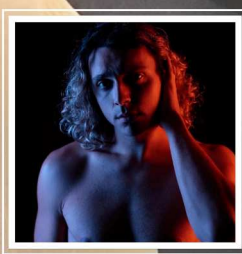
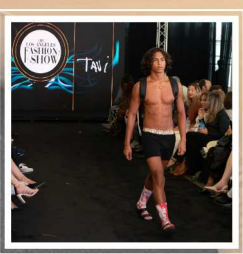
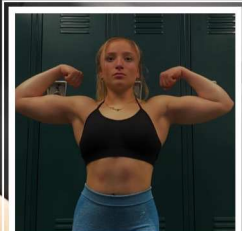


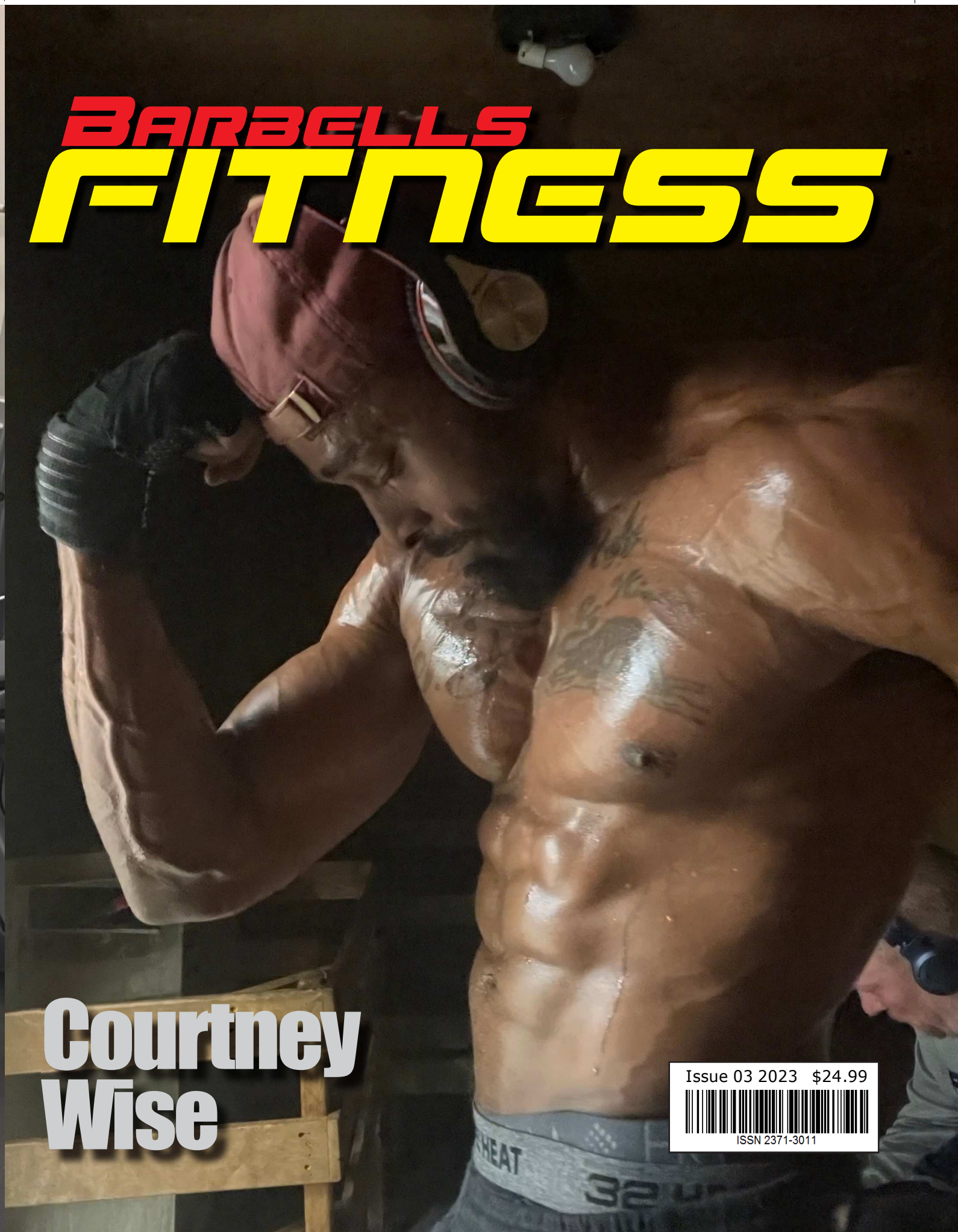


# BARBELLS FITNESS

## Jacqueline Sasha



BARBELLSFITNESS.com  
A Division of Talent Media Publishing Inc.



# BARBELLS FITNESS

## Courtney Wise

Issue 03 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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Title: Unveiling Excellence: Vardan Choubey - A Glimpse into the Life of an Exceptional Athlete In the realm of sports, there are athletes who stand out not just for their remarkable talent but for their unwavering dedication and passion for their chosen discipline. Vardan Choubey embodies these qualities and more, making them a true inspiration for both seasoned athletes and

aspiring newcomers to the field. Vardan Choubey's journey as an athlete is a testament to the power of perseverance and the unyielding pursuit of excellence. From the early days of their athletic endeavors, it was evident that they possessed a natural flair for their sport. Yet, what truly sets them apart is the unrelenting commitment to improvement.



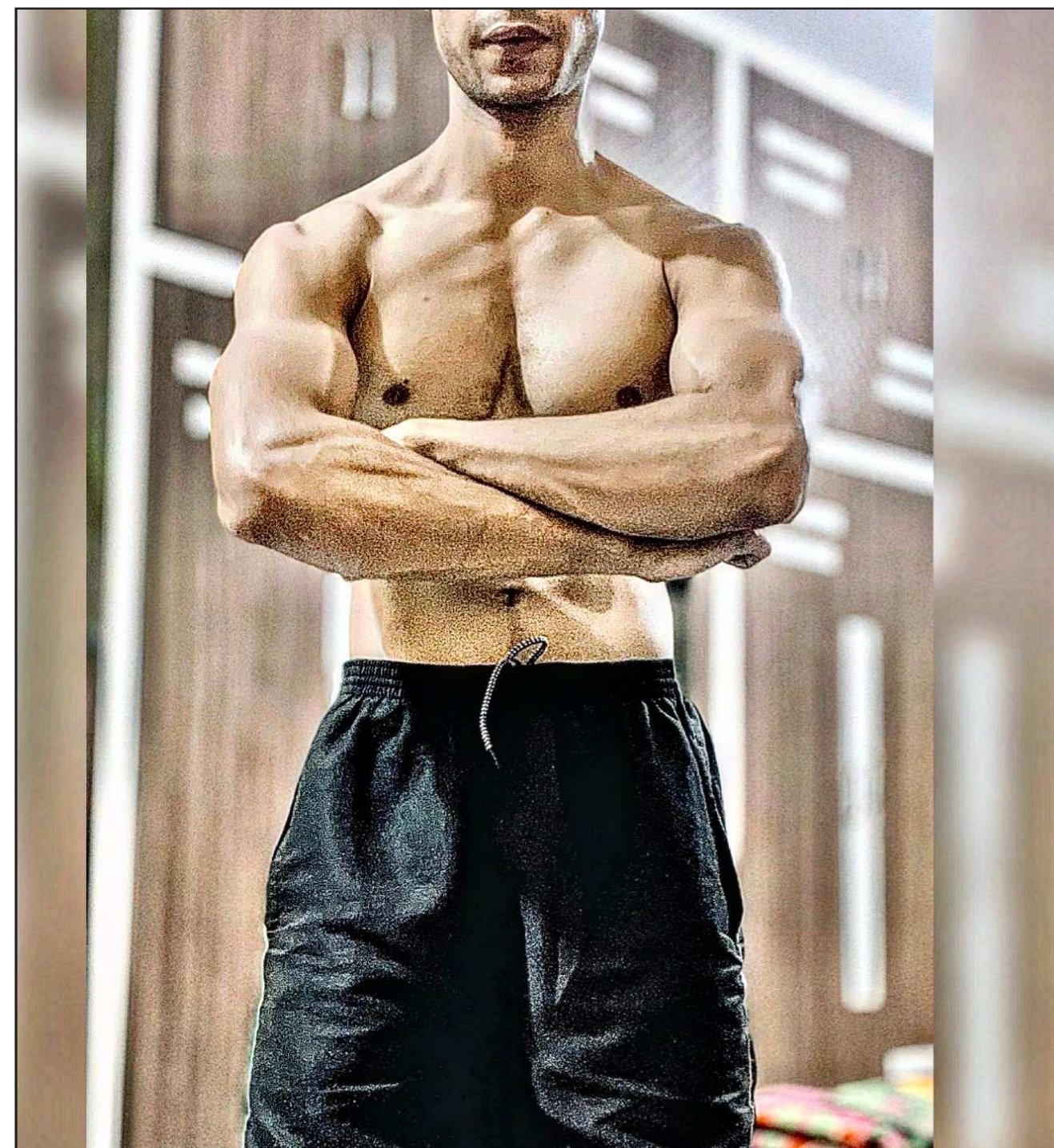
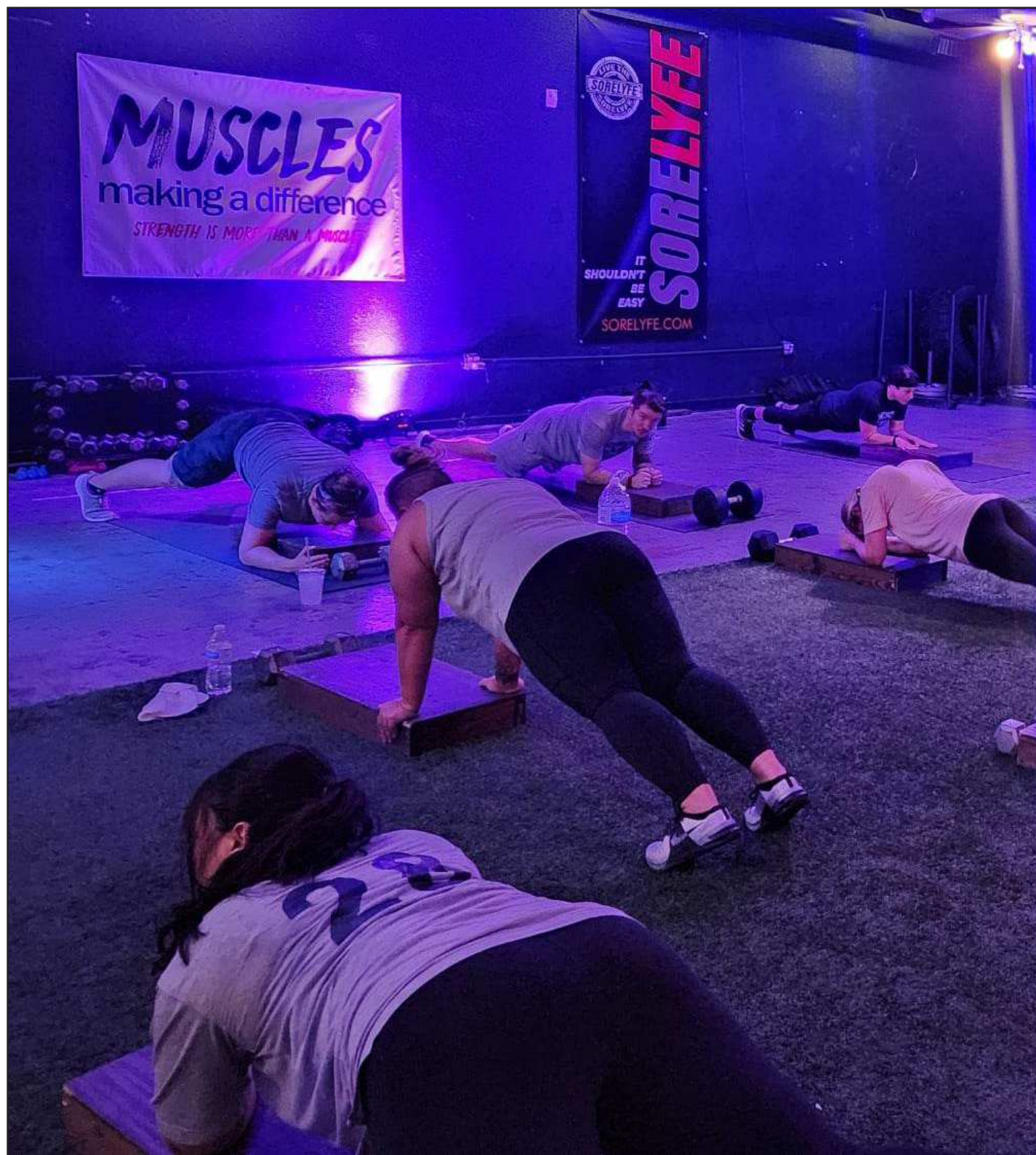
Vardan Choubey



# Adhyut Dwivedi



# The Muscle Cave Bar & Gym



My name is Adhyut Dwivedi, A calisthenics and gymnastics athlete with over 6 years of personal experience in both discipline. I want to show and make people feel that-

"Anything is possible if you just know how to put your body and soul in it."

Photos Credits: Adhyut Dwivedi



# Adhyut Dwivedi

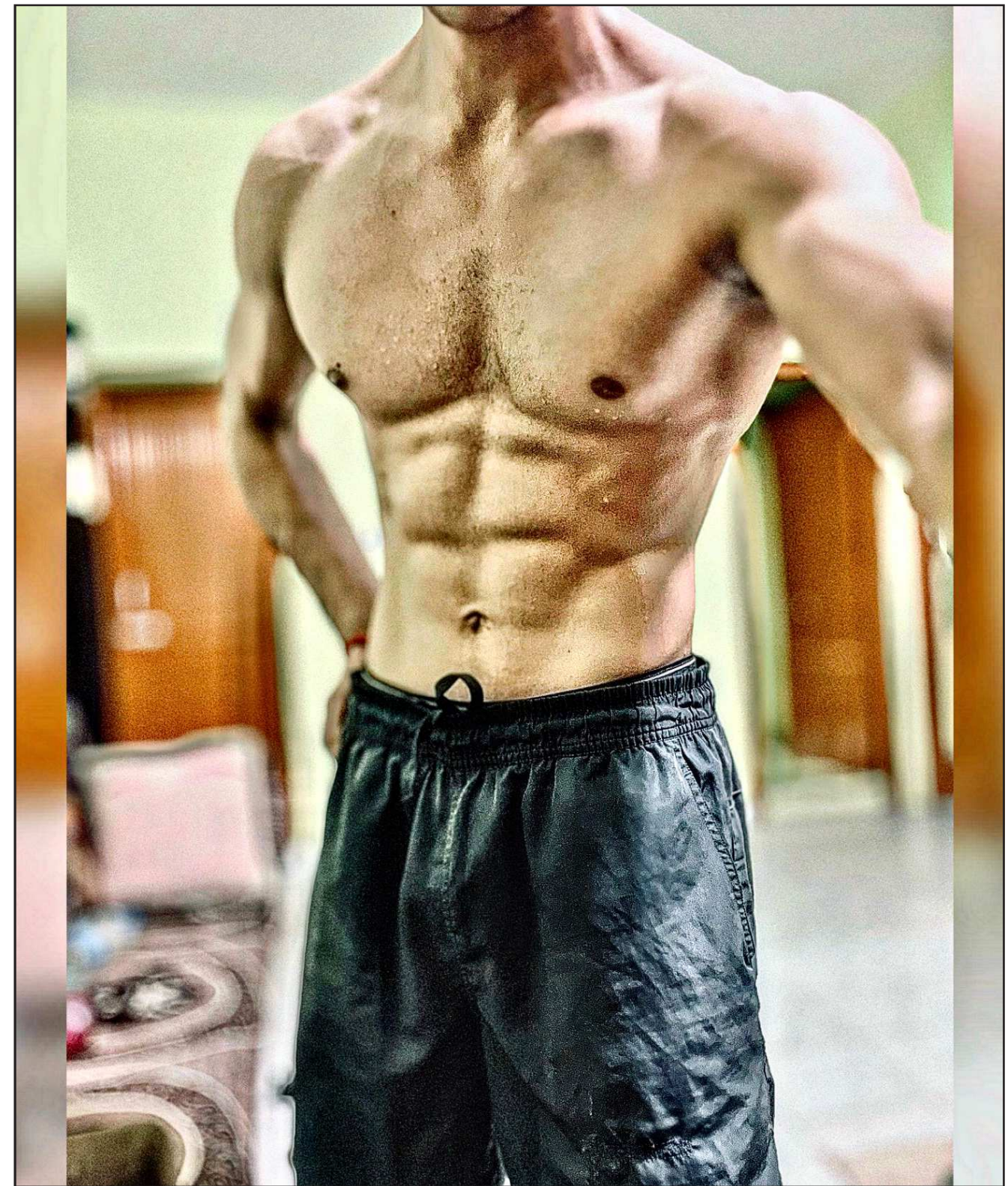
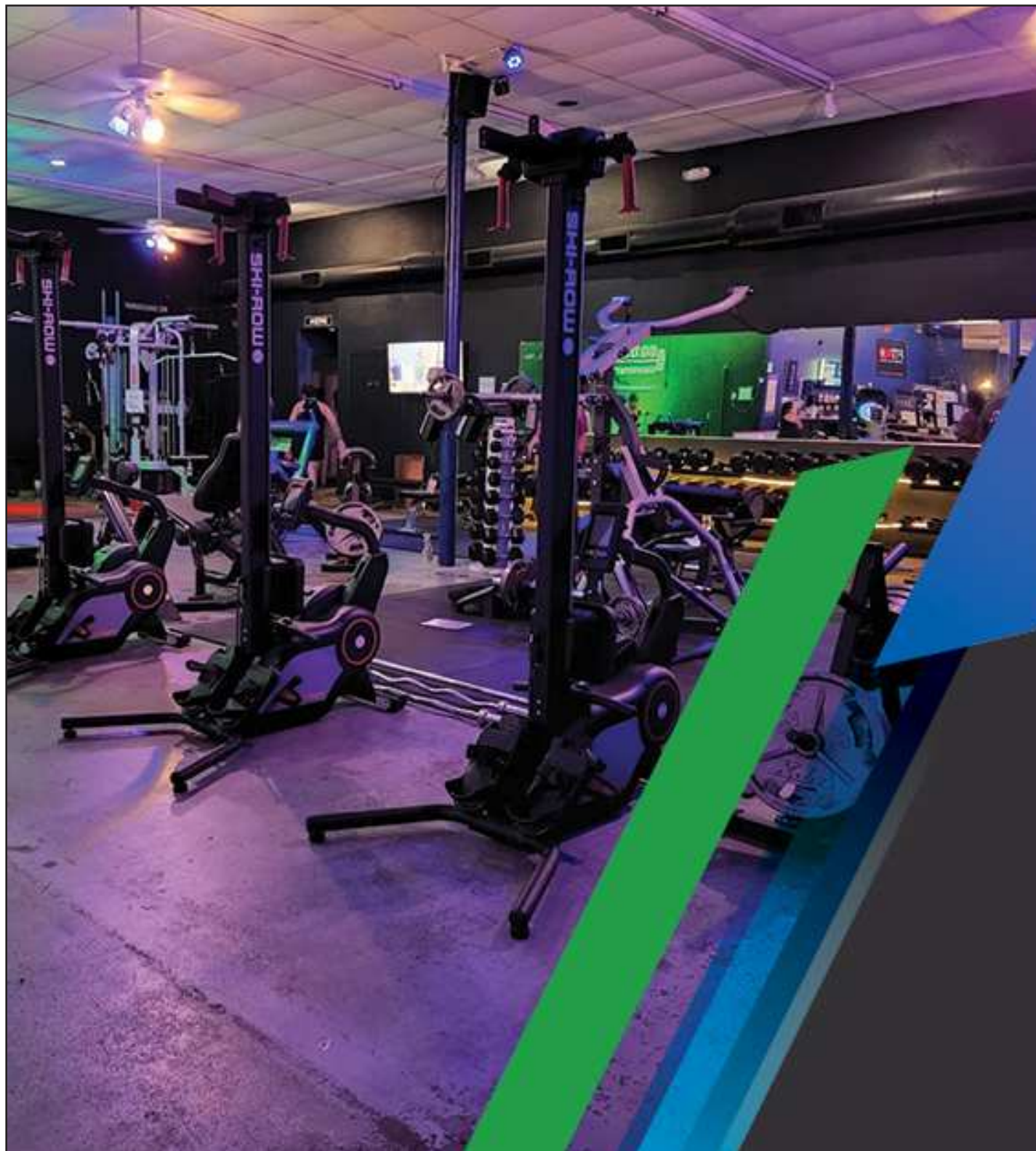


**THE MUSCLE CAVE** *Bar & GYM*

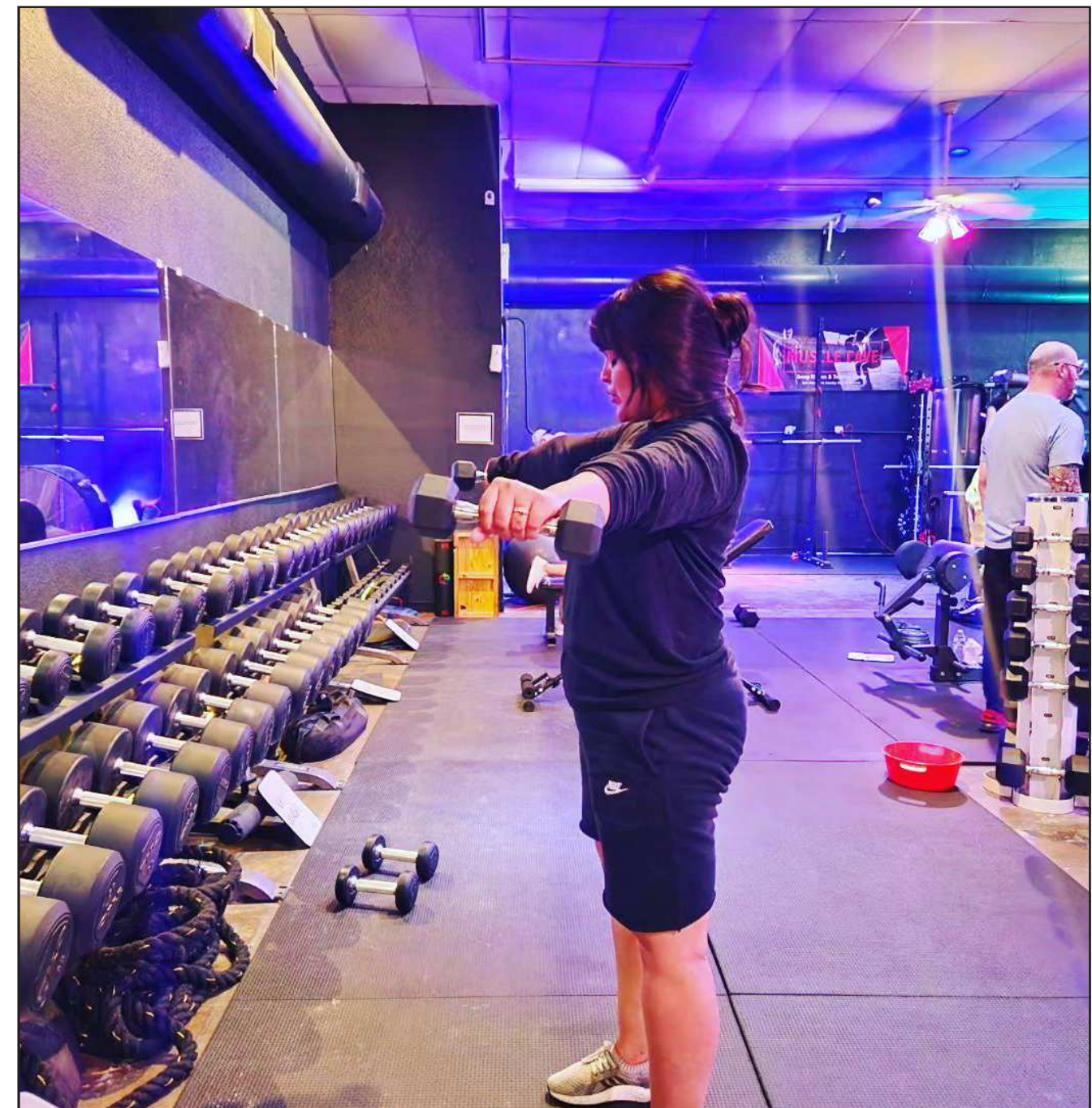
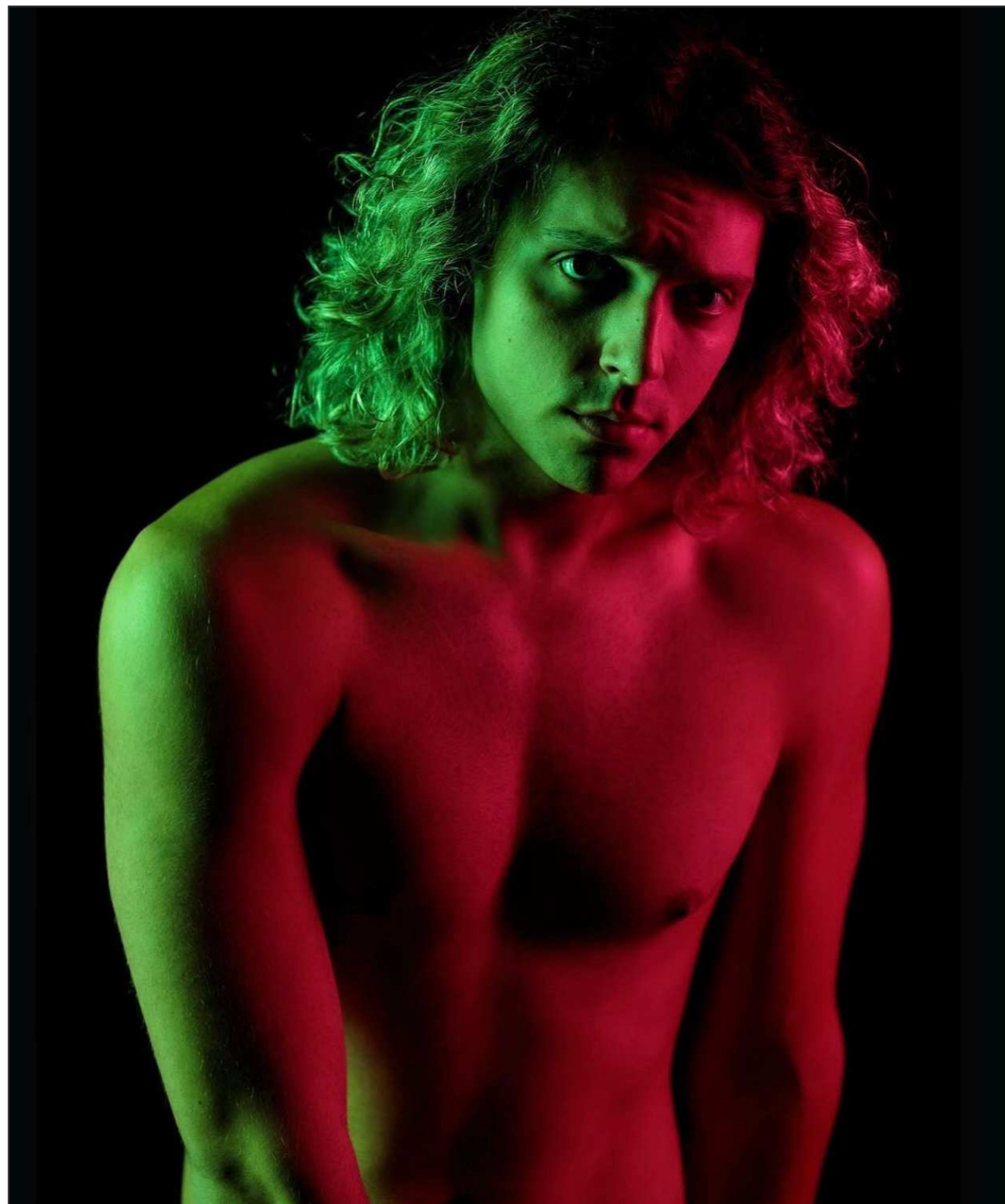
3126 Franklin Ave, Waco  
 THEMUSCLECAVE.COM



# The Muscle Cave Bar & Gym



# Bobbi Martin



The Muscle Cave Bar & Gym is a Group Training facility offering a variety of Group Fitness Classes alongside a full-service supplement bar.

and the lights are low allowing you to get in the zone and have the best workout experience possible.

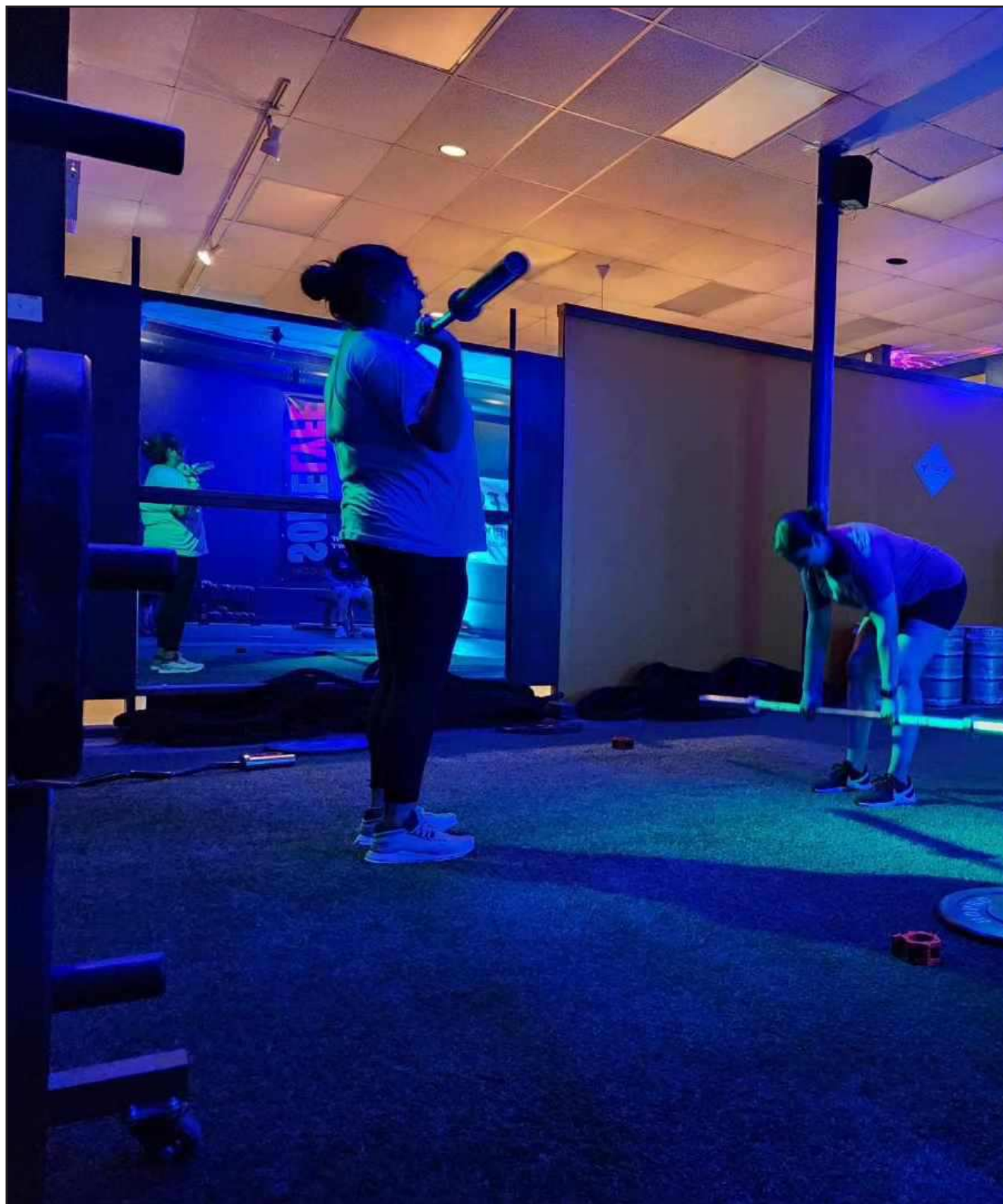
We offer high-intensity and strength-focused workouts in a club-like setting. The music is loud,

Website: [www.themusclecave.com](http://www.themusclecave.com)





# The Muscle Cave Bar & Gym



I am Bobbi Martin. I am 22 years old currently residing in Los Angeles, California! I am from a small suburban town outside of Pittsburgh, Pennsylvania. I am a fashion student and a model. I have always loved fashion, make up, and art as it is a huge form of self expression for me! I love trying new styles, especially retro and grunge looks. Some people get into fashion and modeling to become someone else or to escape, while I feel I've done a little bit of both, in a way it's like unlocking another part of your soul. The more I do it, the more I feel connected to my highest self.

I got into modeling because I am 6'5" and I was always told I would be good at it, once I started doing it I fell in love with it! I feel I can represent myself and others like me, I have always felt like an outcast. I never fit in anywhere until I started my modeling journey, it was like a warm hug to my dream life!

I did my first couple runway shows this year and they were absolutely electric! I feel the most alive when I am wearing a perfectly constructed garment walking down the runway with flashing lights, upbeat music, and cameras clicking. The feeling of anxiety and never being able to fit in goes away, I feel like I am finally at home.

While I love modeling, my ultimate goal is to be a fashion designer, I love prints and pattern, I want to break barriers in the fashion community. I want everyone to feel like they can wear my clothes, no matter what their size is or how they look, anyone can put on a garment from me and transform themselves into a piece of art.

As a queer male, I've been told in this industry to be more masculine because it will open more doors for



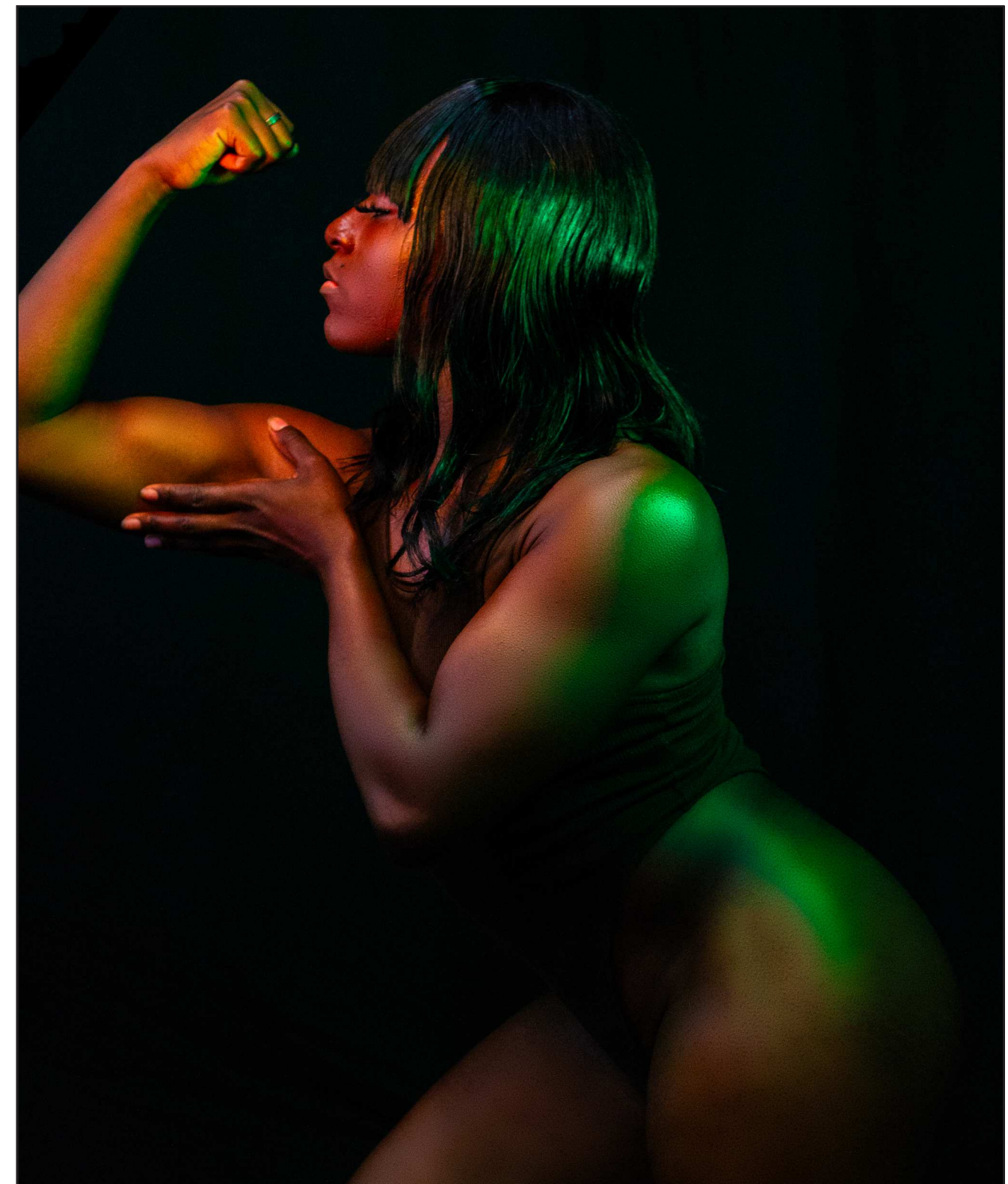
# Bobbi Martin

me but I have always stood proud of who I am. I am masculine and feminine in my own way, this is a barrier I want to break in the fashion world. We should allow room for creativity and self expression rather than trying to be perfect. I am taking my journey on a day by day basis because good things take time. It's my life and I'm going to live it how I want.

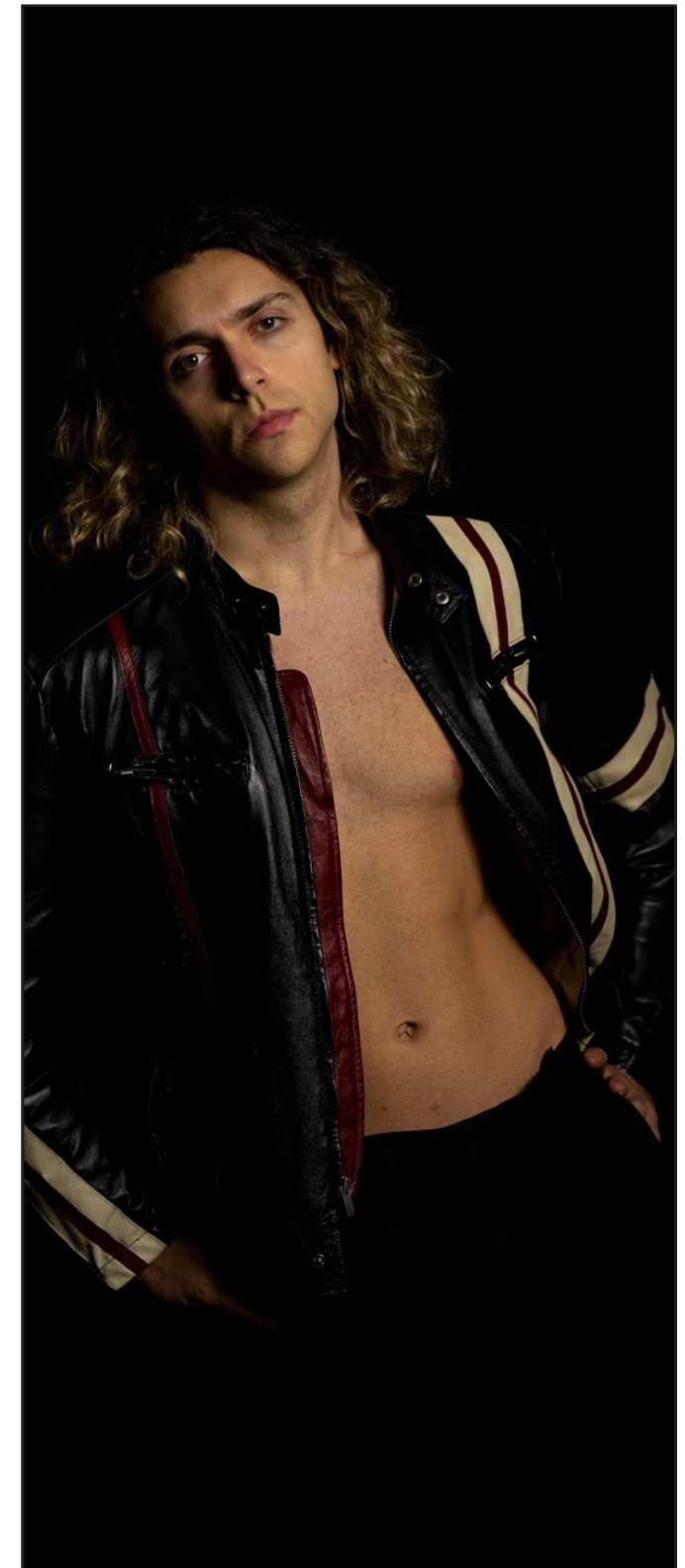
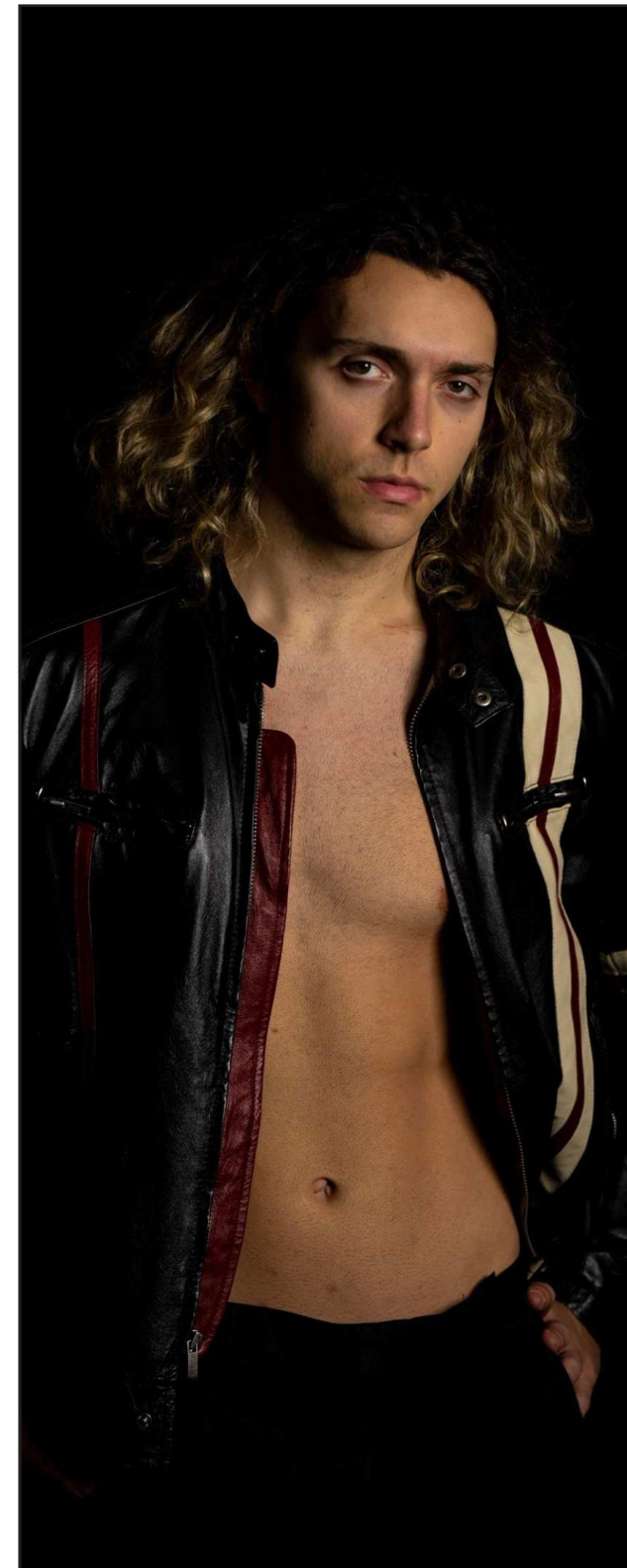
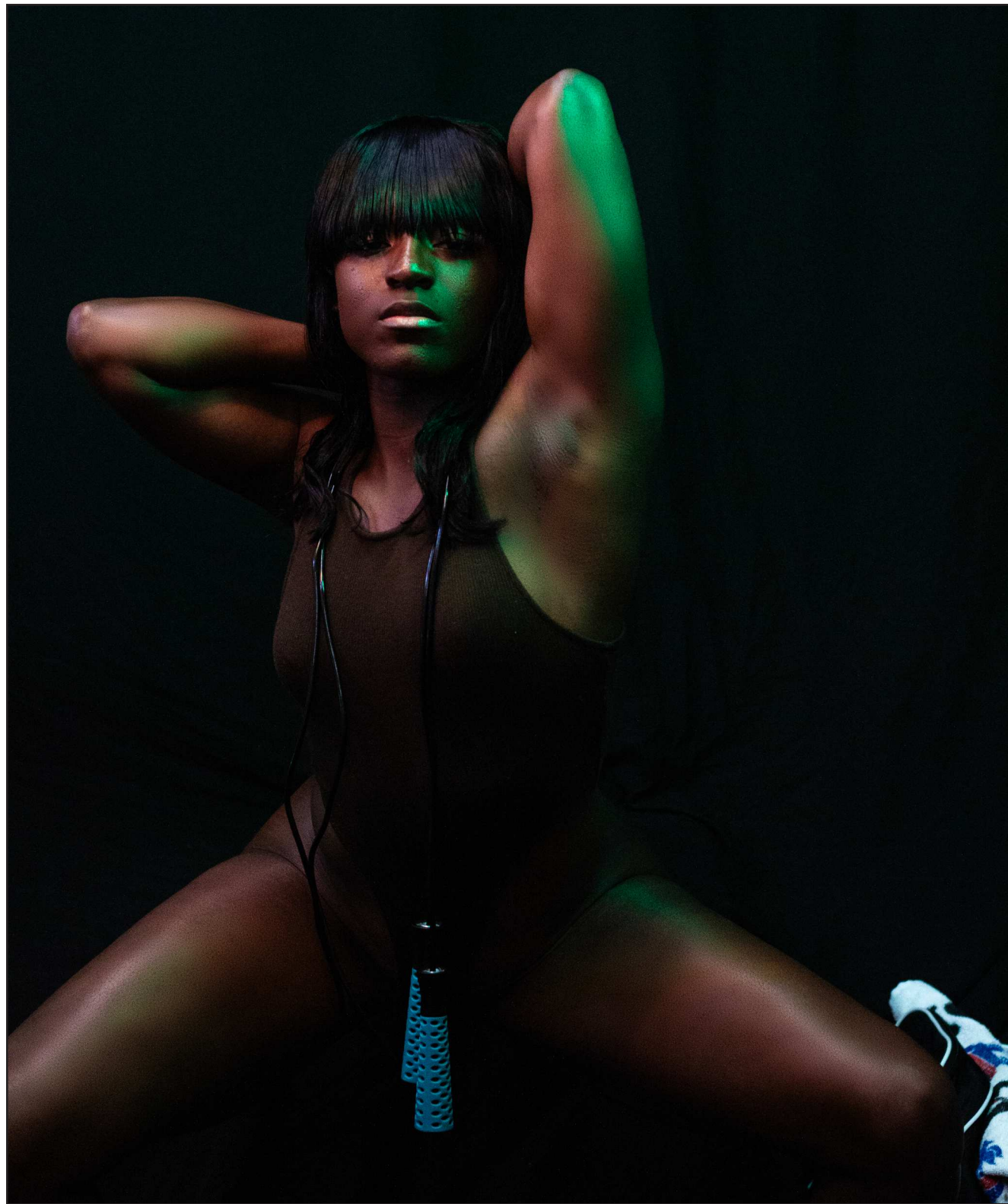
Yours truly,

-Bobbi Martin 🐾 ✨

Photographers Credits (If Any): Tony Moux, Jeremy Bosick, Dylan Hogg, Chad Isaiah, Remington Jay,



# Ptry The Model



# Bobbi Martin



# Ptry The Model

Through the years I have used Fitness to change my life and the lives of others. My dream of working in the Fitness Industry is to evolve all on there fitness journey. My passion within evolving who ever I train within the Personal Training occupation is to also leave them educated and confident in there ability to change and love themselves inside and out.

I have achieved becoming a graduate in Health, Wellness, and Promotion. My goal is to finish my certification in Personal Training to furthermore

enhance the lives of others.

In conclusion,

my passion is Fitness this is my lifestyle. I know what matters most is connecting and making myself a catalyst to do so within the lives of others!

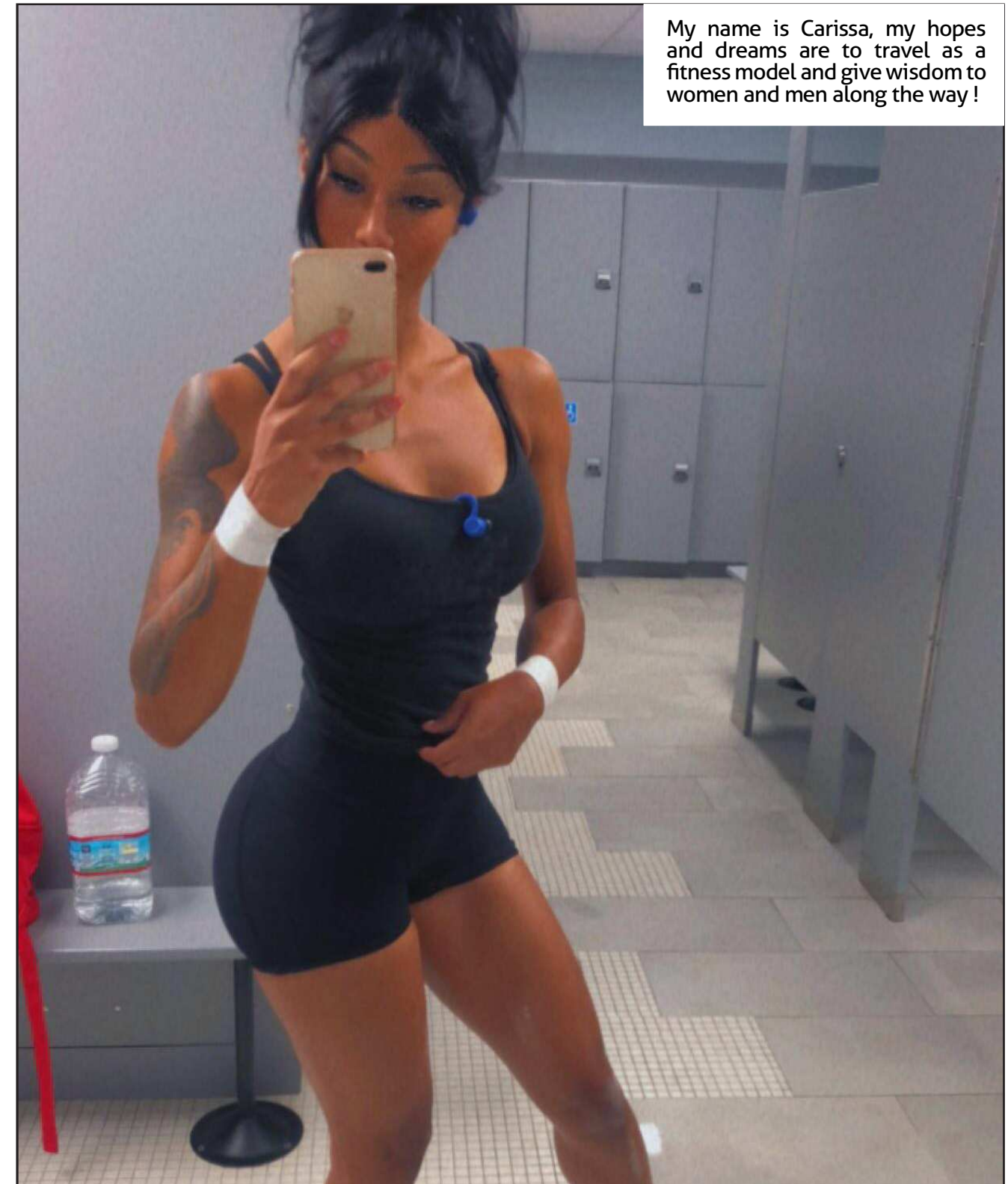
Photographers Credits (If Any): Hicklin Photography



# Carissa



# Natasha Ploeg



My name is Carissa, my hopes and dreams are to travel as a fitness model and give wisdom to women and men along the way !



# Courtney Wise





# Natasha Ploeg



My goal is to compete next year in men's physique competition and win! I'm in class now taking courses to become a personal trainer, my only challenge is balancing my goals, and dreams

between being a single father to my 13 year old son named Jaion.

Photos Credits: 8



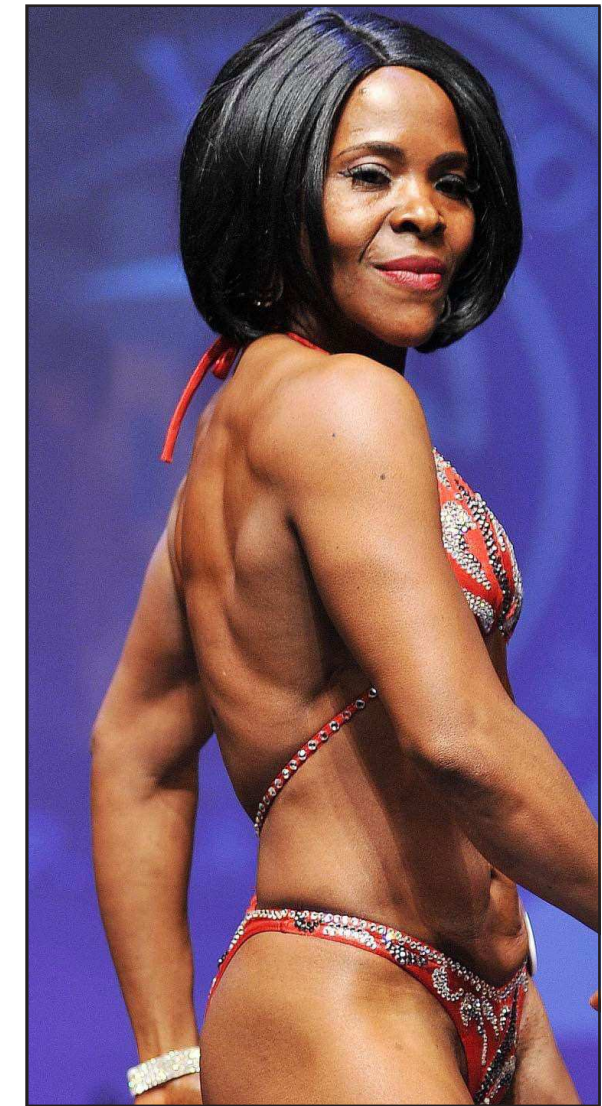
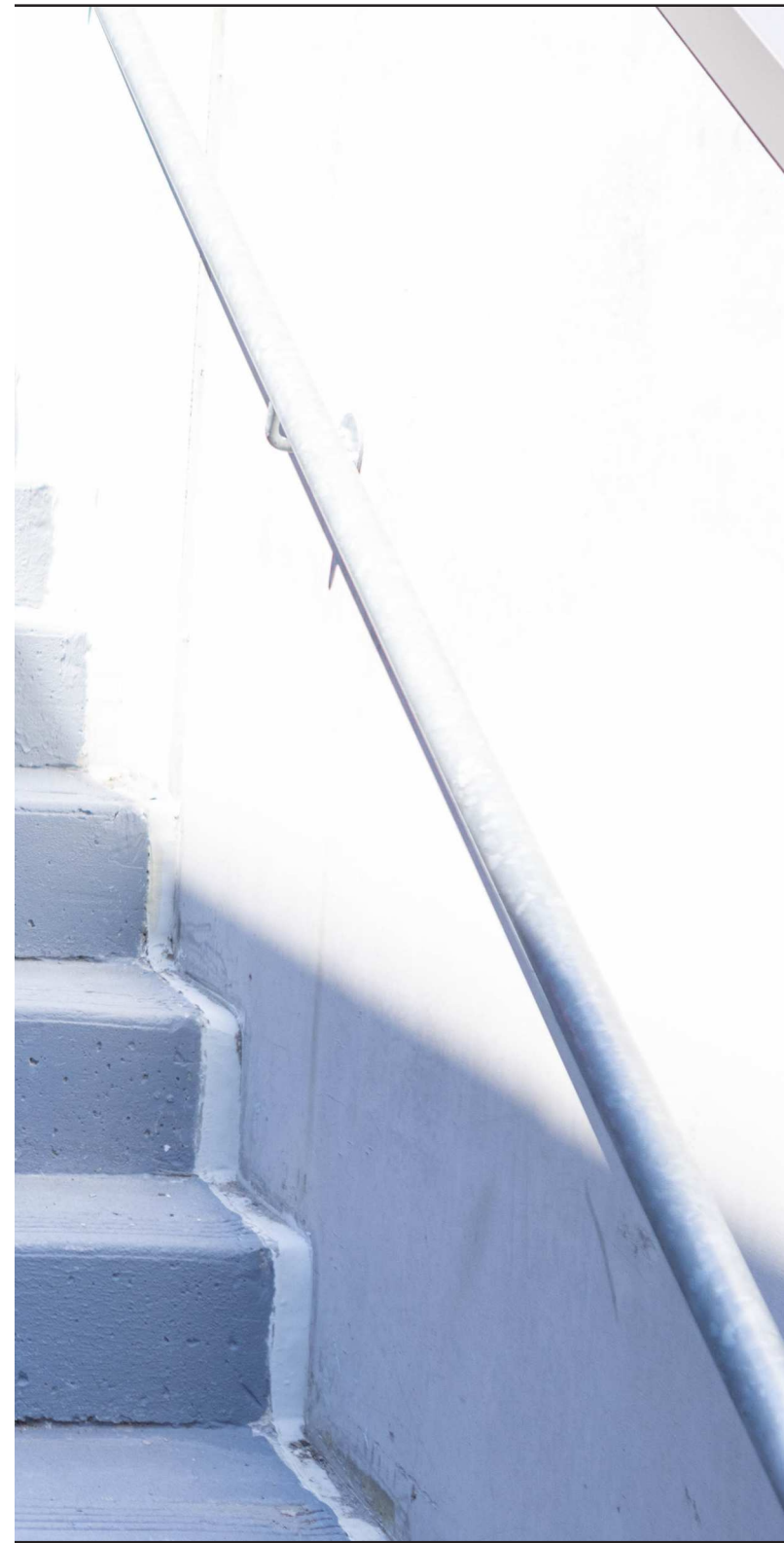
# Courtney Wise



# Natasha Ploeg



# Courtney Wise



My name is Natasha. I am a born St. Lucian from Fond Assau. I am a proud mother of a beautiful daughter. I am in training to becoming a police officer. I work hard at my dreams and goals to be a good example to my daughter. A special word of encouragement to anyone suffering with mental health issues. You are not alone, and you don't have not do it on your own. There's help. Shout out to anyone who's being abused. Love shouldn't have to hurt. Abuse isn't just physical. Be kind to one another and lend a helping hand when possible.

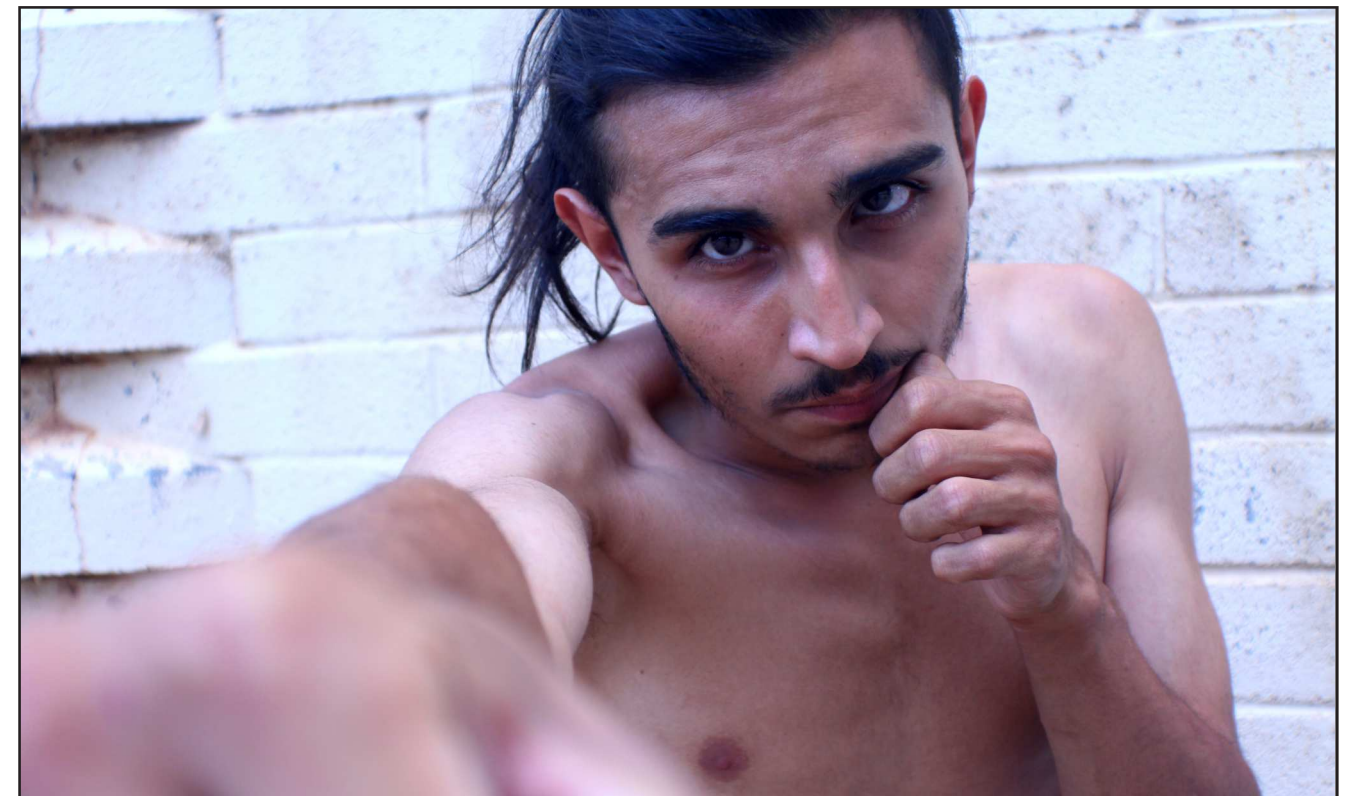
Photos Credits: Chris Linton



# Natasha Ploeg



# Gianna Patricia



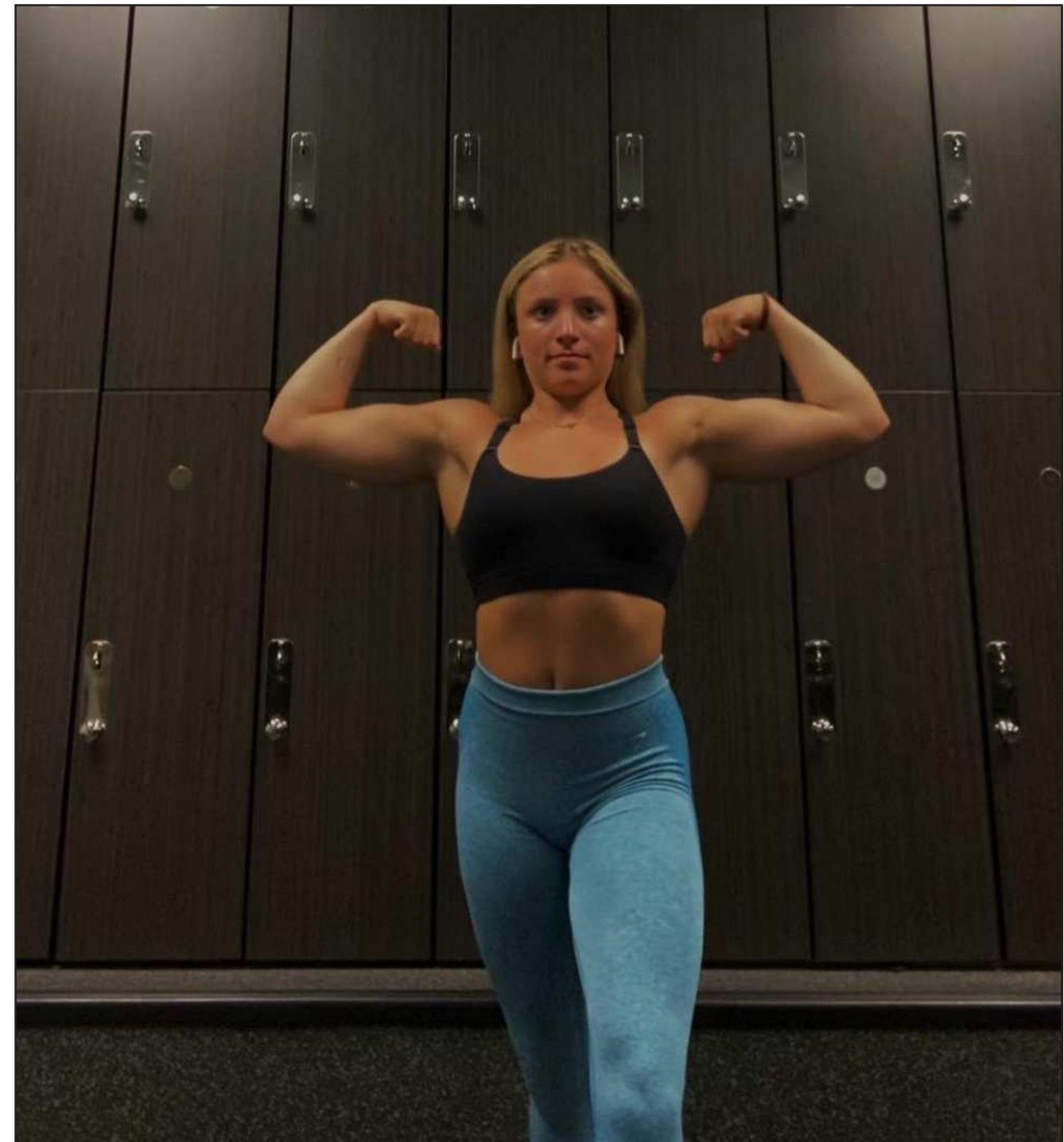
# Nando



My name is Gianna Patricia. It's been a while now since I started gymnastics, started getting into the routine of trying to hit the

gym just to keep the strength. Previously, I had an amazing time competing in the nationals. Met so many wonderful people

and met so many memories. It was an amazing experience and I can't wait to be back next year.



# Jacqueline Sasha Destiny Mombrun



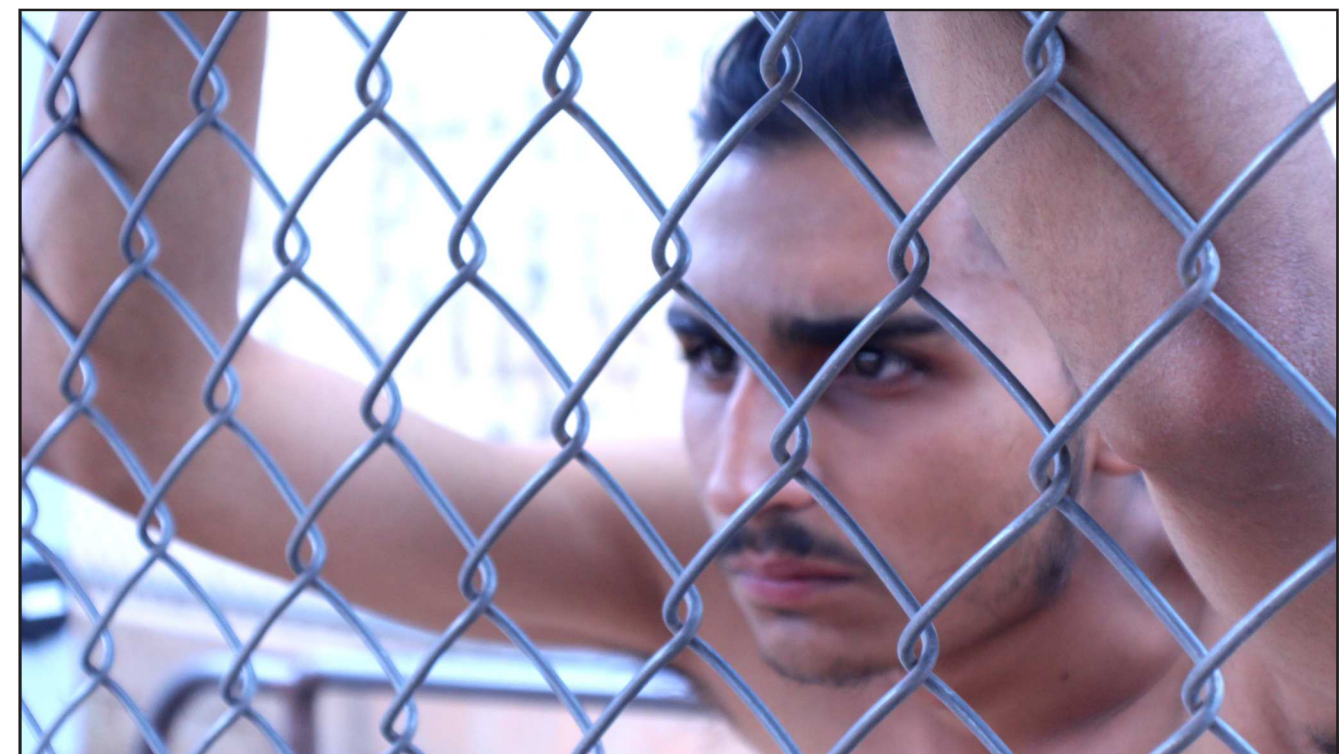
Jacqueline Sasha Destiny Mombrun is a 15 year old 10th grader scholar student and has been selected to be part of the Onslow Virtual Secondary School. She is on the school's Travel Chess Team and The Book Writers Club. Jacqueline is an artist, Professional Runway Teen Model, Promotional, Commercial, Fit, Fitness, Swimsuit, Parts model, has been featured in several published magazines, has done numerous of blogs along with podcasts and is also working on her first childrens book to be published.

She was the title holder for World's Perfect Carolina Junior Teen SuperModel 2022 and currently holds Livin The Dream Carolina's Junior Teen Citrus Queen 2023, was nominated and won the North Carolina Council Of Exceptional Children Yes I Can Award for Self Advocacy 2023-2024. She was one of fifty scholar students In Jacksonville, NC awarded the Give Something Back Career Scholarship Program.

Jacqueline is also the Chief Marketing Officer for AUmazing Flames And Wears.

Jacqueline is also a contemporary classical pianist. She is a self taught pianist all while diagnosed with DHH ( Deaf Hard Of Hearing). She was awarded a full music scholarship by Mind-Builders Creative Arts Center in Williamsbridge, Bronx. One of her dreams is to preform at Carnegie Hall in New York City.

Her platform consists of bringing awareness to The DHH Community, Domestic Violence, and Inclusion For Children and Adolescents with Disabilities. She currently serves the Onslow Commission for Disability Advocacy and The





# Nando



Frednando is a fighter and first time model based in Payson, Arizona

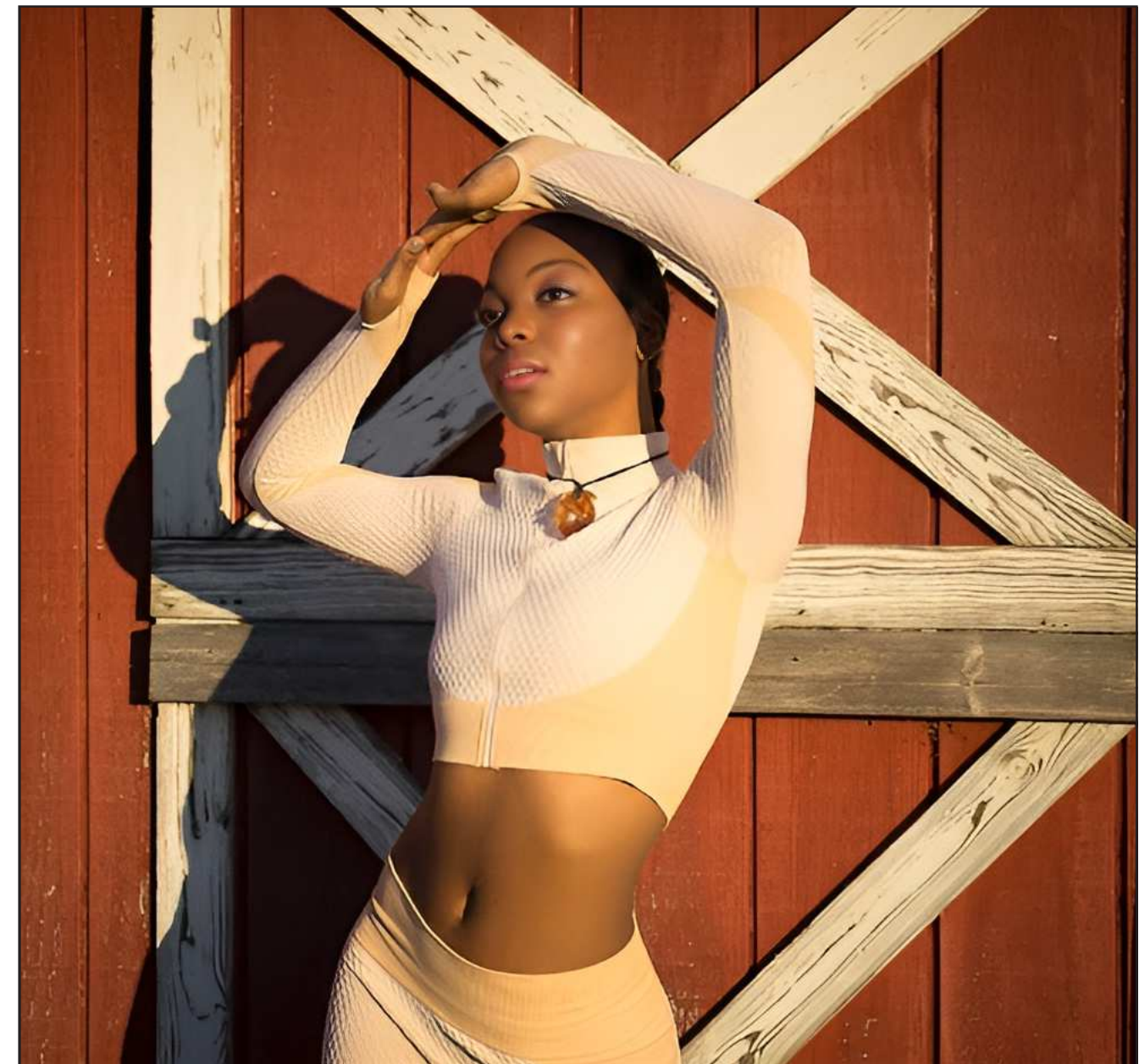
Photographers Credits (If Any): Dustin Leonard, Dreamers Imagery

Jacksonville Youth Council where she strives to improve her community's ability to improve the needs of disabled youth and to help her peers with a second chance of achieving a positive future.

Jacqueline aspires to attend The University of Cambridge in the UK or Massachusetts Institute of Technology to obtain her Masters in Machine Learning /Artificial Intelligence and Computer

Science Engineering. She is currently maintaining a 4.0 G.P.A and is an inductee Archonette of Zeta Phi Beta Sorority, Incorporated in September 2023. Jacqueline's favorite quote to live by is "Disability is never a label or a stigma but an added gift to dream and do the impossible" Jacqueline S.D Mombrun.

Photographers Credits (If Any): Contrast Photography By Alfred Kennard, Sandy Jean



# Jacqueline Sasha Destiny Mombrun



# Marie Hakansson



# Jared Baraja



My name is Jared Baraja. I'm a sophomore at San Pedro High School and I take part in the Waterpolo and Swim teams. Aside from school work, I've been active doing castings, modeling, photo shoots, runways and being a Brand Ambassador for @Flexwatches. I'm looking forward to some more modeling ventures at home and internationally.

I had an amazing photo shoot at Beverly Hills; Rodeo Drive. Walking, posing, jumping and skate boarding the Drive made for some cool captures. Early this October, I walked in The Los Angeles Fashion Show at the SAS Movie Studio. The organizers and designers were very professional. I walked for Mike Zilla and Tavi, two very creative designers. Thanks to all the photographers that captured the moments... Jared!

Photos Credits:  
 Rodeo Drive photos: @modelmemagic.  
 Runway photos: @ellenhsiehphoto, @tre Parkerstudios, @anerrickmanagement



# Marie Hakansson



# Jared Baraja



My name is Marie Håkansson age 50 my goals and dream is to be in better shape /fit then i am today so just train and fight

Photos Credits: Lennart Karlsson



# Marie Hakansson



# Jared Baraja

