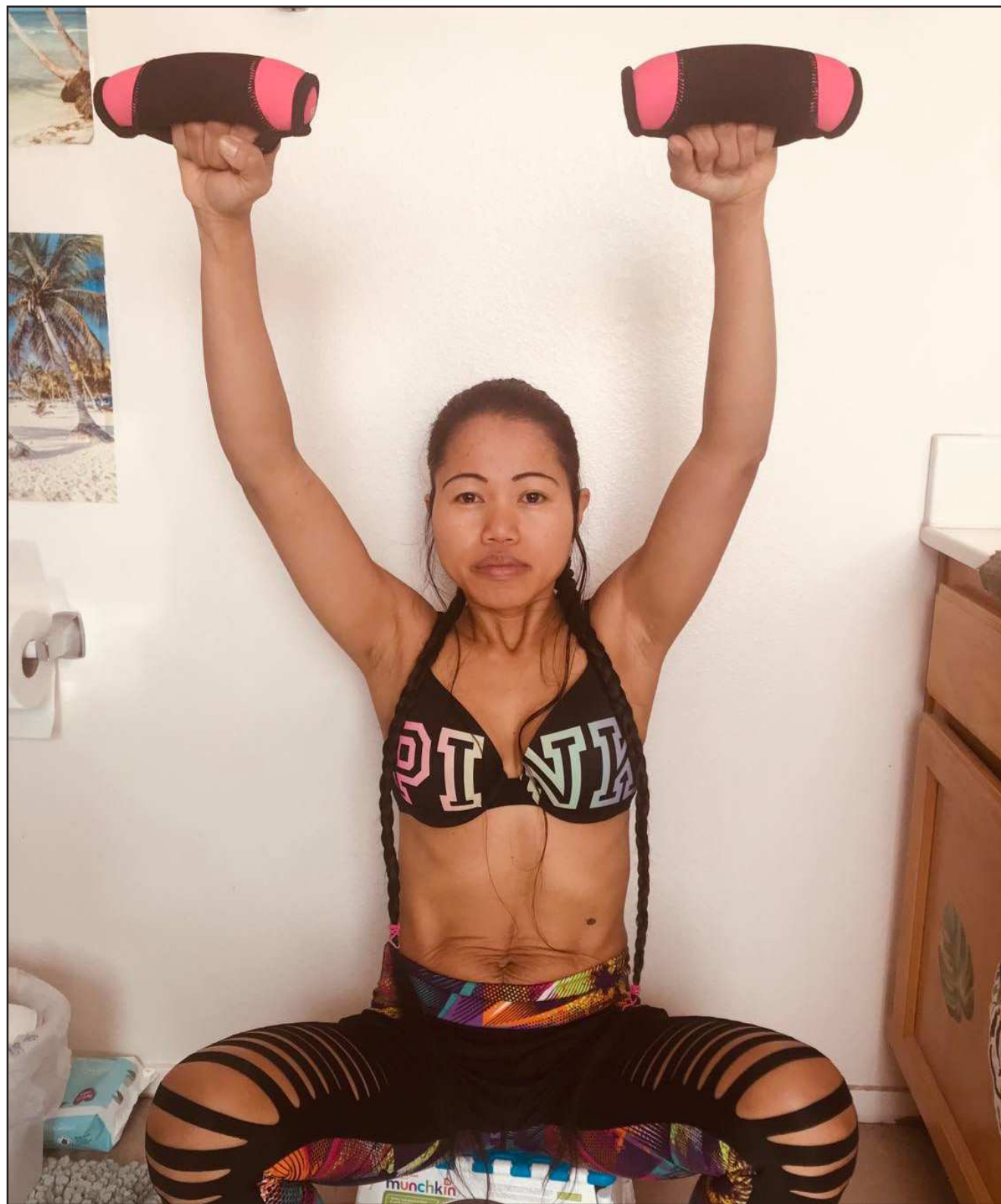
Photographers Credits: Myself



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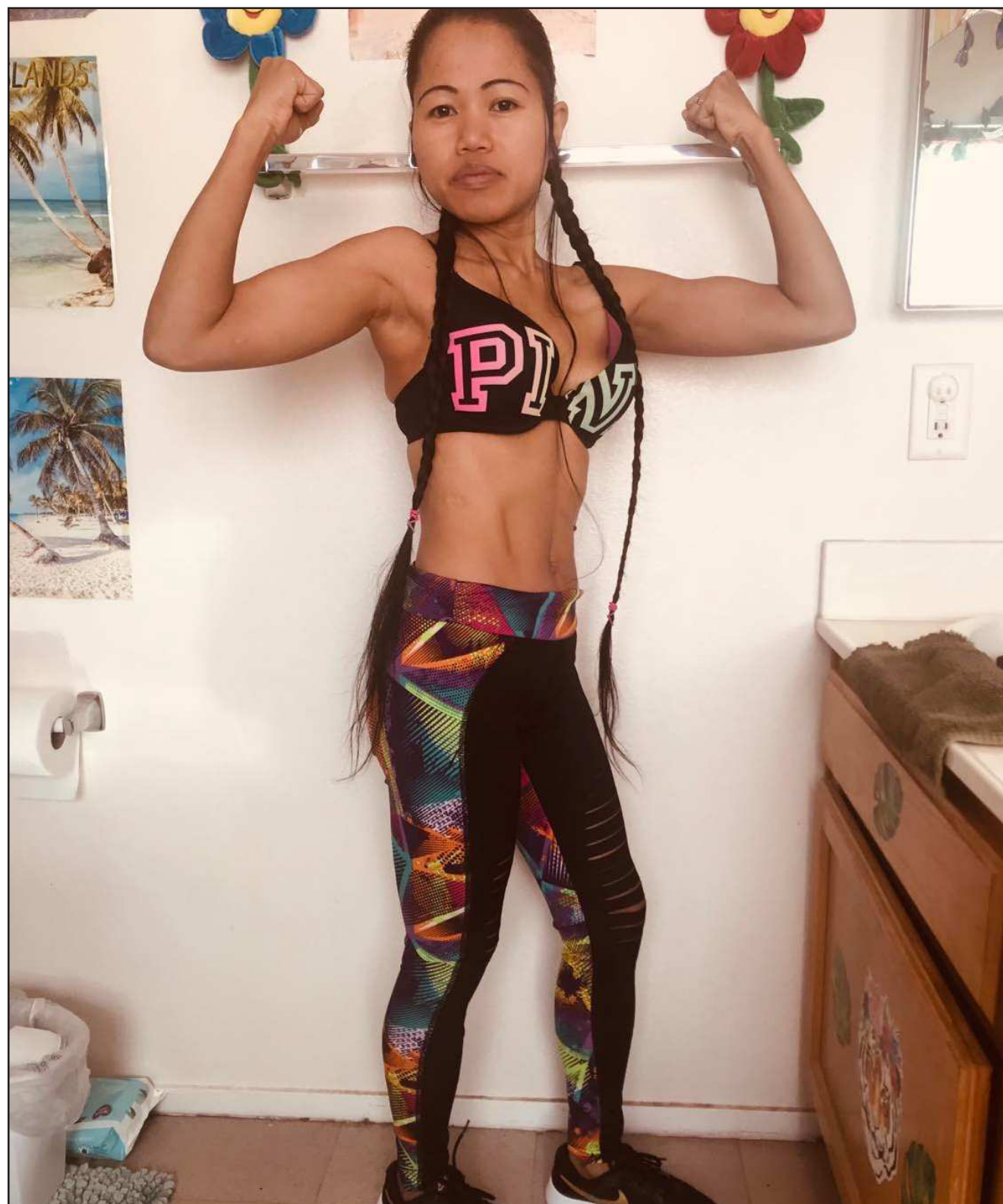
Paula Mae Guinyard



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Paula Mae Guinyard



Cheryl Jacobs & Big Moe Samir



My name is Cheryl Jacobs from Amherst, Ohio currently residing in New York City.

I began my fitness journey in 7th grade with track, cross country & bodybuilding.

It wasn't until the last 3 years though that I took my bodybuilding seriously. I hired several trainers & a nutritionist to help me get on point.

After 2 kids and being over 40 I am living proof that no matter the obstacles you can get in the best shape of your life.

Photos Credits :: Jay Fuertez



Paulamae Guinyard I'm a mother that gave life to 7 children and each birth added more weight to my body so I decided to start training and exercising and changing my diet to get my self fit the best fitness that is possible I take one hour a day to exercise to get my self and the best fitness shape that I can with my children I have a lot of things to do to take care of them I must cook, help them home work, gave them all a bath, take them

to team sports and the end of the day get them ready for bed so you see I have to manage my time around my children so one hour a day I gave to my self total discipline to work out to get the best fitness routine to get the best fitness body shape I can possibly get

Photos Credits: James E. Guinyard



Paula Mae Guinyard



Cheryl Jacobs & Big Moe Samir



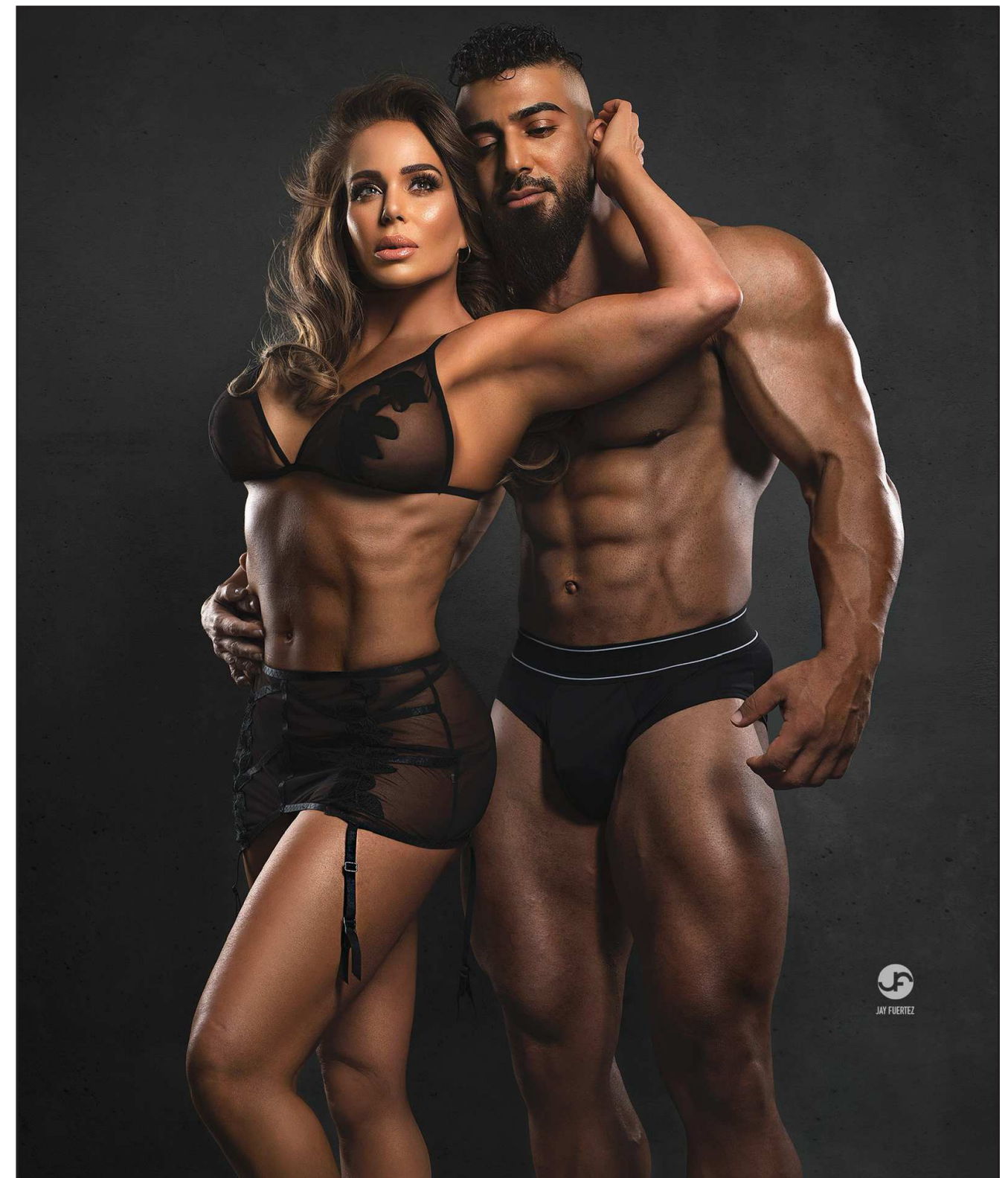
Michael Rigas



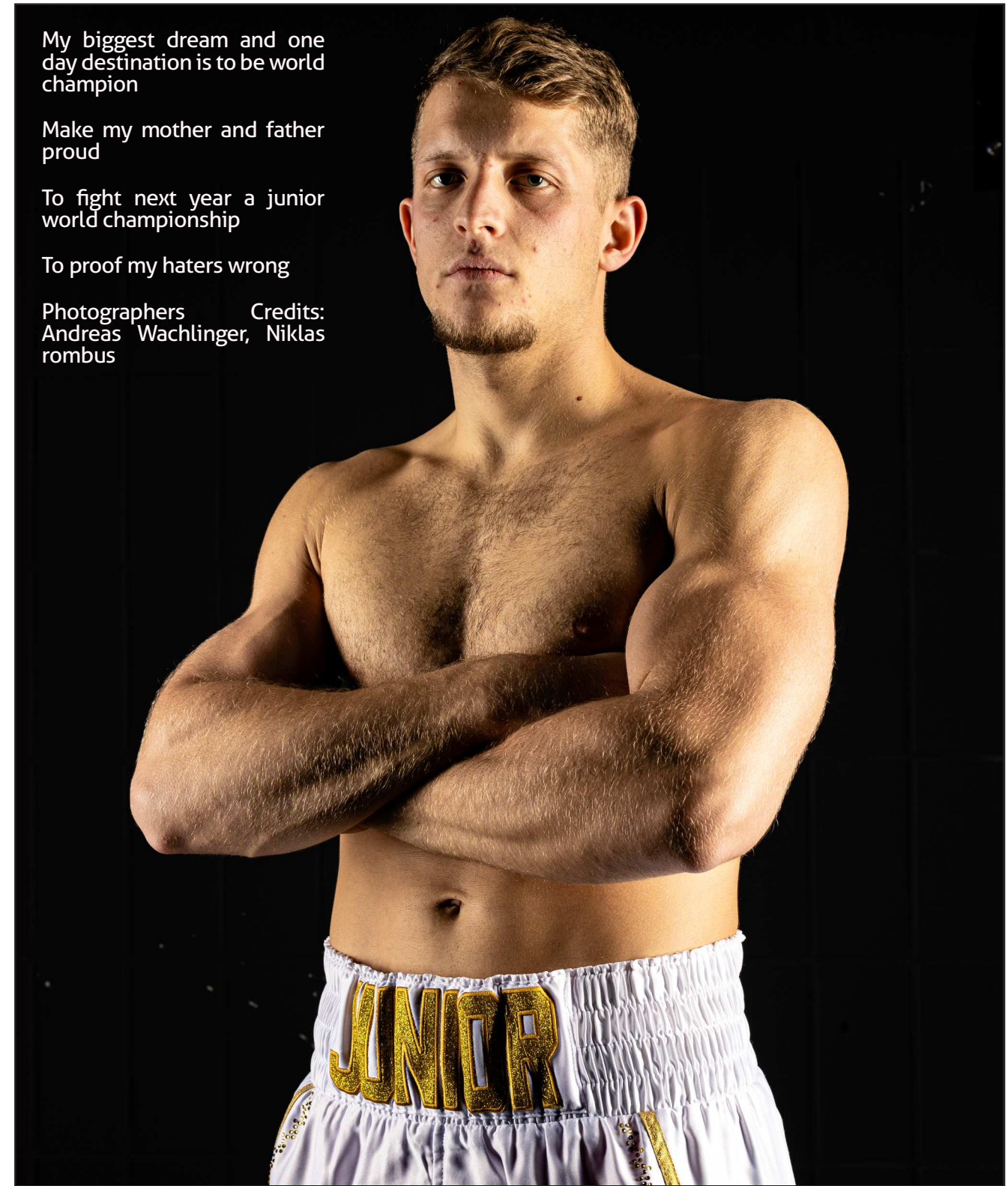
Cheryl Jacobs & Big Moe Samir



Michael Rigas



Franck Mander



My biggest dream and one day destination is to be world champion

Make my mother and father proud

To fight next year a junior world championship

To proof my haters wrong

Photographers Credits:
Andreas Wachlinger, Niklas rombus



Michael Rigas



Franck MANDER, athlète de 27 ans résident à Paris.

Franck a toujours été dans le monde du sport en commençant par du judo dès son plus jeune âge, puis de l'athlétisme, du tir sportif, du football et enfin, de la musculation.

Il s'est pris de passion pour le fitness lorsqu'il voyait ses joueurs de foot préférés musclés, il se disait qu'il allait se mettre à la musculation pour se créer un corps musclé.

Il s'entraîne entre 4 à 6 fois par semaine et adapte

son alimentation selon la période où il se trouve (prise de masse ou sèche).

Il s'entraîne depuis 5 ans et est motivé pour obtenir le meilleur physique.

Il réalise des partenariats avec des grandes marques de sport, de beauté et de lifestyle.

Retrouvez-le sur son compte Instagram fitness et lifestyle :

www.instagram.com/fitmander_



Franck Mander



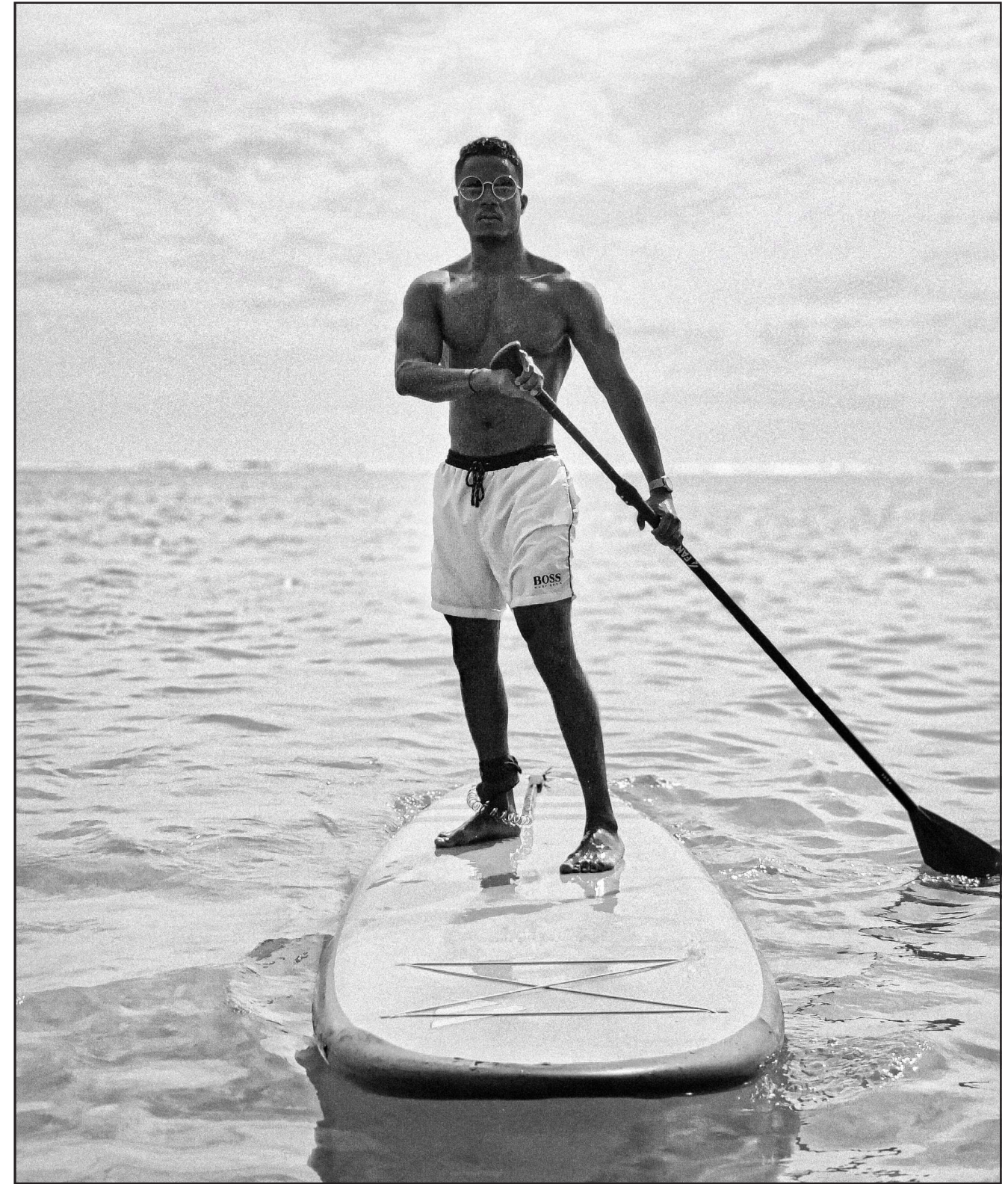
Lenore Gregson



Franck Mander



Lenore Gregson



Jermaine A Guinyard



At 41 years old, there is no slowing Jermaine down. A father, teacher, coach, trainer, nutritionist, business owner he finds time for it all. Born and raised in San Diego, Ca, Jermaine played high school football for Mater Dei High (1997-2000, San Diego), college football for The Ohio State Buckeyes (2002), and currently head football coach for California City Ravens high school in California City, California. He loves working out in the gym and spending time with his family. When he's not working, strength/conditioning in a

weightroom, or relaxing with family, he's training his sons (Team Guinyard) in baseball with aspirations of them going to the MLB. His oldest daughter, Marai a junior at California City High and starting libero for the varsity volleyball team has this to say about her father, "My father has been training me since I was 5 years old. I have practically been raised in a gym or weight room."

Photos Credits: Jermaine A. Guinyard



Lenore Gregson



Jermaine A Guinyard



My name is Lenore Gregson and I'm a professional IFBB Pro Women's Physique competitor. I'm also the owner of Kaiser Medical Management, a corporate wellness company in Texas, an RN, a coach, and a published author. I just completed my 2022 year winning all 12- divisions I competed in which included my 5th year being the Women's Physique World Champ Pittsburgh Pro. My 2023 goal is to participate in the Master's Olympia being in held in

Romania. Other than competing, I travel a lot, mostly between Georgia and Texas. I live part-time in both states, manage my businesses and when in Texas train at The Muscle Factory. My key sponsors, GNC, Dr. Gifford, and The Muscle Factory have been apart of my journey for years and have played a key factor in my sucess, along with my husband, Jay.

Photos Credits :: EGProPhotos



Lenore Gregson



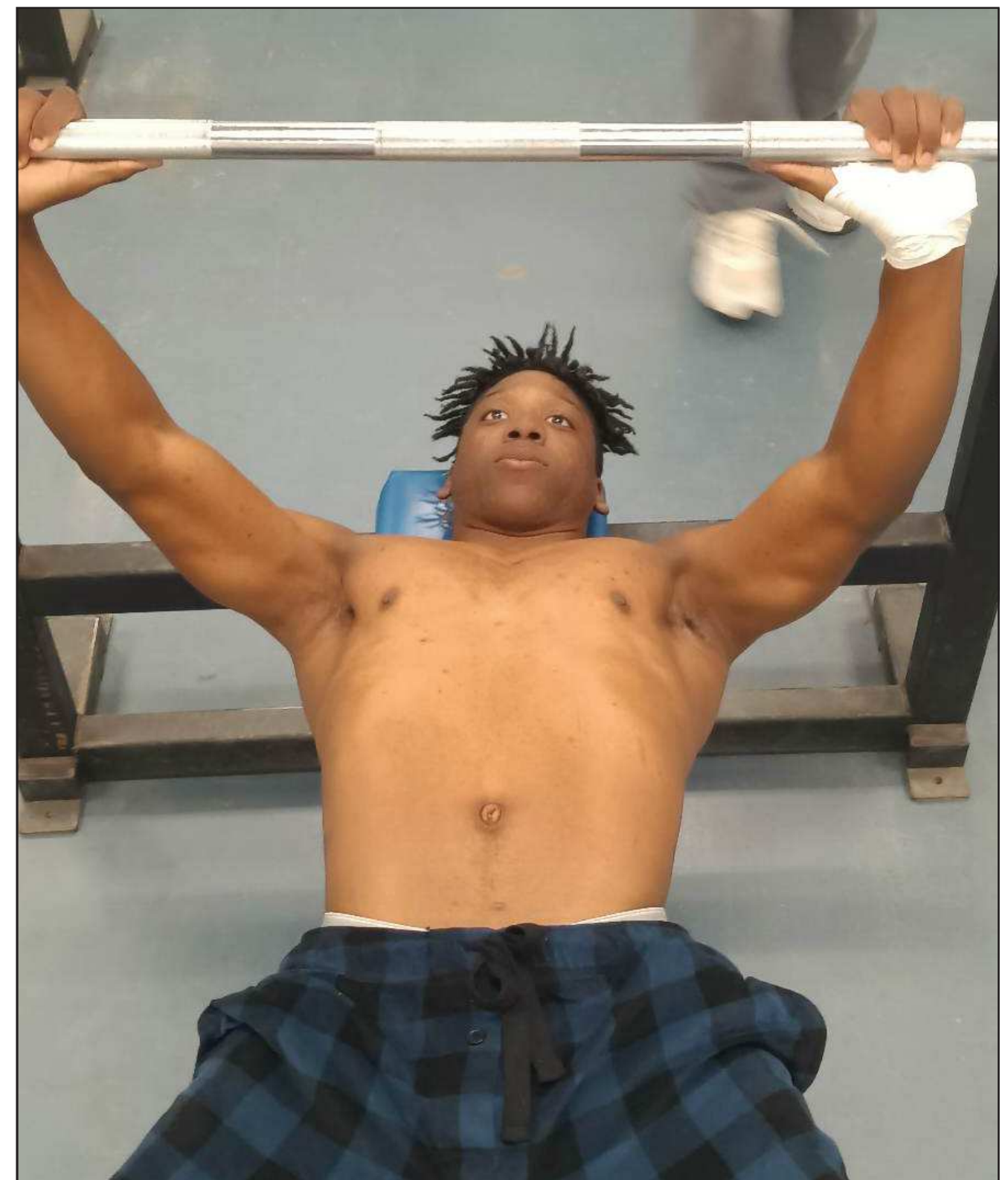
Jermaine A Guinyard



Jurvell Pettigrew



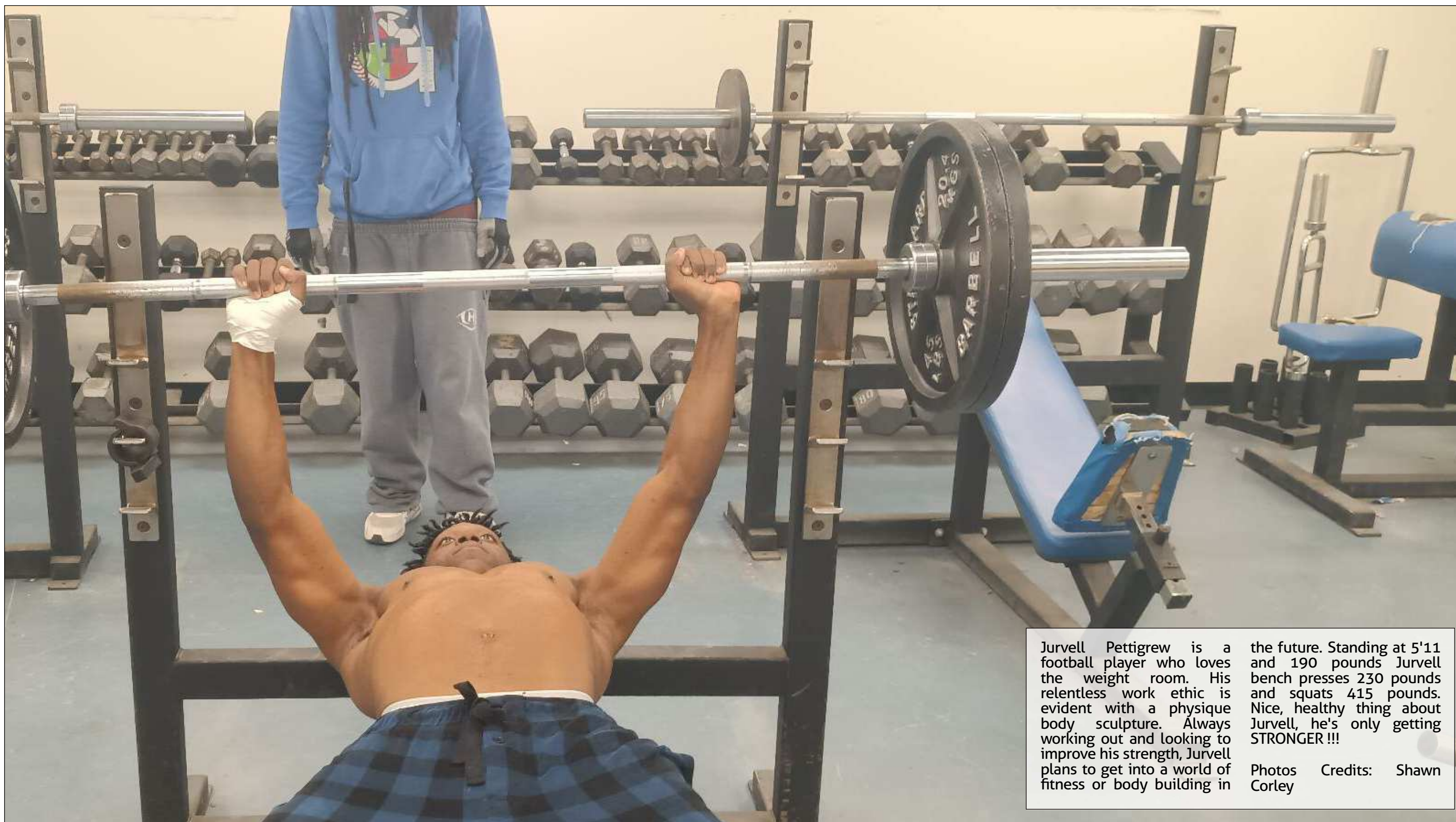
Jermaine A Guinyard



Jurvell Pettigrew



Jurvell Pettigrew



Jurvell Pettigrew is a football player who loves the weight room. His relentless work ethic is evident with a physique body sculpture. Always working out and looking to improve his strength, Jurvell plans to get into a world of fitness or body building in the future. Standing at 5'11 and 190 pounds Jurvell bench presses 230 pounds and squats 415 pounds. Nice, healthy thing about Jurvell, he's only getting STRONGER!!!

Photos Credits: Shawn Corley

