

BARBELLS **FITNESS**



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Legend Guinyard

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

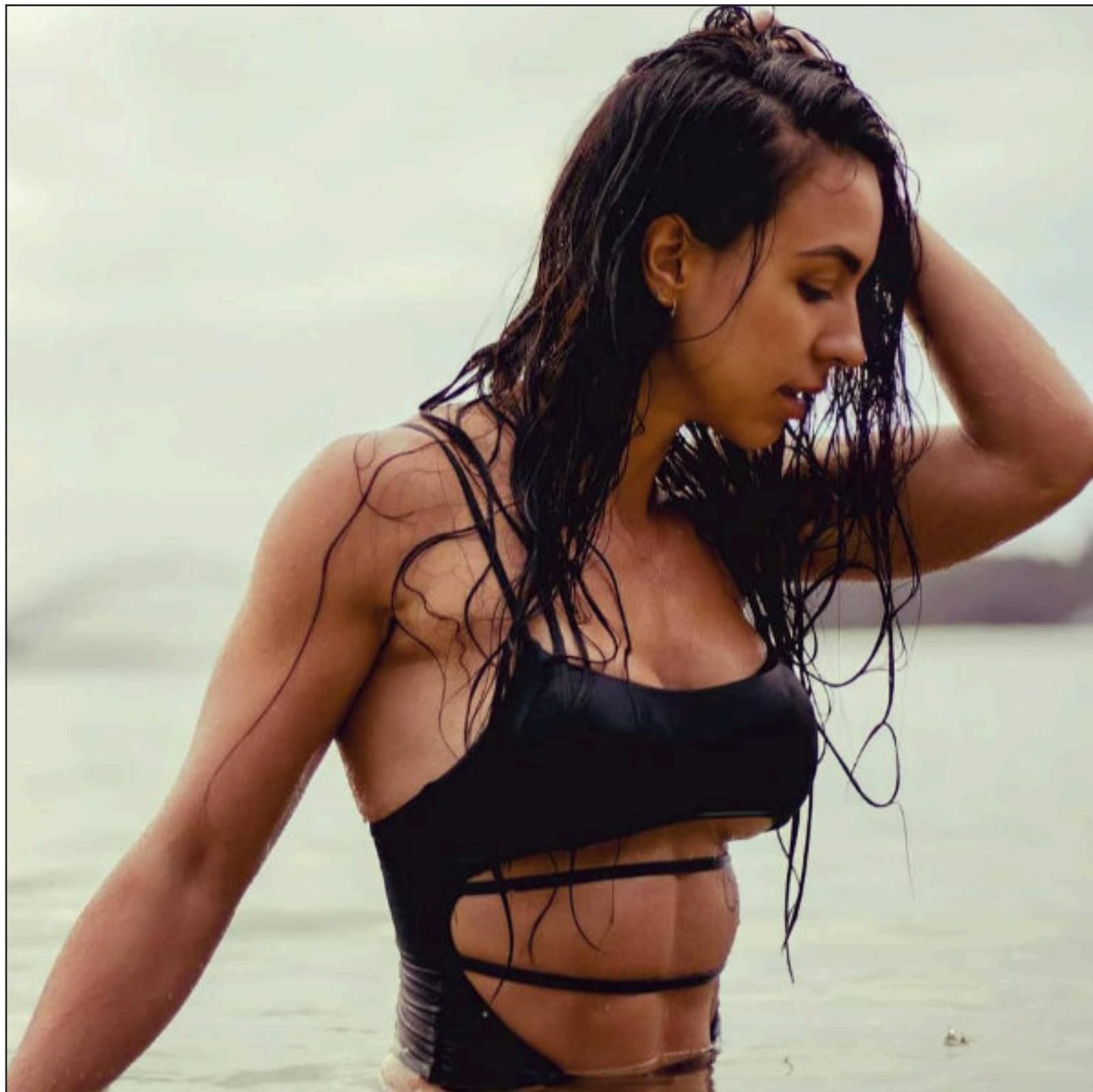


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Life isn't about finding yourself but creating yourself.

Have a goals in life is very important because it guides your focus and helps you sustains that momentum in life.

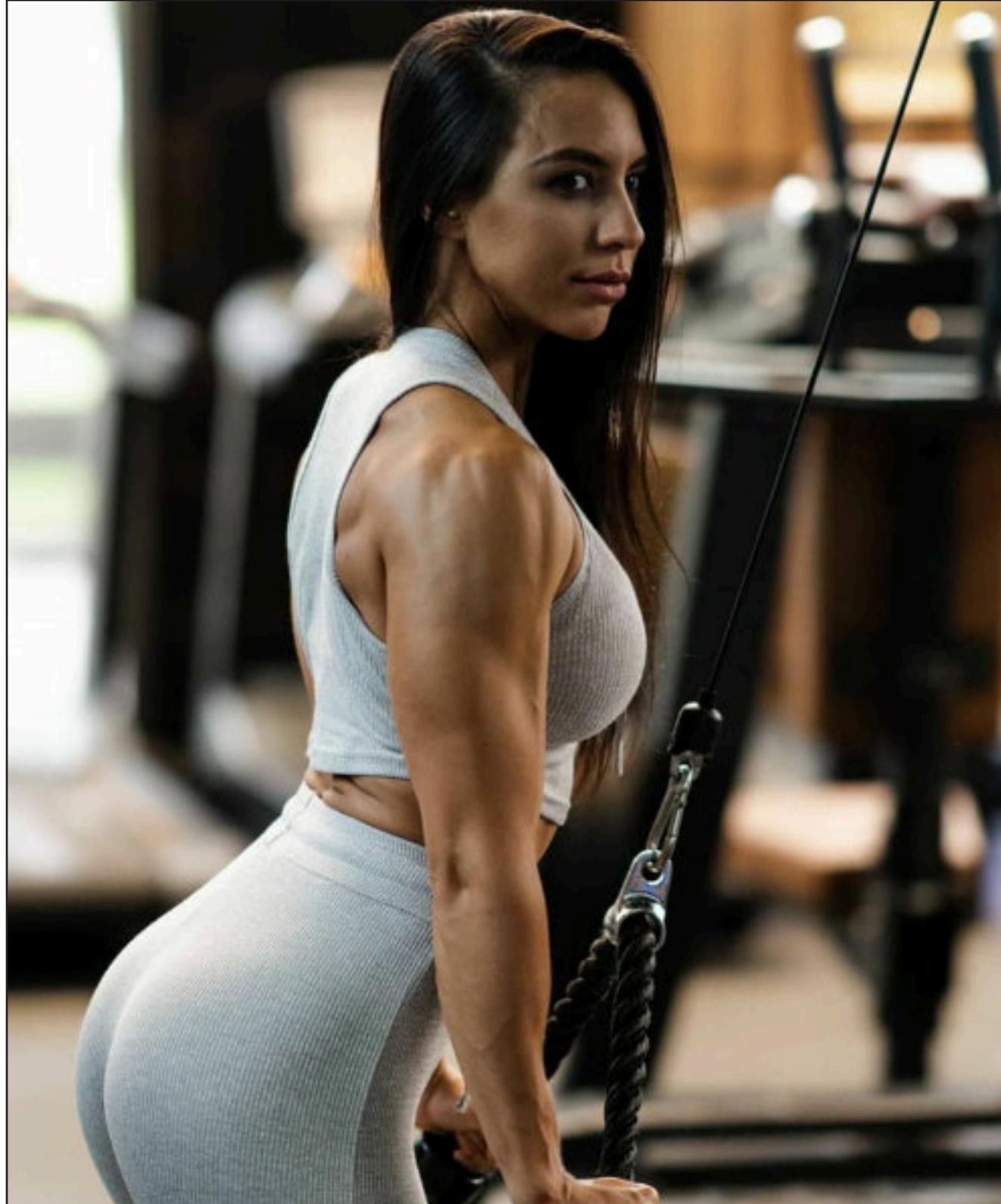
Every level of achievement requires its own combination.

It is combination of what you do, how you do it and who you do it with. Everyone has the same amount of time, and hard work is simply hard work. And if you struggle in your life that's ok you are not only one. Remember all of your struggles made you stronger.

Just keep going by 5 important steps:

1. Relaxing for spiritual energy.
2. Eat right, exercise and sleep for physical energy
3. Hug, kiss and laugh with loved ones for emotional energy.
4. Set goals, plans and calendar for mental energy.
5. Time block for work for business energy







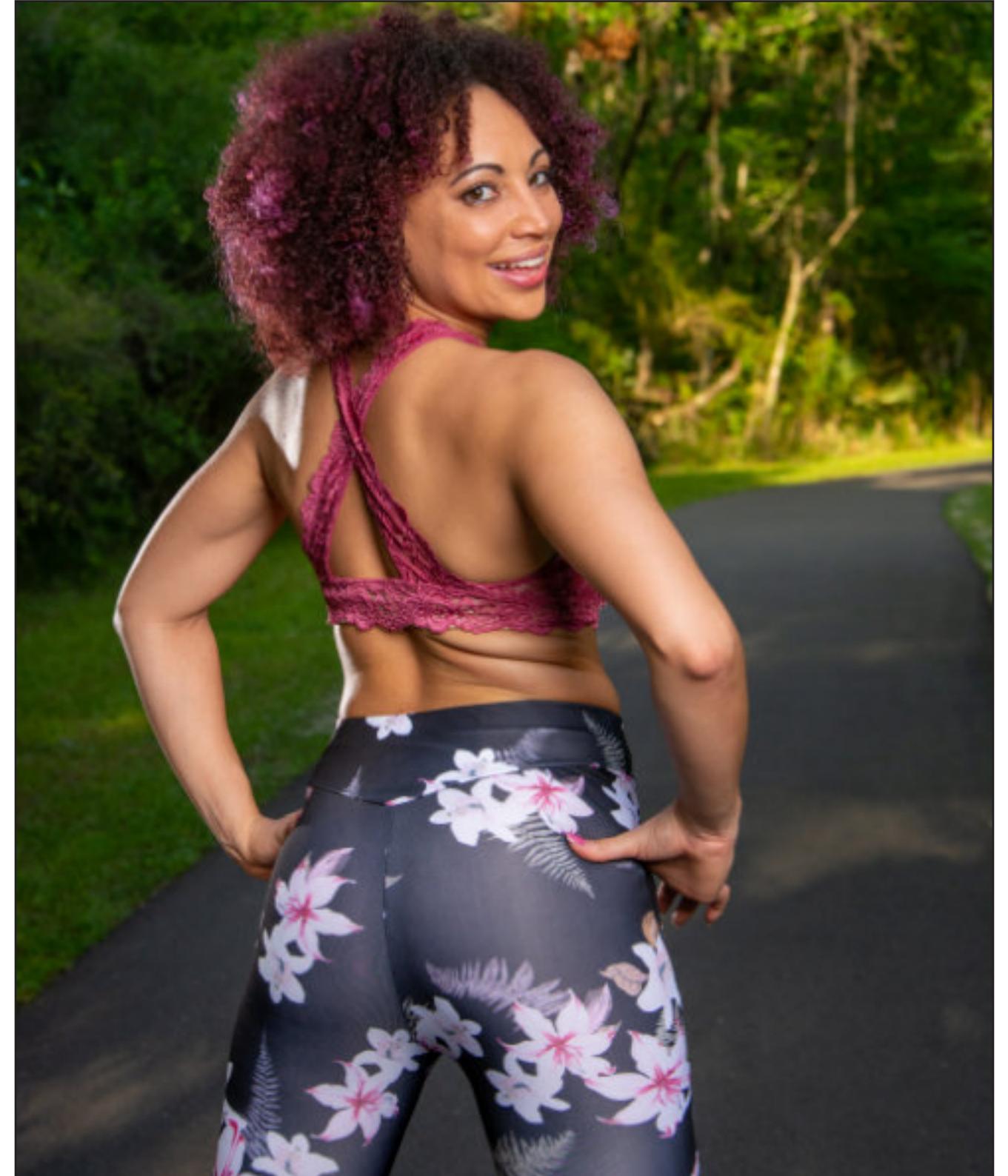
Brandi Cook is not only a scientific researcher earning her Ph.D. in Chemistry from the University of South Florida, but she is also a motivational biology & chemistry lab and lecture instructor, as well as a model.

The balance of intellectual stimulation with keeping healthy and in shape is important to Brandi. Her favorite past times include yoga, dancing, gymnastics, sports, horseback riding and baton twirling (which sometimes includes flaming batons). The fitness styles that keep Brandi flexible and in shape are repetitious aerobics &

stretching.

Brandi looks forward to achieving her goal of becoming Dr. Cook and dreams about balancing her intellectual life with that of an accomplished performer. It has been challenging for Brandi to gain opportunities to display all of her many skills, but she looks forward to becoming one of your favorite entertainers, instructor, or breakthrough scientific researcher.

Photographers Credits: Tony Cook
(tonycookphotography.com)

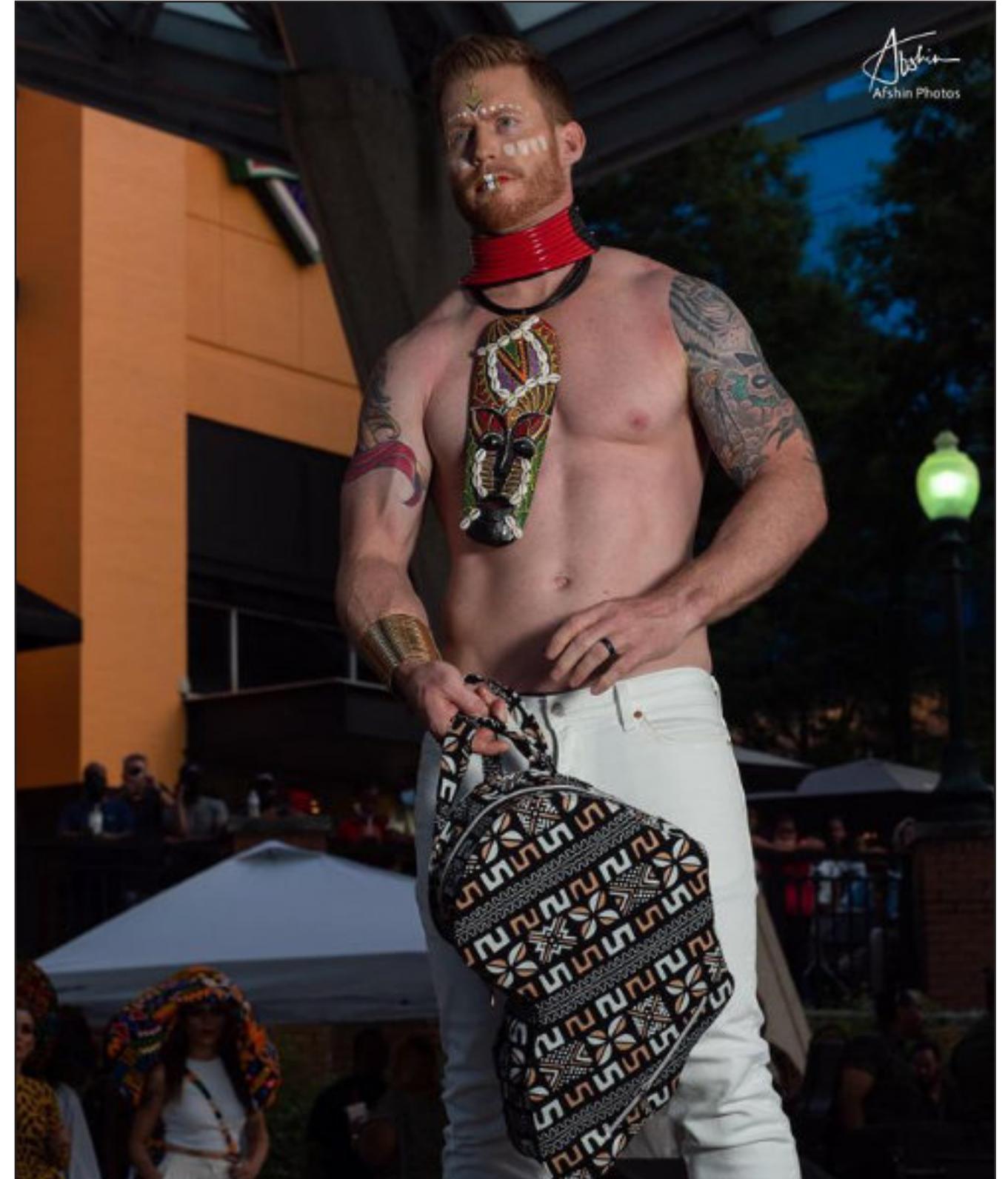














My dream is to one day become an international accomplished model and actor. Growing up in a small town in Alabama the thought of being a model or actor seemed like a pipe dream. I left Alabama by joining the military. The military allowed me to travel the world, meet new people, and get an education. In the process of doing all that I realized that being a model and actor didn't just have to be a pipe dream. It could be a reality. It required me getting out of my comfort zone and making it happen. Comfort zones are where hopes and dreams go to die. Once I made the decision to go for it I haven't looked back since. I have been

very fortunate to have met great friends and mentors along the way. To date my accomplishments, include being in multiple runway shows, being published multiple times, and being invited to shoots and shows internationally. The real challenge is finding ways of standing out in the crowd while still being true to who you are. I am very optimistic about the future and hope to help as many people as I can along the way.

Photographers Credits: Phelan Marc, Yuzeliq_photography





Jenny Taufahema

About Jenny...

Jenny Z. Montiel was born in El Salvador in 1974. After leaving war torn El Salvador in 1982 with her parents she grew up in sunny California. Always a rebel without a cause Jenny left her home at age sixteen. She continued to go to school while working a fulltime job. Initially, couch surfing with friends and then finally securing a little studio apartment of her own. While going through school she took odd jobs as cashier, receptionist, elementary school program TA, and administrative assistant moving up the corporate ladder she has been the recipient of National Association of Professional Women Outstanding Excellence & Dedication to Her Profession And The Achievement of Women Award and is is now Operations Manager for her current employer, is a Public Notary Signing Agent and though she considered modeling at a young age she finally checked it of her list at age 47!

Jenny enjoys volunteering specially with kids and did so for many years at her local Boys and Girls Club. Service to others has always brought a high level of satisfaction and she does as much as time allows. In her down time you can find her at the beach or the gym. Most of all Jenny enjoys time with her family. She has recently become a grandmother and is enjoying her role to the fullest. She hopes to continue to model and serve her community as much as possible. Her goal is to travel to as many countries as she can in the next decade.

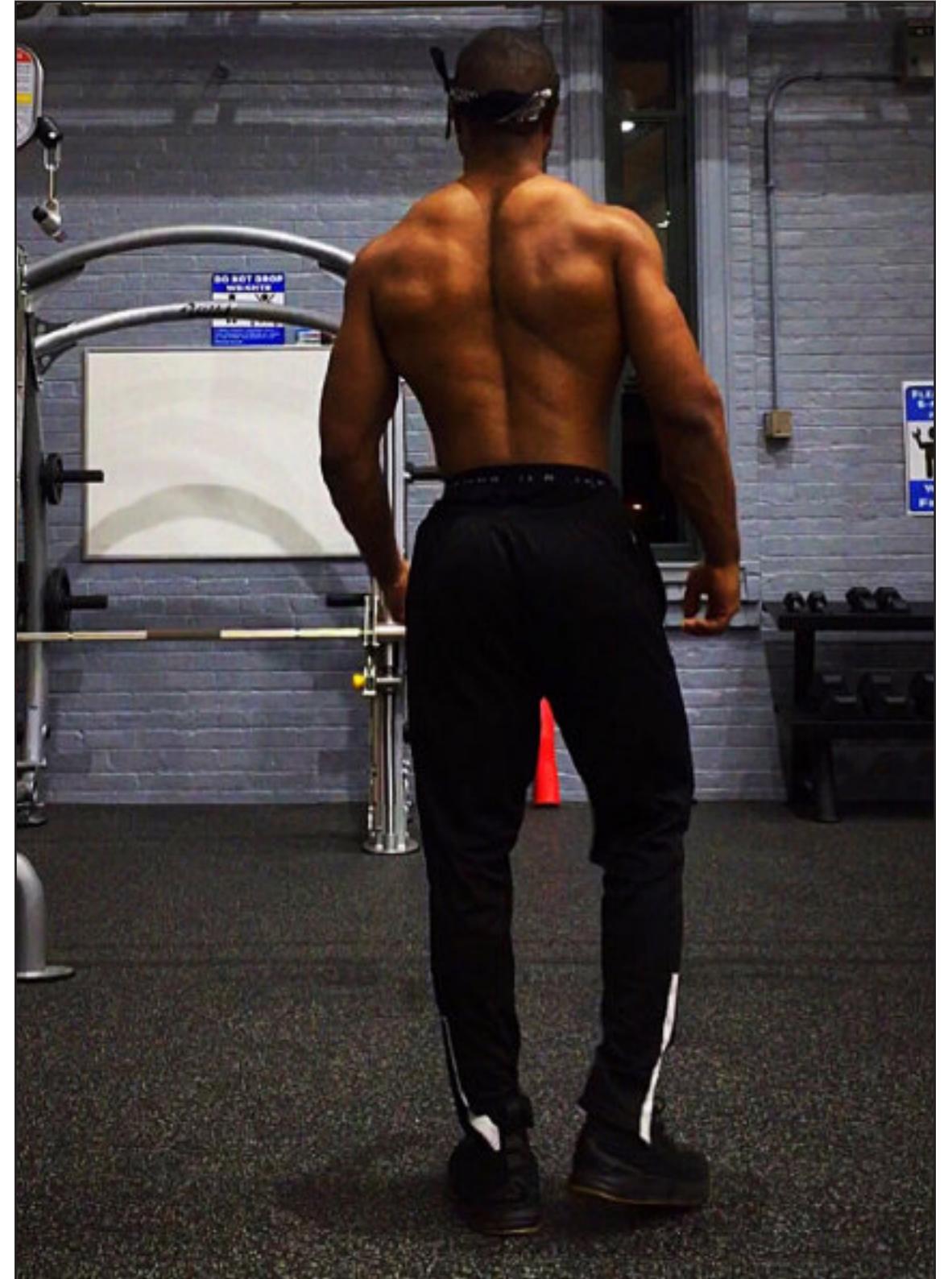
Photographers
HAYWOOD HOGAN

Credits:





Legend Guinyard



Legend Guinyard



My Name is Legend I'm a 22 year old upcoming bodybuilder & fitness enthusiast from Hartford CT. My motivation came from being insecure about my looks in my adolescent days. I was picked on and antagonized for how skinny I was. seeing my favorite athletes & bodybuilders inspired me to sensationalize greatness by crafting a masterful physique. My lifetime goal is

to inspire others by teaching self-love, self-preservation, & self empowerment. Everything starts with self there's nothing outside yourself that can enable you to be the absolute best version of you.

Photographers Credits: James E. Guinyard





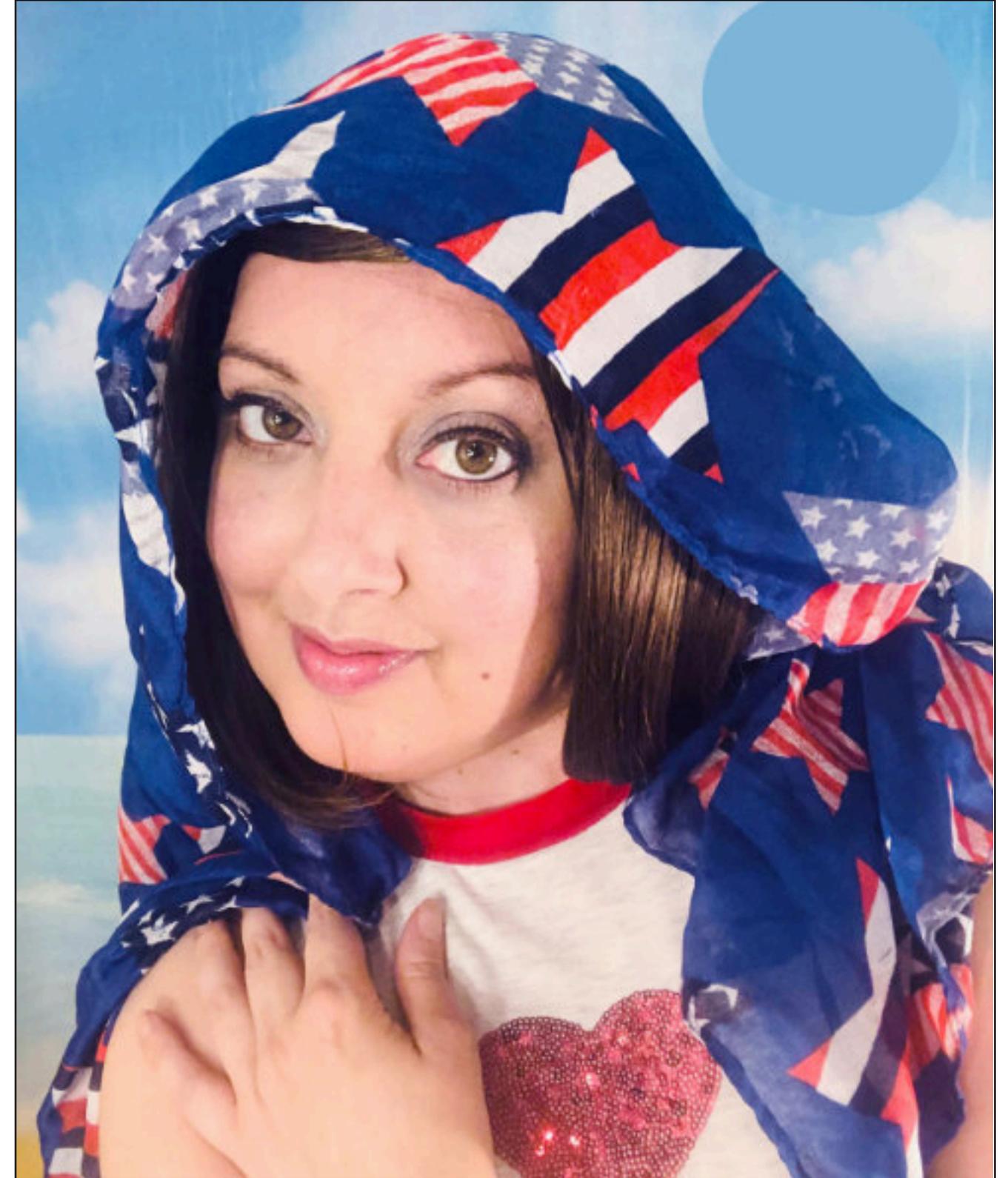


Kobby Carter

The dream is to help people see over the balcony, there's nothing like comfort zone in my life. Everything I have or doesn't have was based on my decision, hardworking and the interest for this fitness journey. In all, everything I've ever done is through affection and passion for this lifestyle. I'm saying lifestyle because it shouldn't be something you feel like doing, you have to keep on keeping on even if you fall down you have to make up your mind to bounce back.

Honestly, my challenges have always been the same financial need, gym stuffs, supplements and good food but I still workout anyway because I don't want that to stop me but I always wish I had people to support me in some way. I have no achievements to talk about but I'm planning to get to stage to compete in a classic bodybuilding competition next year 2022







I am 32 years old and from New Jersey. I have a cat named Sally that I take care of. I am also a waitress and have always wanted to model. I enjoy taking photos of myself hoping to meet with more models. The challenges I have would be my job since I am always working but I do love people

because I have a friendly personality. I have many goals but I am very happy that I get many compliments at my job since everyone appreciates my hospitality.

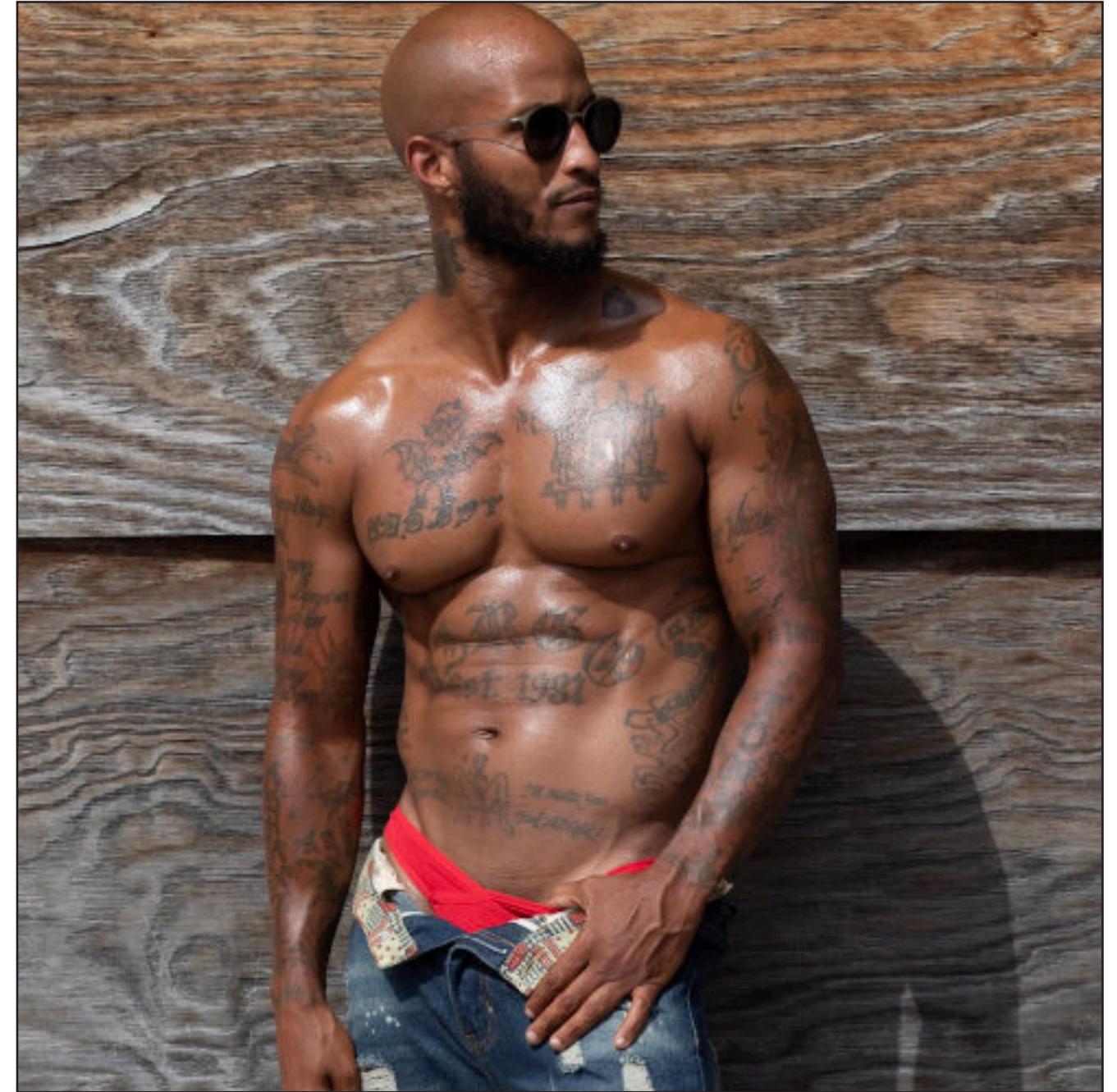
Photographers Credits: Rachel Thomas



I am a published curvy model with my dream being a Victoria's Secret model and to be on the front cover of vogue magazine. I have a tummy and cellulite and that's ok because we are all different but equally beautiful no matter what size we are . More brands need to advertise curvy girls too catwalk models should be smaller and

more curvy girls should be accepted for designer clothing.

Photographers Credits: First image is by kaptureme(purple port) other images are by George Boyd



I have dreams of being a successful model to represent my hometown of Washington DC

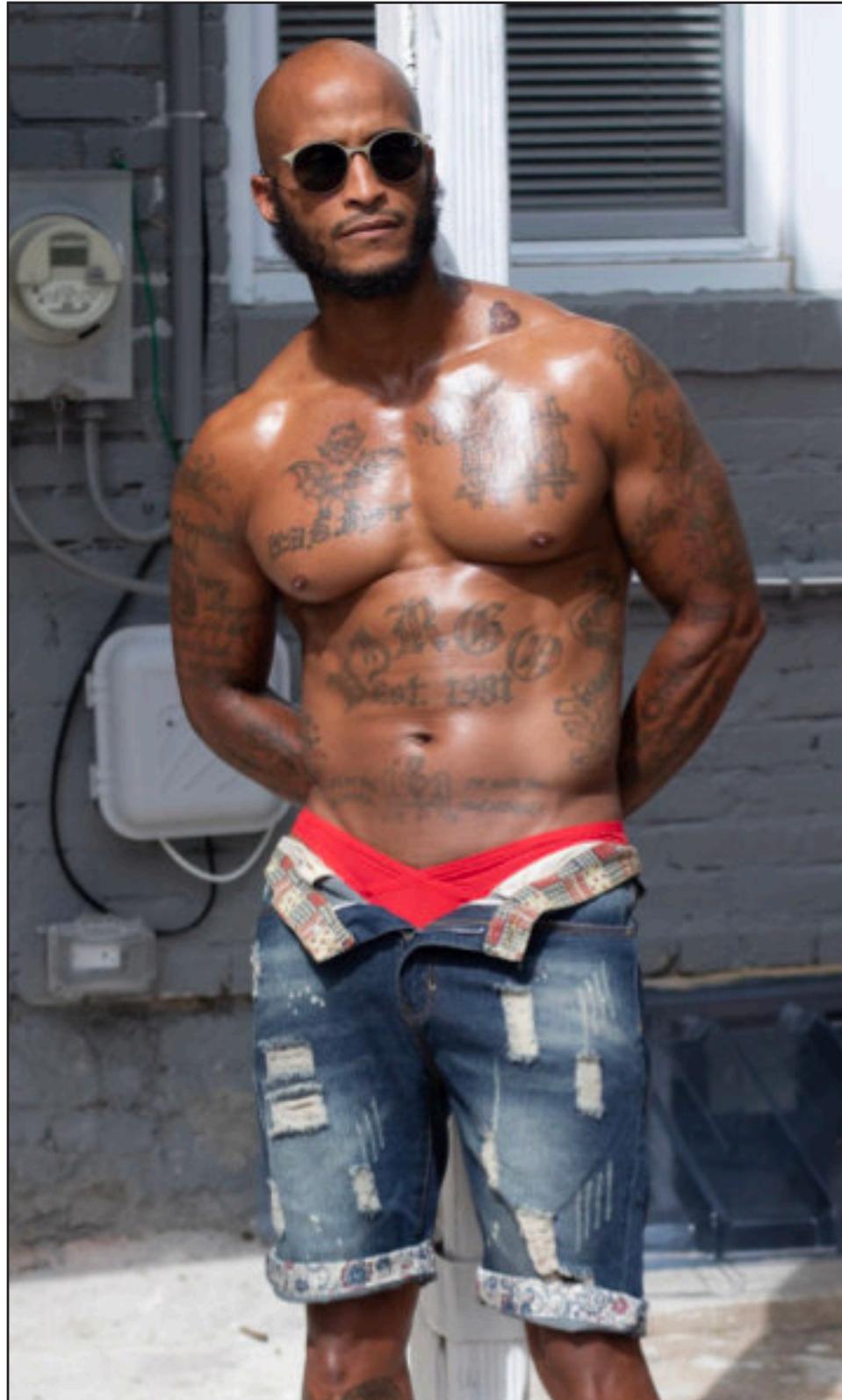
My goals are to show our youth that anything is possible

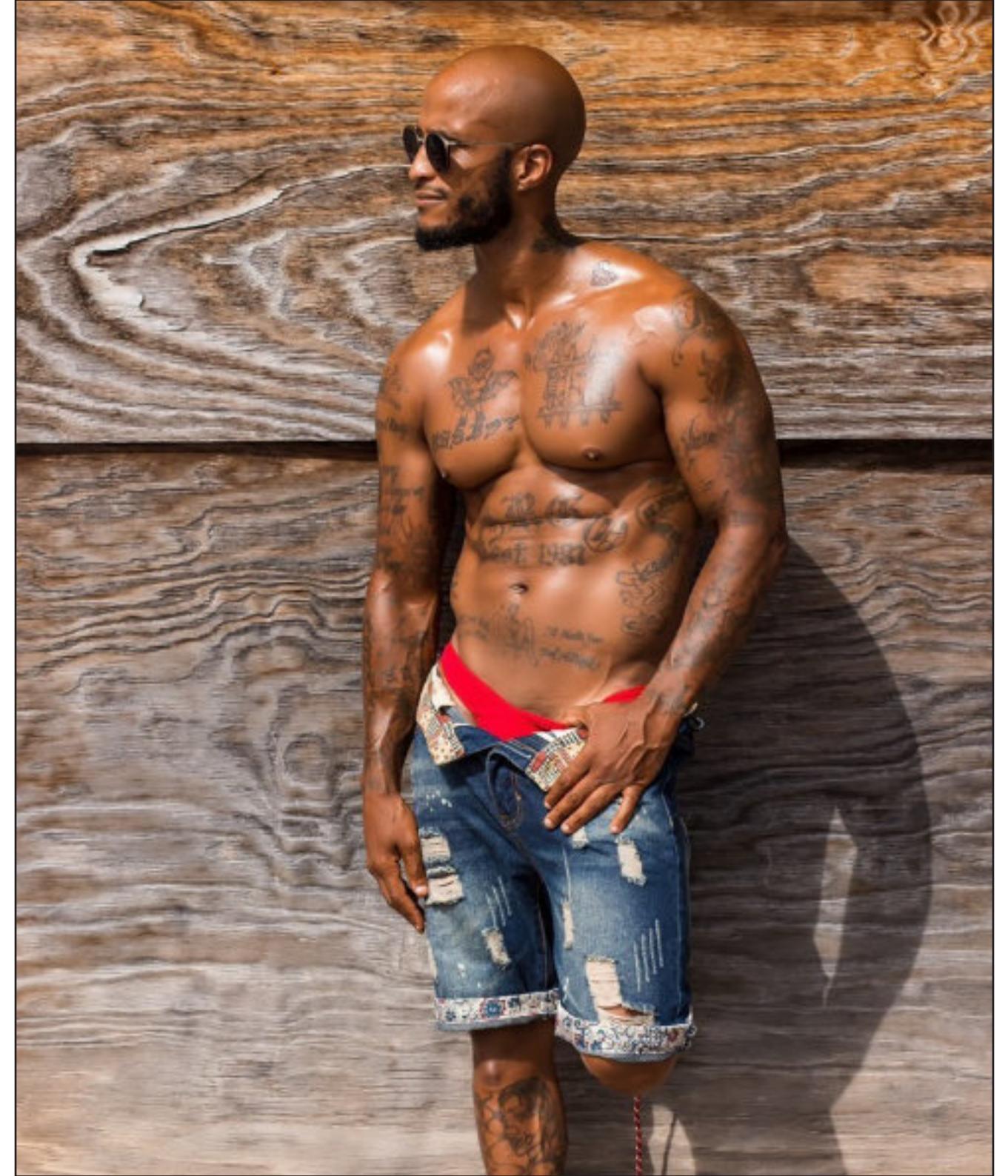
I've become a model as well as a personal trainer

to assist with health and fitness

Challenges for me is coming across those who give up so easily

Photographers Credits: Aaron Brooks







I have alot of Dreams mainly about the world being a better place and people being kinder to each other doing the pay it forward. My goals in life is maybe I can help that dream by being a role model to people. Achievements I think I have achieved alot. I do alot in my life or at least I try. I want to make a difference so I push

myself. Challenges well I think if you don't have challenges then we'll you aren't living. You need those challenges to move forward or you go anywhere I had alot.

Photographers Credits: John Hays



BARBELLS FITNESS

**Brandi
Cook**



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