

BARBELLS **FITNESS**

**Derina
Wilson**



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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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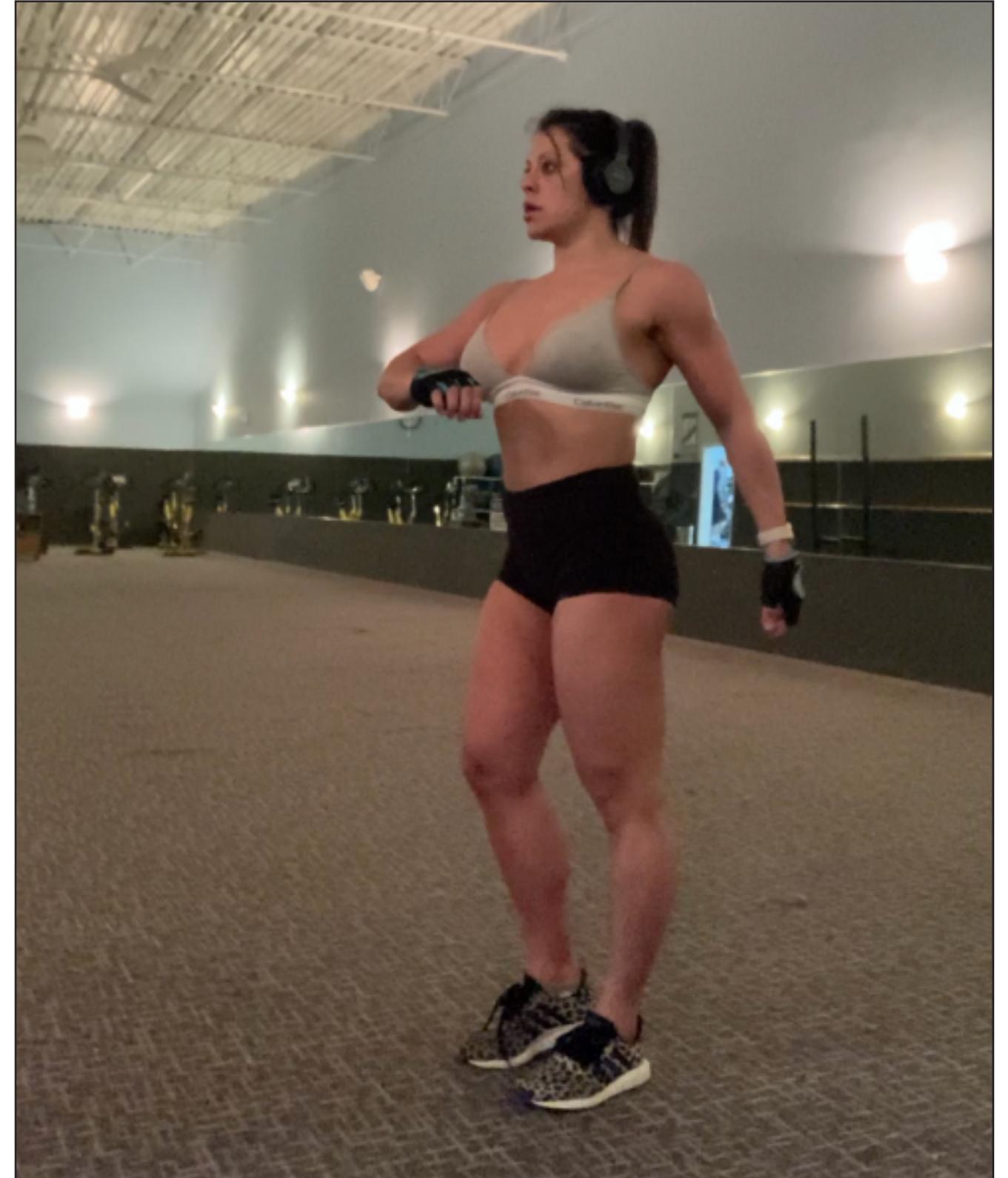
I have always been extremely into fitness , and being the best that I can possibly be . About nine years ago , after my son , I became depressed and gave up on myself and my health . I finally decided that I wasn't going to allow my depression to rule me anymore . I decided that I was stronger than my illness , and that I could over

come anything . I started to go to the gym , and eat healthy and I beat depression . I no longer have to take medicine , and I have made fitness my whole life . My goals for everyone is to show them that they can beat anything that comes their way !

Photographers Credits: Abbey Lopez

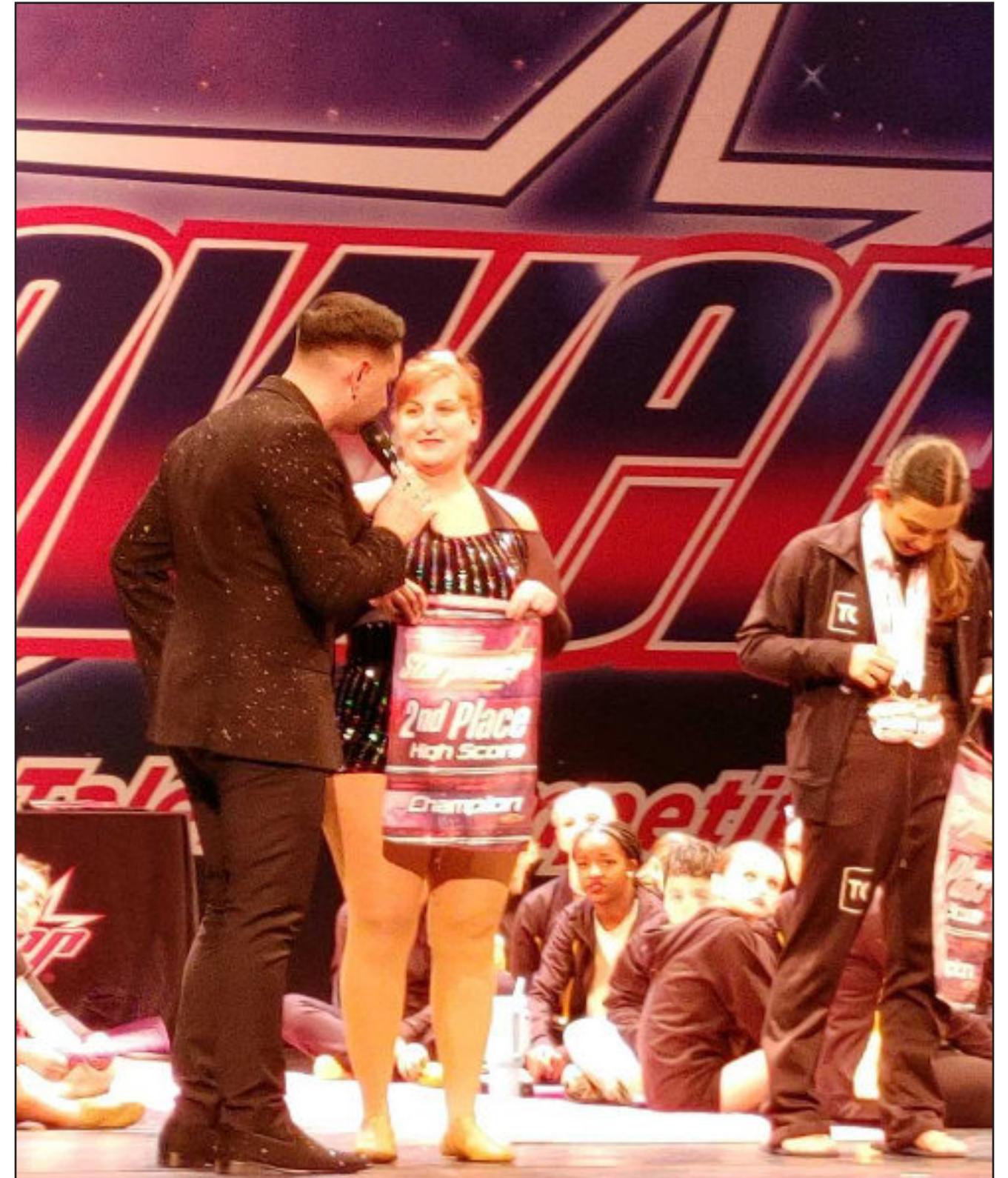




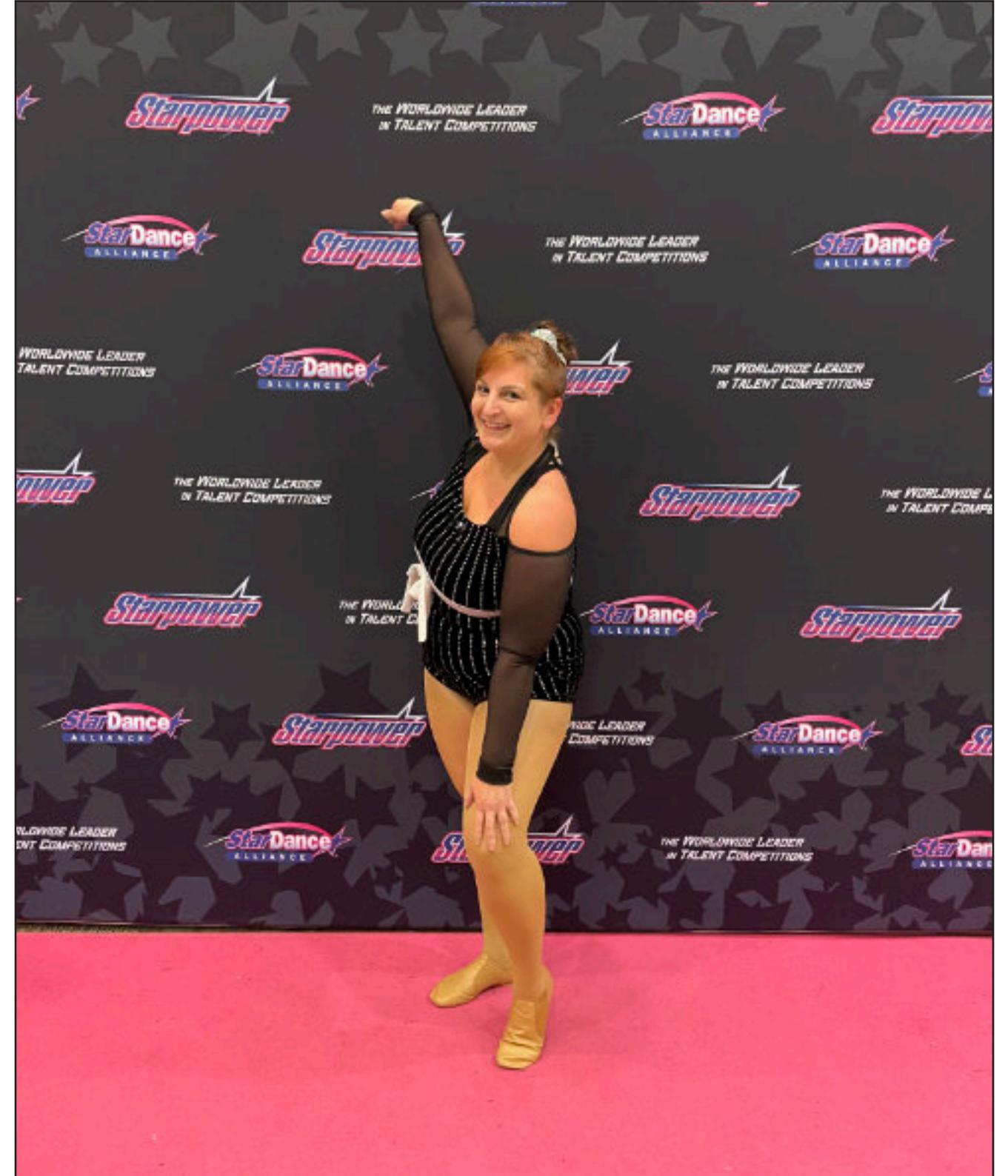




You just have to take one step at a time







Derina Wilson



Derina is an IFBB professional fitness competitor currently ranked 4th place in the world at the Arnold classic in 2020. She has been competing for 7 years and was invited to 2 Arnold Classics and 2 Arnold international tours. She has competed in four Mr. Olympias and is currently 11th place at the Mr. Olympia 2021. Derina had her first professional win at the Puerto Rican Pro. She has a Bachelor's Degree in physical education and has over 20 years of experience as a certified

yoga, Pilates, and barre instructor. She is also a choreographer to gymnasts and Fitness competitors throughout Long Island. Derina is also a breast cancer survivor/thriver and offers help being a spokeswoman for breast cancer awareness.

Photographers Credits (If Any): David Tufino and Pro fitness photos









Good Training

Featured in men's health magazine and voted NH BEST personal fitness trainer. Mike Good has 25

years experience as a personal trainer and 14 years as a business owner. Good Training was featured on a TLC REALITY SHOW TOO FAT TO TRANSITION.









As a male model i have the same similar dreams that we all do and we all have different dreams as well. For me, I always wanted to do print work. It's seen a lot and to me, it's always an "in your face" moment when it happens. I've done two print

modeling gigs and two commercial print gigs. It's the main reason I wanted to be a model and I truly enjoy it. I've achieved that.

Photographers Credits (If Any): James Kalemis





My Goal is to help as many people as I can by empowering individuals to lead healthier lives and unlock their true potential, enabling them to become the best versions of themselves. Witnessing the impact that unhealthy lifestyles can have on both physical and mental well-being, I have been driven to make a difference. The desire to support and guide others in their pursuit of wellness has become an integral part of who I am. Whether through education, advocacy, or personalized coaching, I am committed to imparting knowledge, fostering healthy habits, and instilling the belief that each person possesses the power to transform their lives. Helping people embark on a journey towards optimal health and personal growth is not just a dream; it is my purpose, my calling, and the path I am determined to walk with unwavering dedication and compassion.









Narado Zeco Powell



Narado Zeco Powell was born in Montego Bay, Jamaica and as a child, he was underweight. When he moved to the United States at age 16, he was 5'11" and weighed 113 pounds. By age 18, he was inspired to learn more about fitness and nutrition and took a special interest in fitness. He spent 18 years educating himself by reading evidence based scientific articles, learning from mentors and trying different techniques. In 2018, he decided that he wanted to use his knowledge to help others.

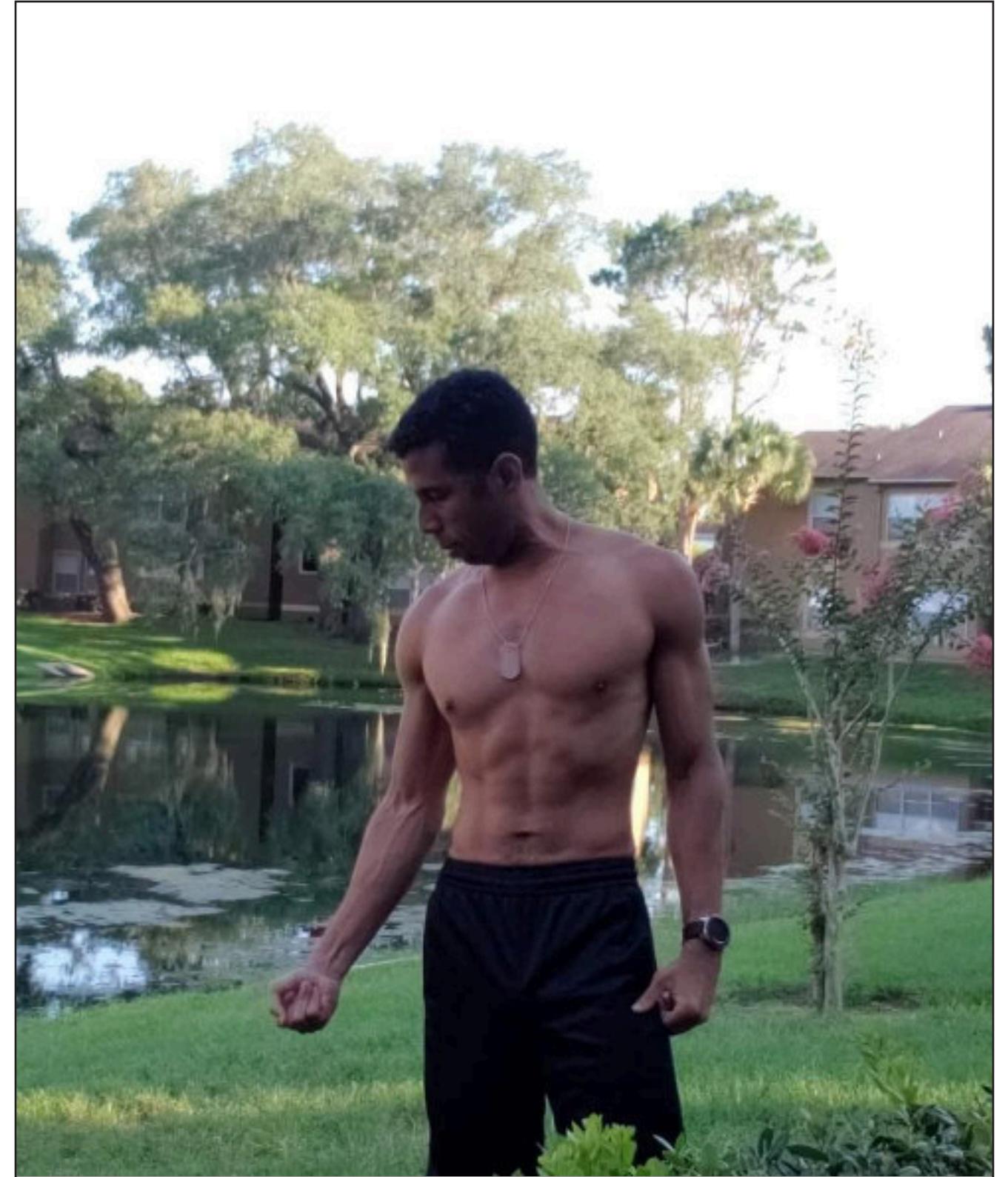
Zeco is a Certified Lumen Metabolic Coach & carries 7 fitness and nutrition certifications from

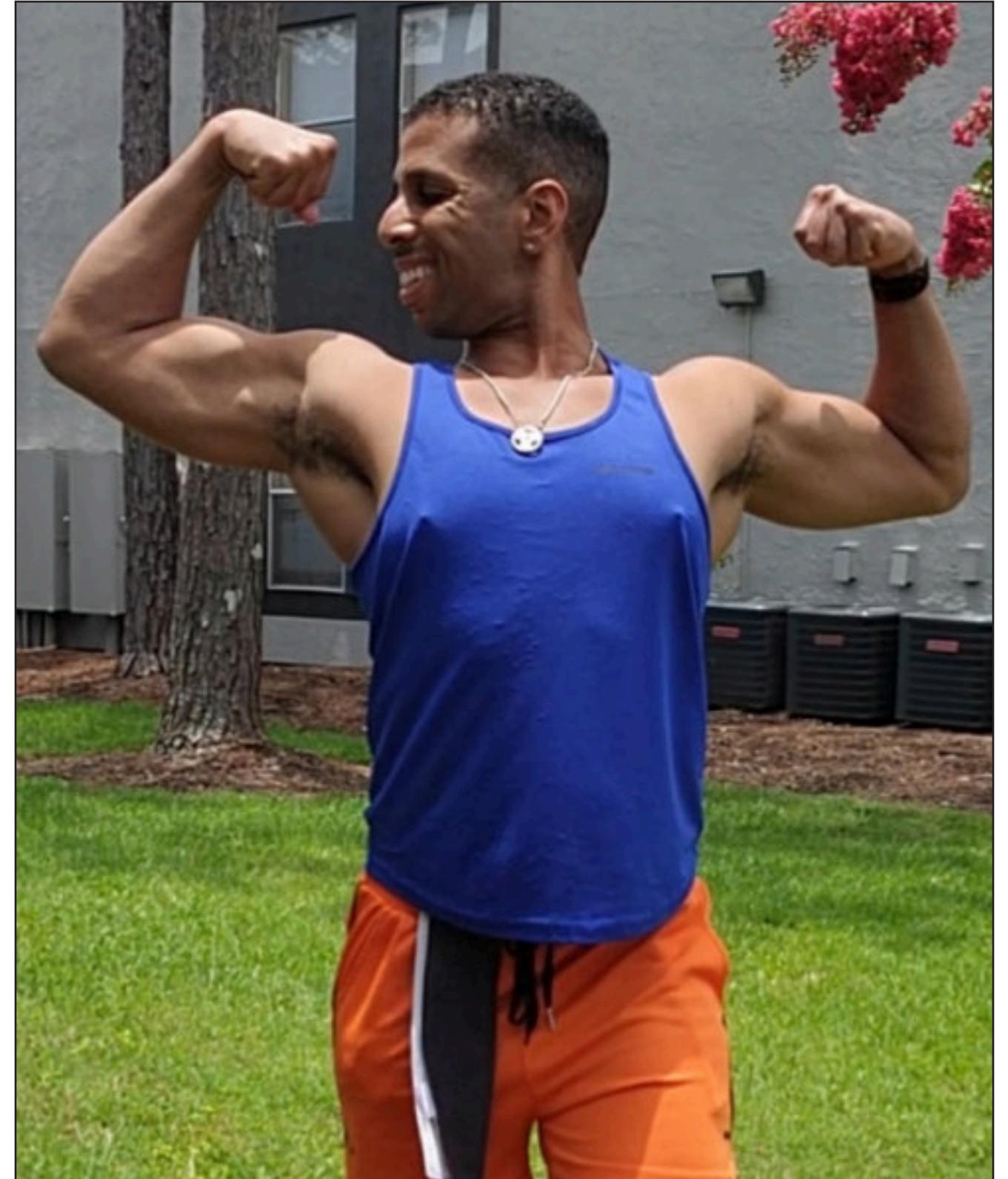
the International Sports Sciences Association.

He shares his knowledge with others via several social media platforms. He is passionate about educating others and continues to learn, grow and adapt so that he can bring the most up to date and actionable content to his clients, followers and subscribers.

You can learn more about Zeco & his work on his weight management podcast, The Matter Over Mind Experience. Listen & subscribe on Spotify, Apple or YouTube.











snap fitness

We are a corporate club located in Plaquemine, LA. We are a weight-lifting gym and offer classes daily. Pics are of our weightlifting 101 class and cutting and curling class and 700 abs class

Website: www.snapfitness.com/plaquemine









William G Rodriguez De Leon

My name is William Gabriel Rodríguez de León and I my dream is to become one of the best if not the best bodybuilders in the world. Also, I wanna preach the truth in the name of God in all the countries of the world. I'm a historian of the truth and the Bible and also a Profet confirmed by Dwith Ortega thanks to God. I also wanna be a better person everyday. Time is running, and my time is now! I have a personal business, a herbalife fitness club by the name of Willie Fresh

Nutrition. My nutrition and my DNA is my key for achieving great things with my body. My family supports me like no other...believe me. One of my big dreams is to meet LEBRON JAMES, and I know I will do it in the name of GOD.

Photographers Credits: Alexis Vásquez, Sergio Tirado, Yussieffectspr, De La Salle Highschool TV, Myself and my friends in general





BARBELLS FITNESS

Lucas Bertolino



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