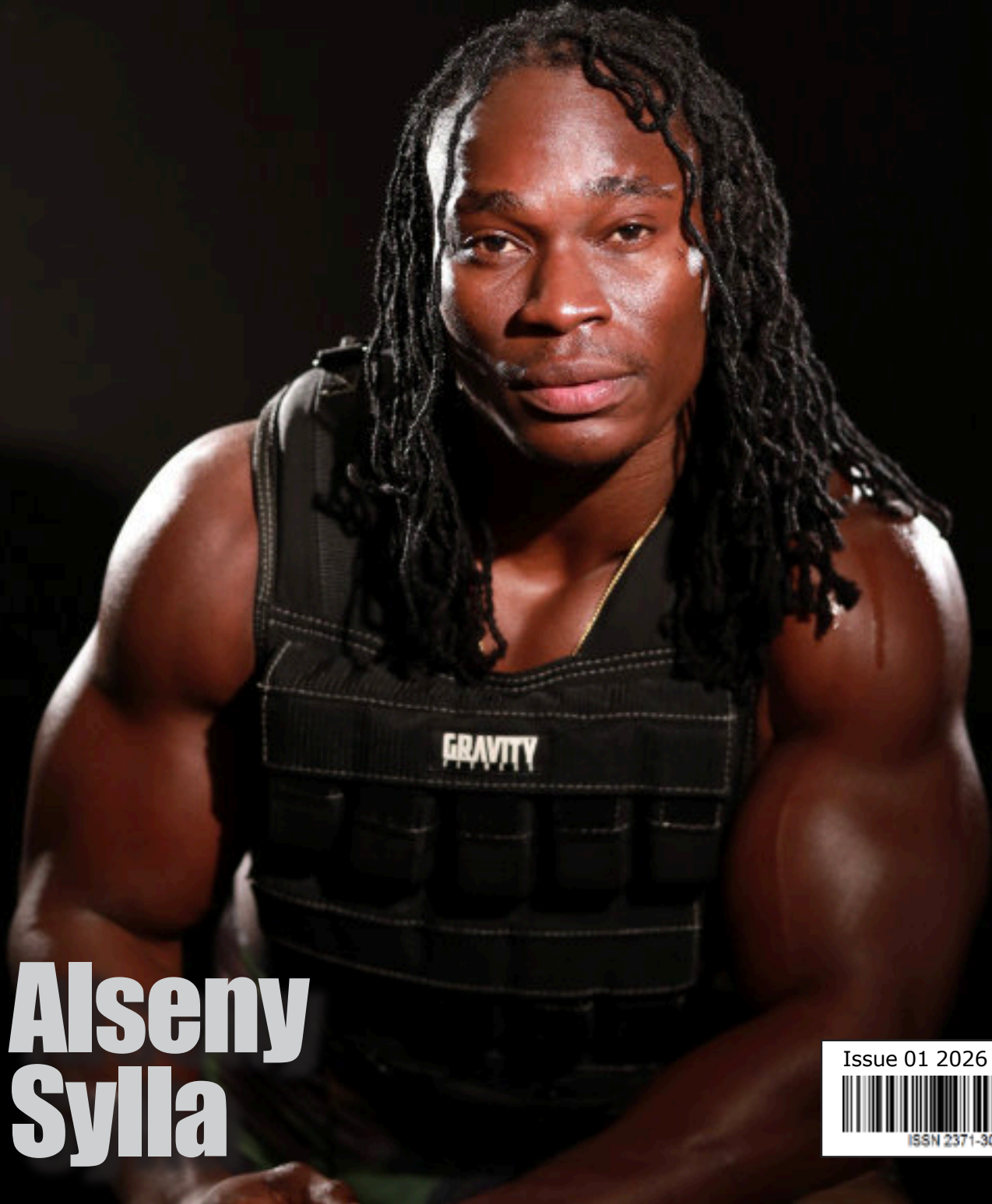


BARBELLS **FITNESS**



**Alseny
Sylla**

Issue 01 2026 \$24.99



ISSN 2371-3011

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



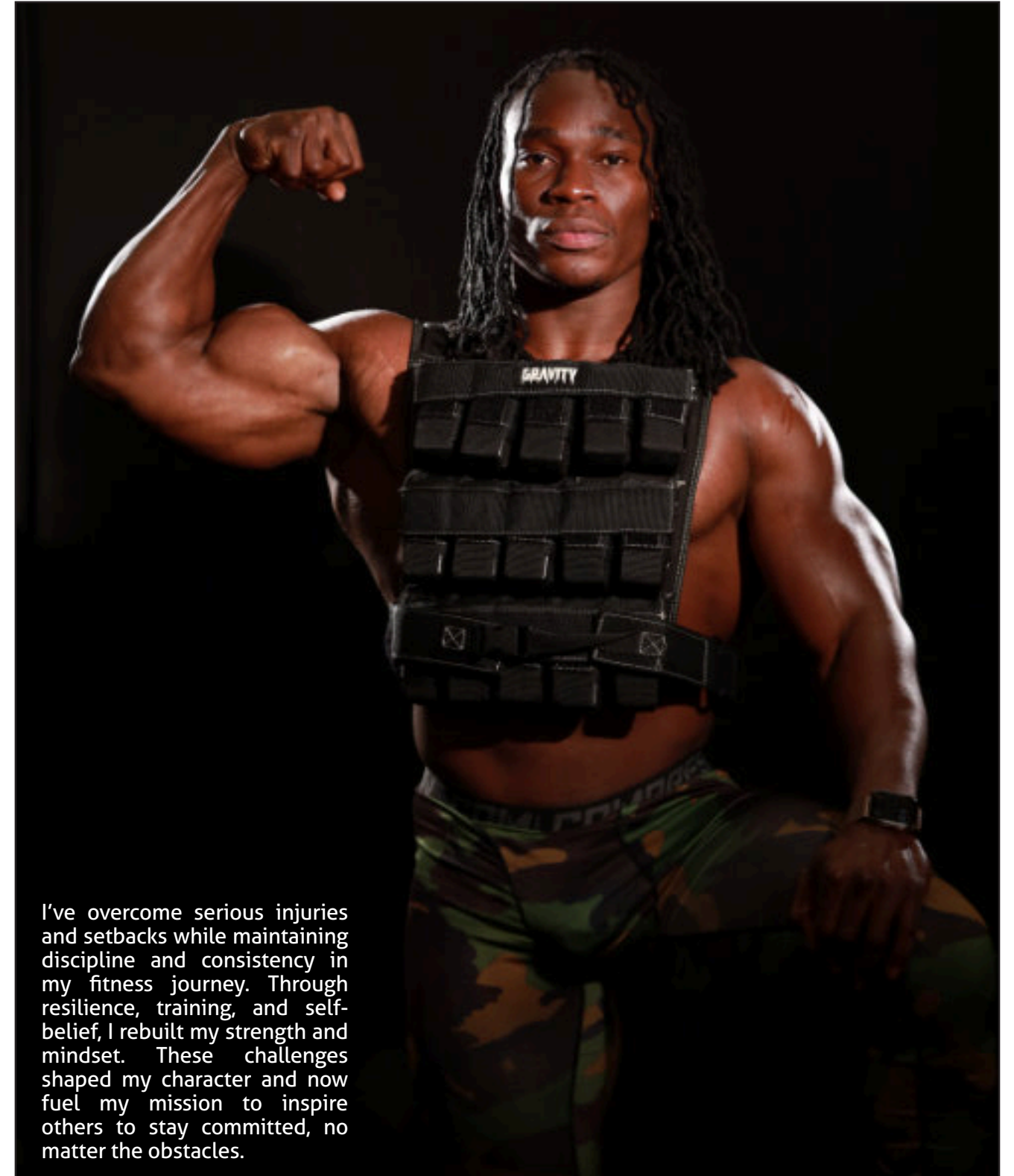
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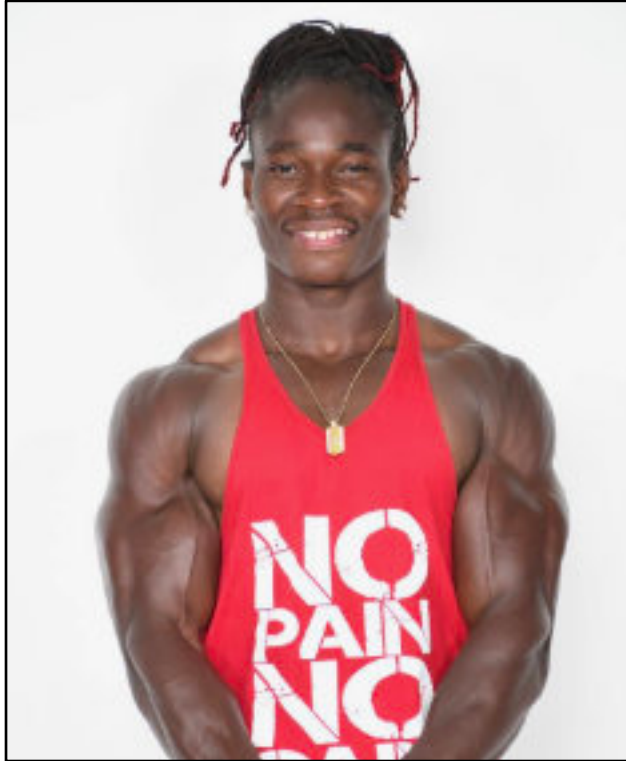
My goal is to inspire people to become stronger—physically, mentally, and spiritually—through discipline, movement, and consistency. I aim to

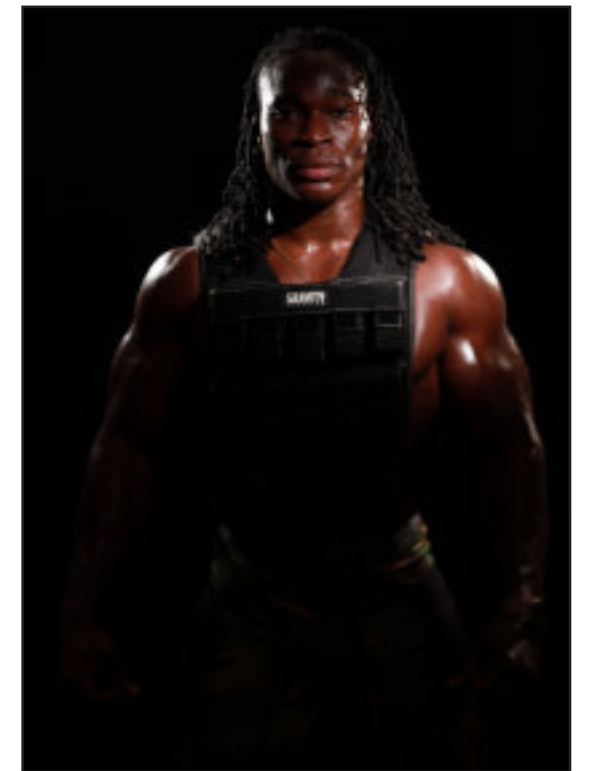
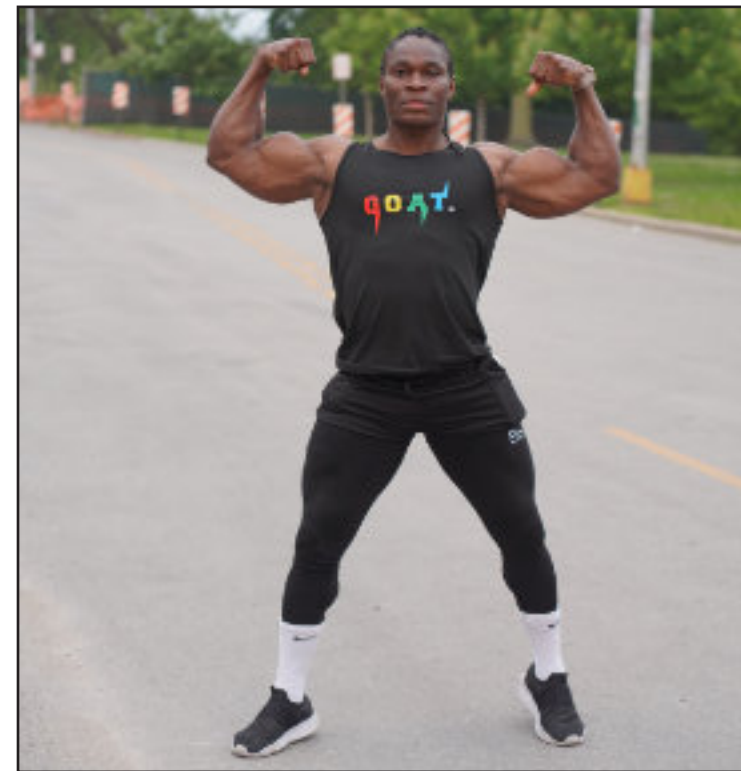
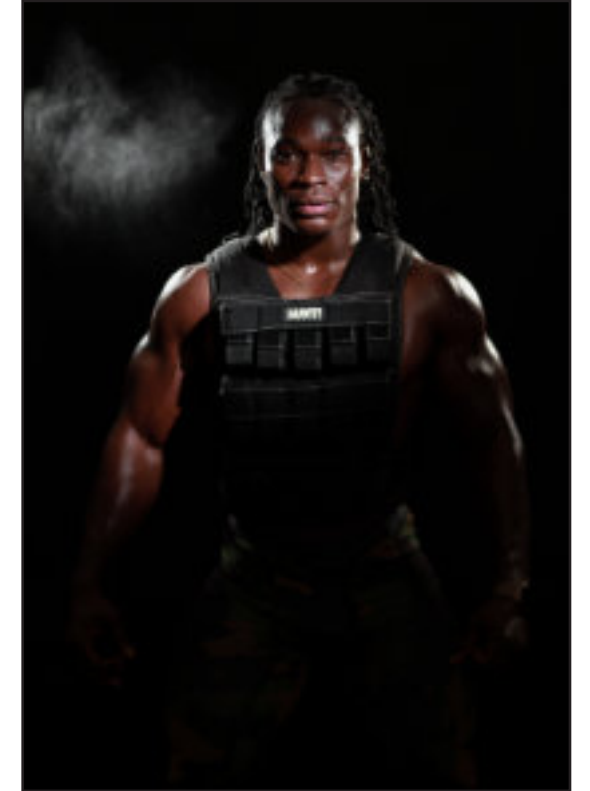
use my journey in health and fitness to motivate others to overcome obstacles, build confidence, and live healthier, purpose-driven lives every day.



I've overcome serious injuries and setbacks while maintaining discipline and consistency in my fitness journey. Through resilience, training, and self-belief, I rebuilt my strength and mindset. These challenges shaped my character and now fuel my mission to inspire others to stay committed, no matter the obstacles.









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April Preeper



My dream is simple, but it was hard-earned: to compete again, to train hard, to eat with purpose, and to fully step back into the athlete I know I am.

Life didn't pause while I was building that dream.

I lost my father. I lost my job. I lost my home. Then my body was tested in ways I never imagined. I survived two strokes—the first one forced me to relearn how to walk, talk, read, and function as a human being. Everything I once took for granted

had to be rebuilt from the ground up.

As if that wasn't enough, I survived five car accidents as a passenger. I was thrown from my

pedal bike, suffering a severe hematoma on my thigh and road rash. About a year and a half ago, I nearly broke my lower back—another moment that could have ended everything.



April Preeper

But it didn't.

Life has taught me painful, humbling, powerful lessons. It taught me that strength isn't just physical—it's choosing to show up when it would be easier to disappear. It's rebuilding when no

one is watching. It's refusing to let trauma write the ending of your story.

Today, I'm an online trainer and ISSA Certified Personal Trainer, with certifications in Corrective Exercise, Nutrition, and Strength & Conditioning. I



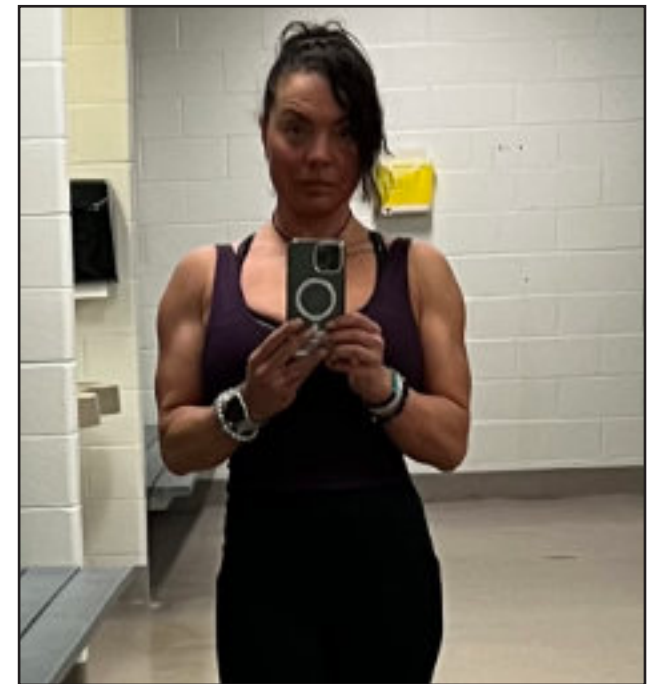
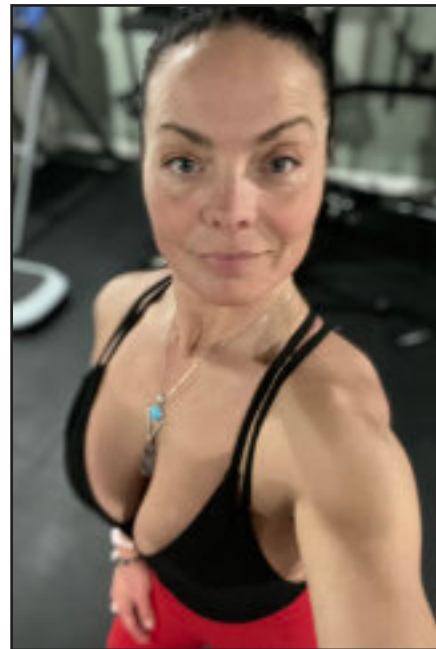
help others heal, grow, and believe in themselves again—because I've lived it. I'm chasing the dream of competing again not just for myself, but as proof that setbacks don't get the final say.

My greatest source of strength is knowing I have

to be here—for my son. He is my why. And as long as I can move, fight, and breathe, I will continue living life to the fullest

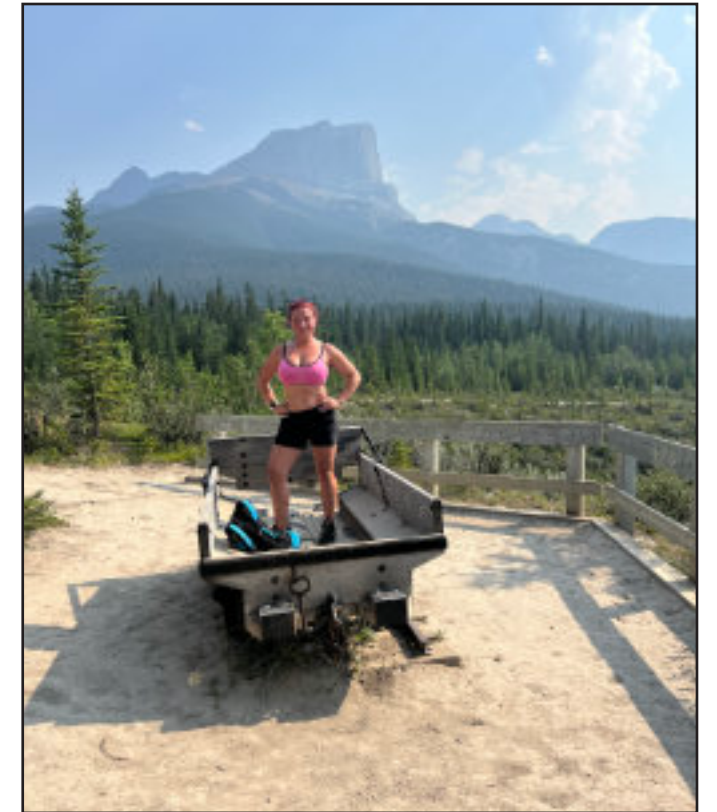
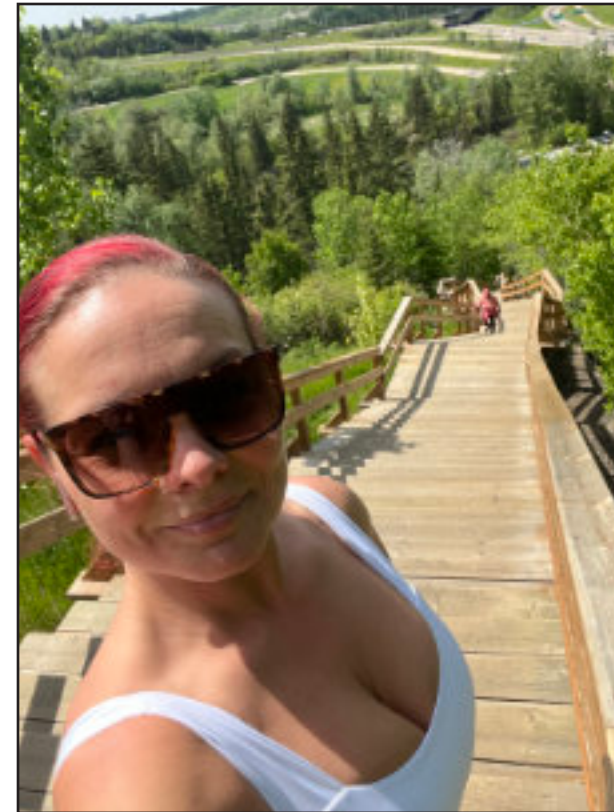
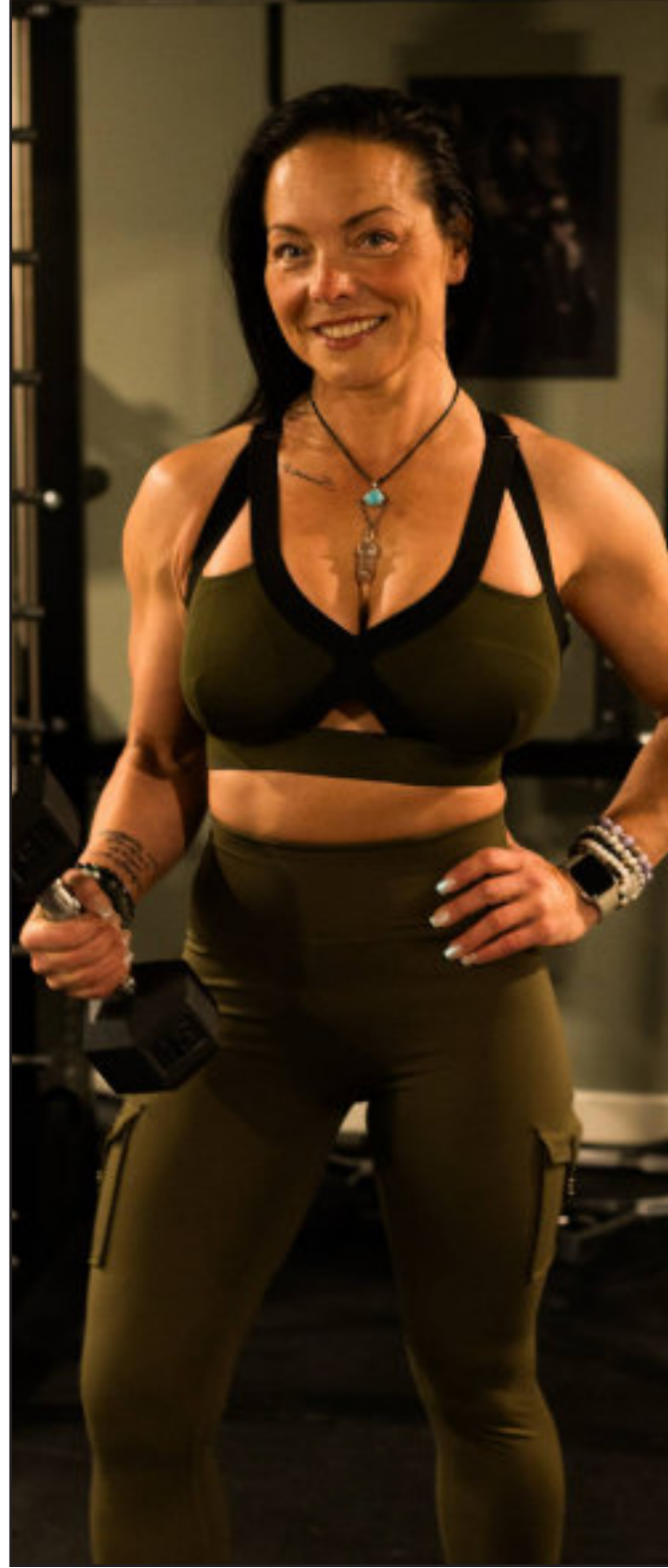
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April Preeper





April Preeper



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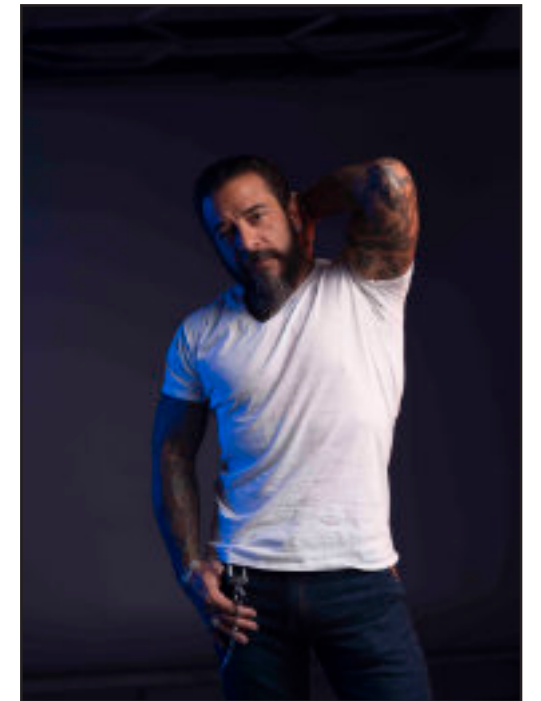


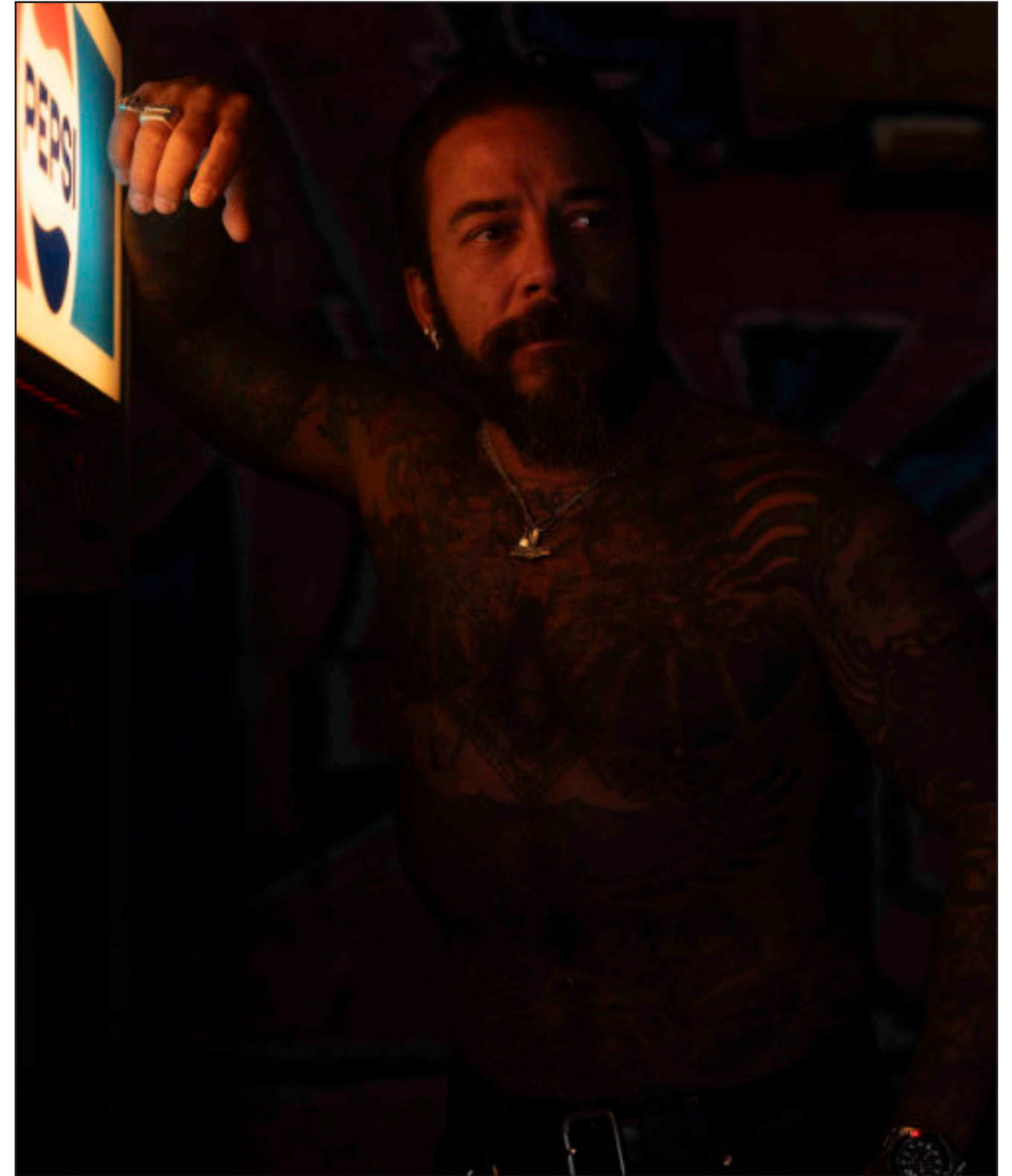
Hello, my name is Chad, I have been in the tattoo world since the 90s. I enjoy tattooing , piercing, and all forms of body modification. My shop Fluid ink ,has two locations in Minnesota and Wisconsin. I started it at the end of 2000 . It's my dream and passion to create beautiful work for people. Me and my artists will totally take care of

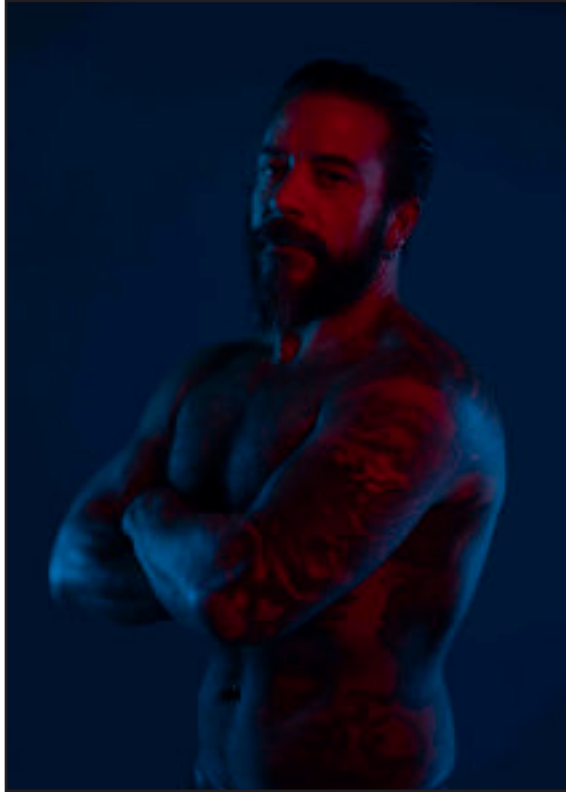
all your needs. I love being in nature, music, traveling, cars and art. I have many dreams and hopes, but always need to remember to take one step at a time!

Photos Credits: Erik Blume at studio raw, Stevie at electric eye, Heidi at free spirited











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- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Augmentez la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrez les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans le cour peuvent séduire les acheteurs potentiels. À compléter leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison. Assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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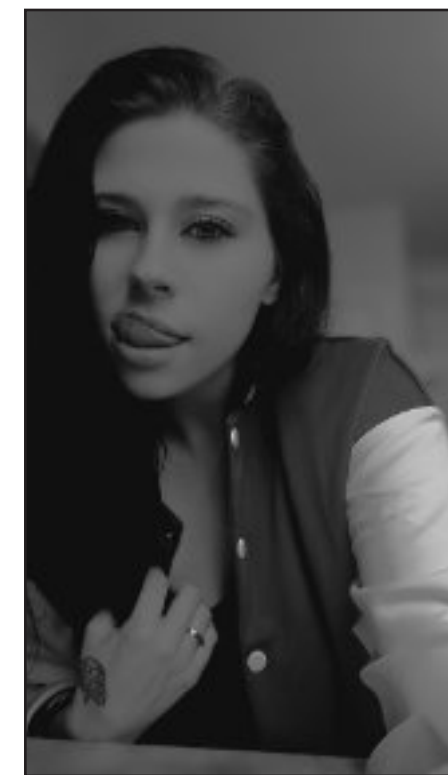
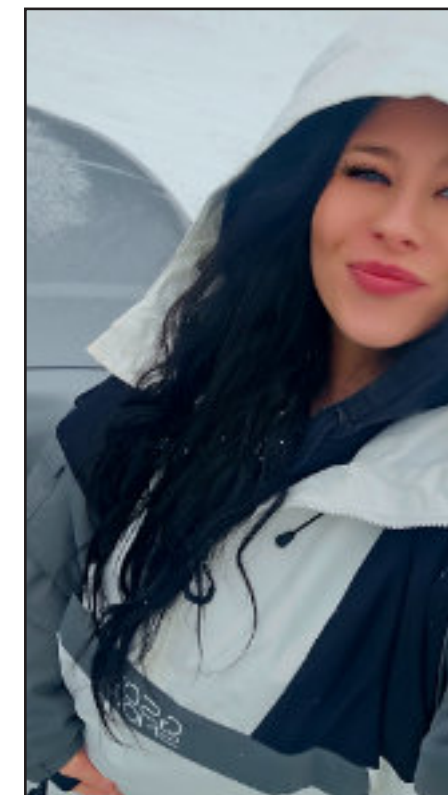
Ernie Harvey

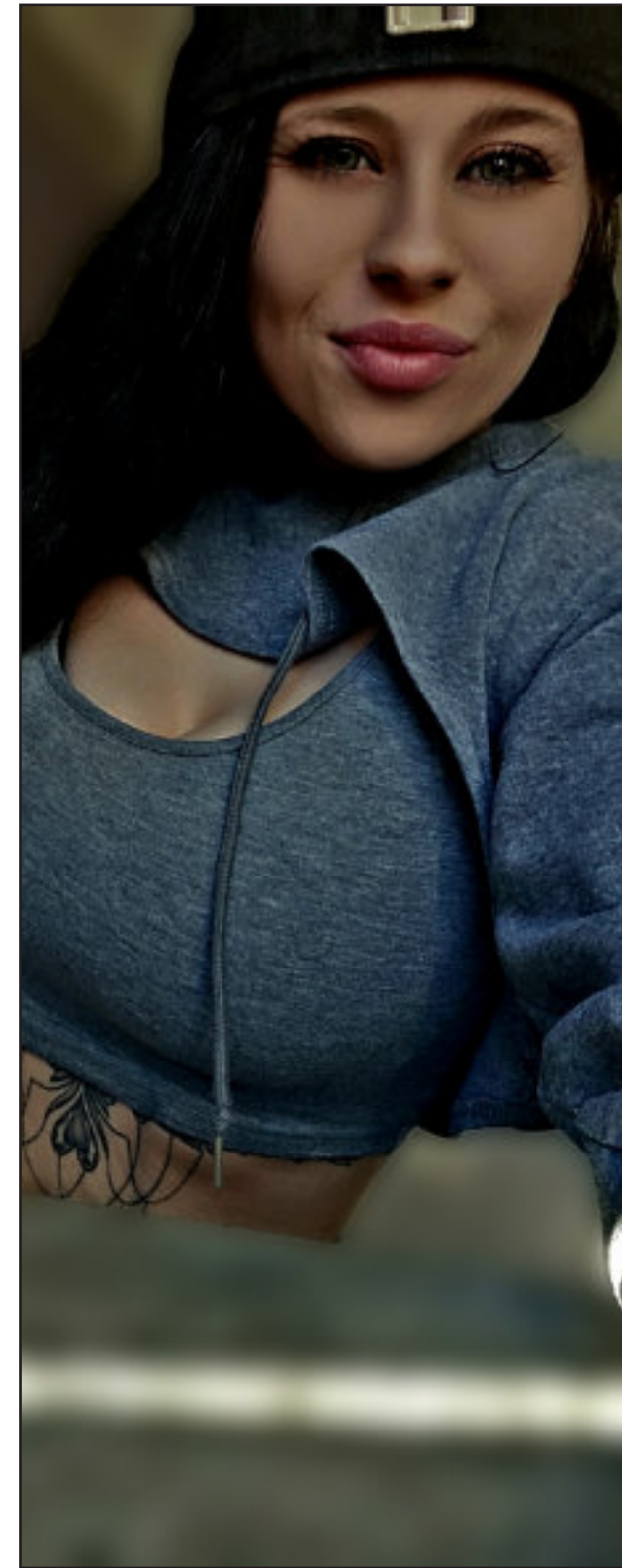
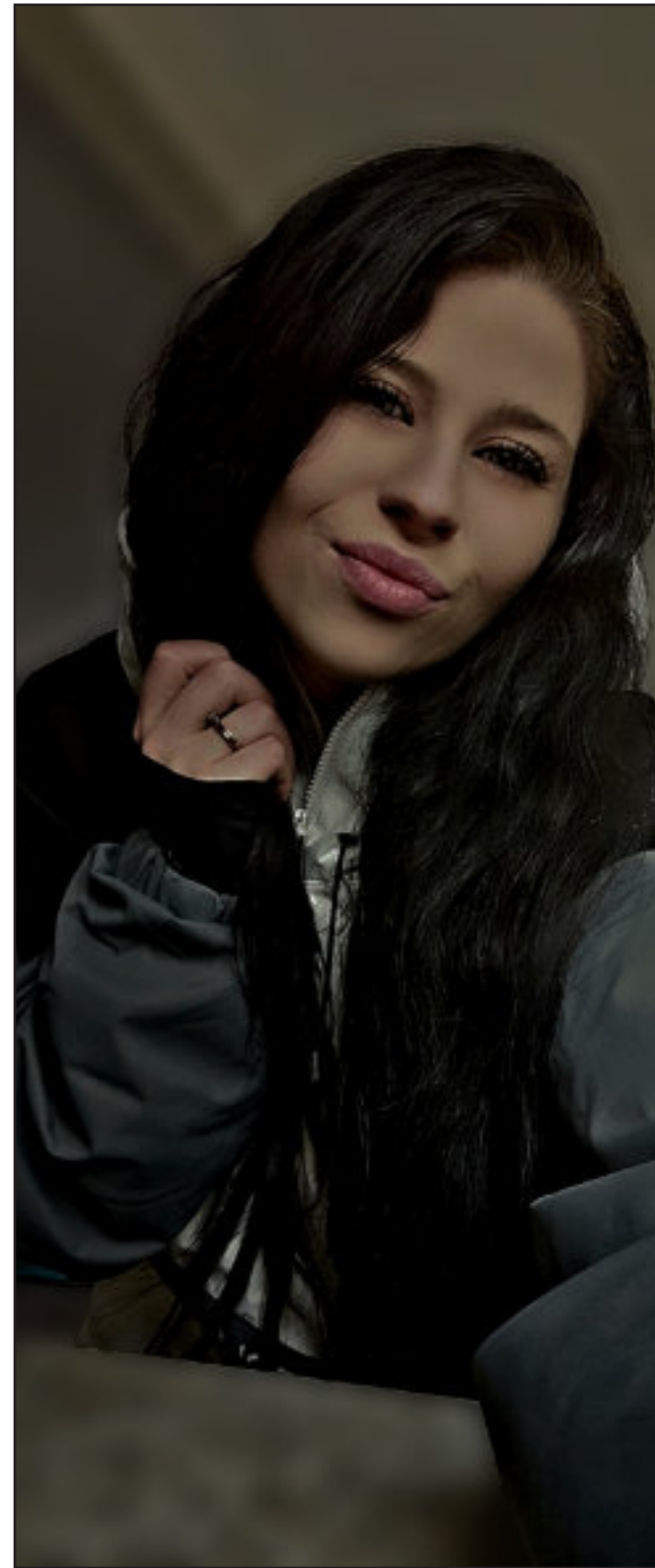
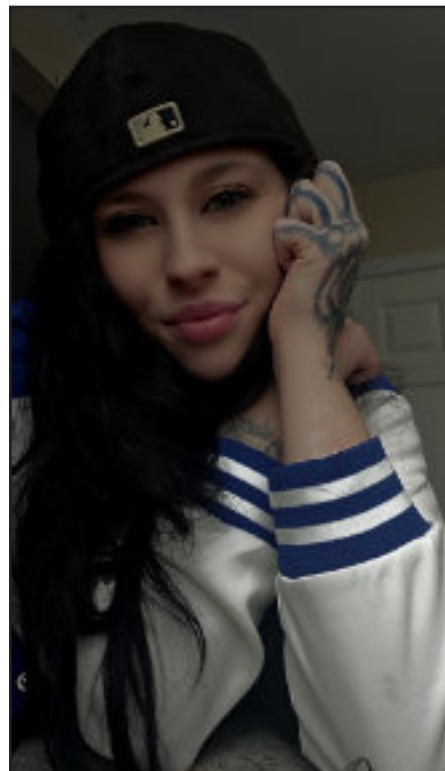
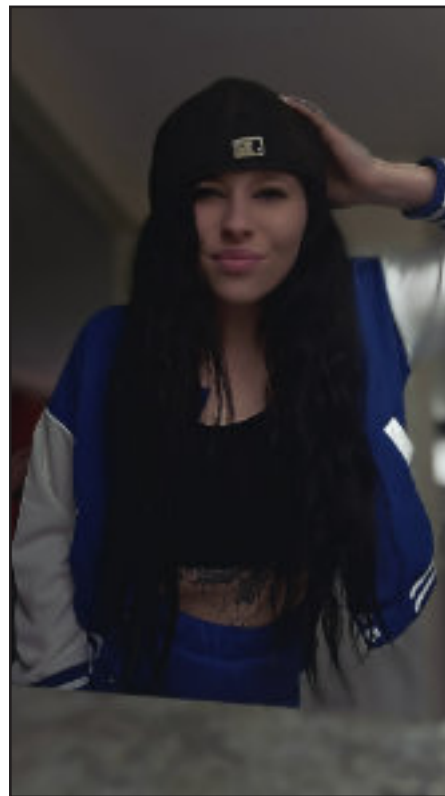
Darian Carter



Carter is an emerging model bringing fresh, authentic energy to the industry in 2025. Known for her beauty, creativity, and humor, she is dedicated to launching a dynamic career while remaining grounded in her most important role: a devoted wife and mother. Carter believes that professional success and family life aren't mutually exclusive, but rather fuel each other. When she's not on set, she can be found with her family, finding balance in the simple moments that inspire her work. Her goals for 2026 are to form professional relationships that will elevate over time and further grow her already well-established social media presence.

Photographers
Credits ::
Theprettyhouse
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Ellie is a 15-year-old model and dancer from a small town outside of Boston, Massachusetts. Her dreams are to become a professional dancer and work in the commercial dance industry, performing in music videos, live shows, and on stage. She is passionate about dance because it allows her to express herself, build confidence, and connect with others.

One of her biggest goals is to continue improving my technique and performance quality while gaining more professional experience. I hope to attend a college that supports both my dance training and my interest in business so I can understand the industry from both a creative and professional perspective.

She is proud of her achievements so far, including walking in New York Fashion week (twice!), competing in dance competitions, performing in the opening number of the Industry Dance Awards and Gala of the Stars, dancing with Jojo Siwa, being in music videos, television shows, and podcasts. She is also set to walk in Paris Fashion Week this upcoming fall.

However, her journey has not been without challenges. Balancing school, dance, and personal life can be difficult, and there are times when she feels the pressure to succeed or compare herself to others. Despite this, she has learned the importance of perseverance, hard work, and staying true to herself.

Overall, Ellie's journey as a dancer and model continues to shape who she is, and she is excited to keep working toward her dreams while overcoming any challenges that come her way.

Photos Credits: @john_cruise







I have always dreamed of becoming a face and a guiding figure for people, helping them express their needs, feelings, and impressions through fashion. I have been working with a lot of amazing brands on great projects, and I am still passionate and hungry to do more. My goal has been, and remains, to leave my mark on the world of fashion through a distinctive signature line. Fashion, for me, is an expansive realm of emotion and creativity, and I believe that through it, I can realize my dream and amplify my voice. Say less and do more.

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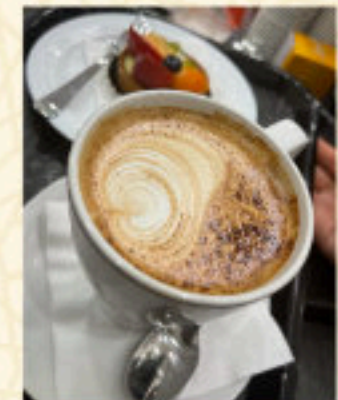
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I started my tattoo journey at the age of 18, already knowing that I wanted to tattoo my entire body. For me, it was never about collecting random pieces, but about creating one complete visual identity. Over the course of four years, my full body tattoo project was completed.

The full body project was created by Ákos Németh, in a consistent anime-inspired, Japanese style. This coherence is very important to me, because my body is not just covered in tattoos, it represents one unified visual concept.

Because of this appearance, people often stop me in public, start conversations, or ask about my tattoos. I have attended several tattoo expos, where I received a lot of positive feedback from both visitors and professionals. These experiences made me realize that my look naturally draws attention and creates interest.

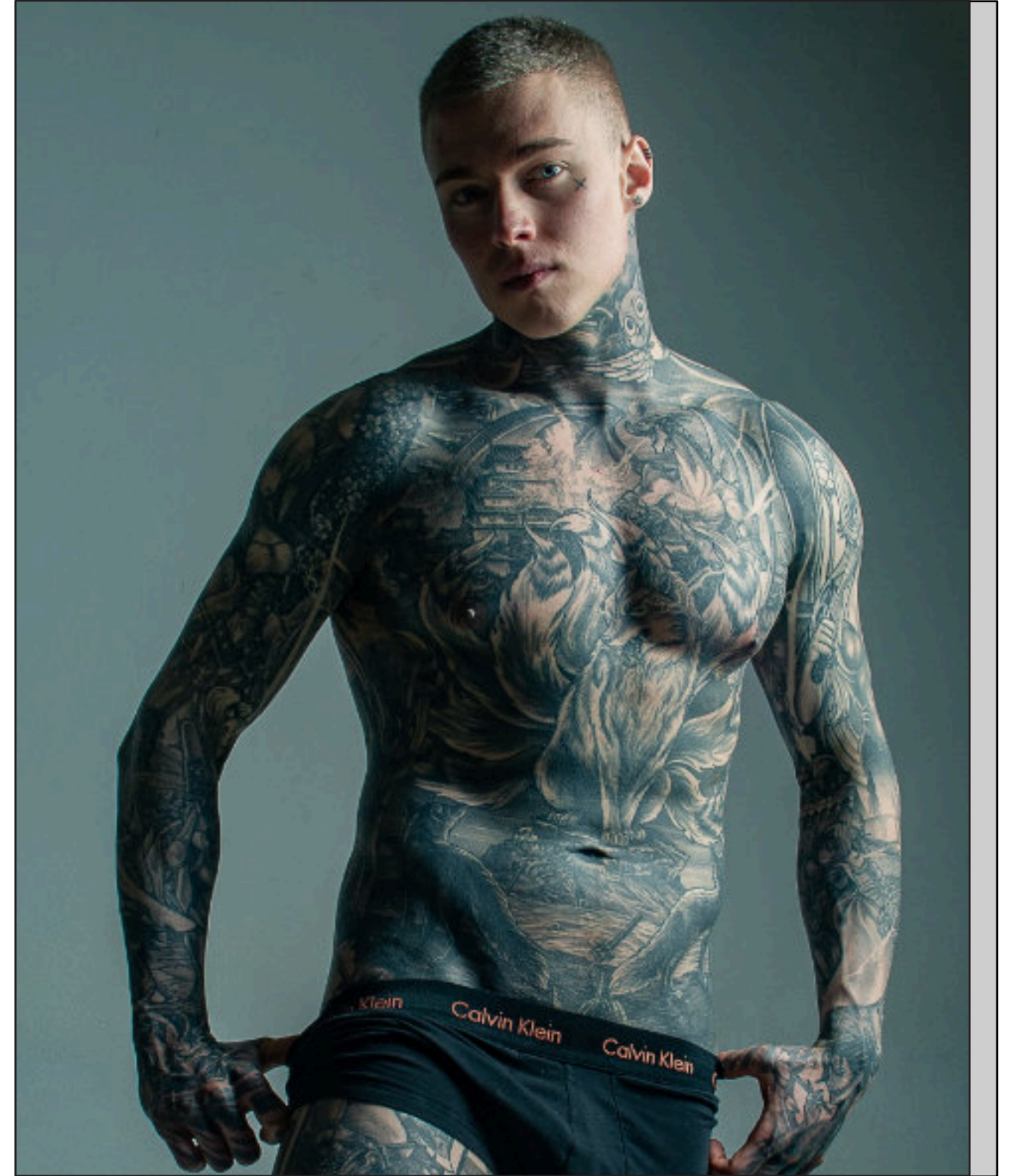
That is when I decided that I want to take this further and present myself to the world as a tattoo model. My goal is not only to showcase tattoos, but to represent tattoo culture in a clean, professional and artistic way.


My current dreams and goals are fully aligned with building a strong international career as a tattoo model. I want to work on editorial projects, collaborate with photographers, brands and magazines, and continue growing as a model while staying true to my identity. I see my tattoos not as a limitation, but as my greatest strength and signature.




Photographers Credits :: Paco Bernal López









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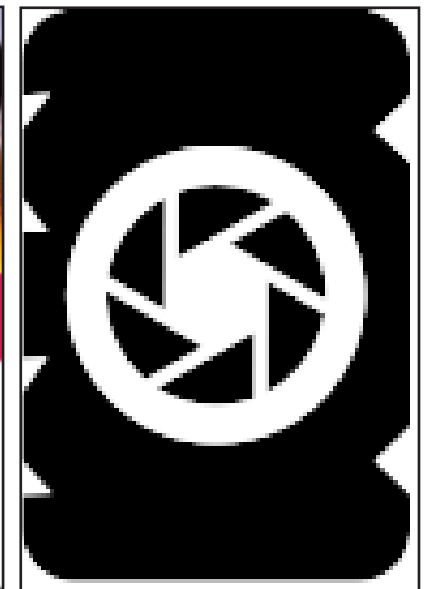
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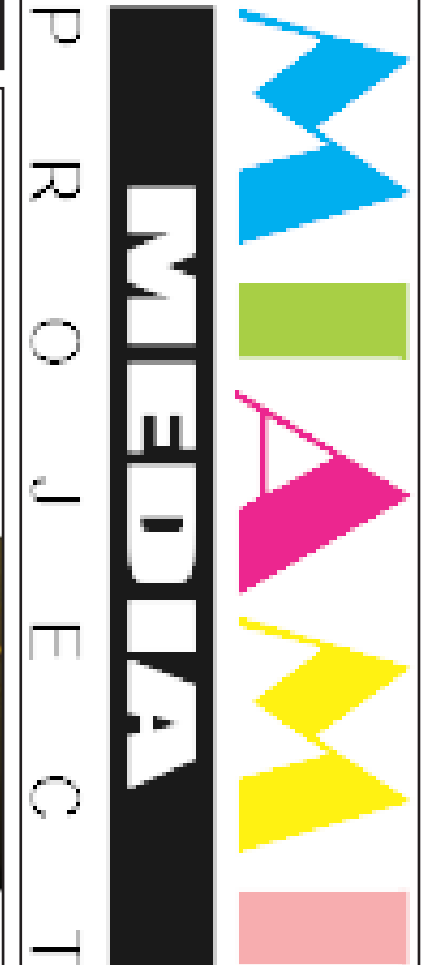
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