

# **BARBELLS** **FITNESS**

**Gina  
Celona**

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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

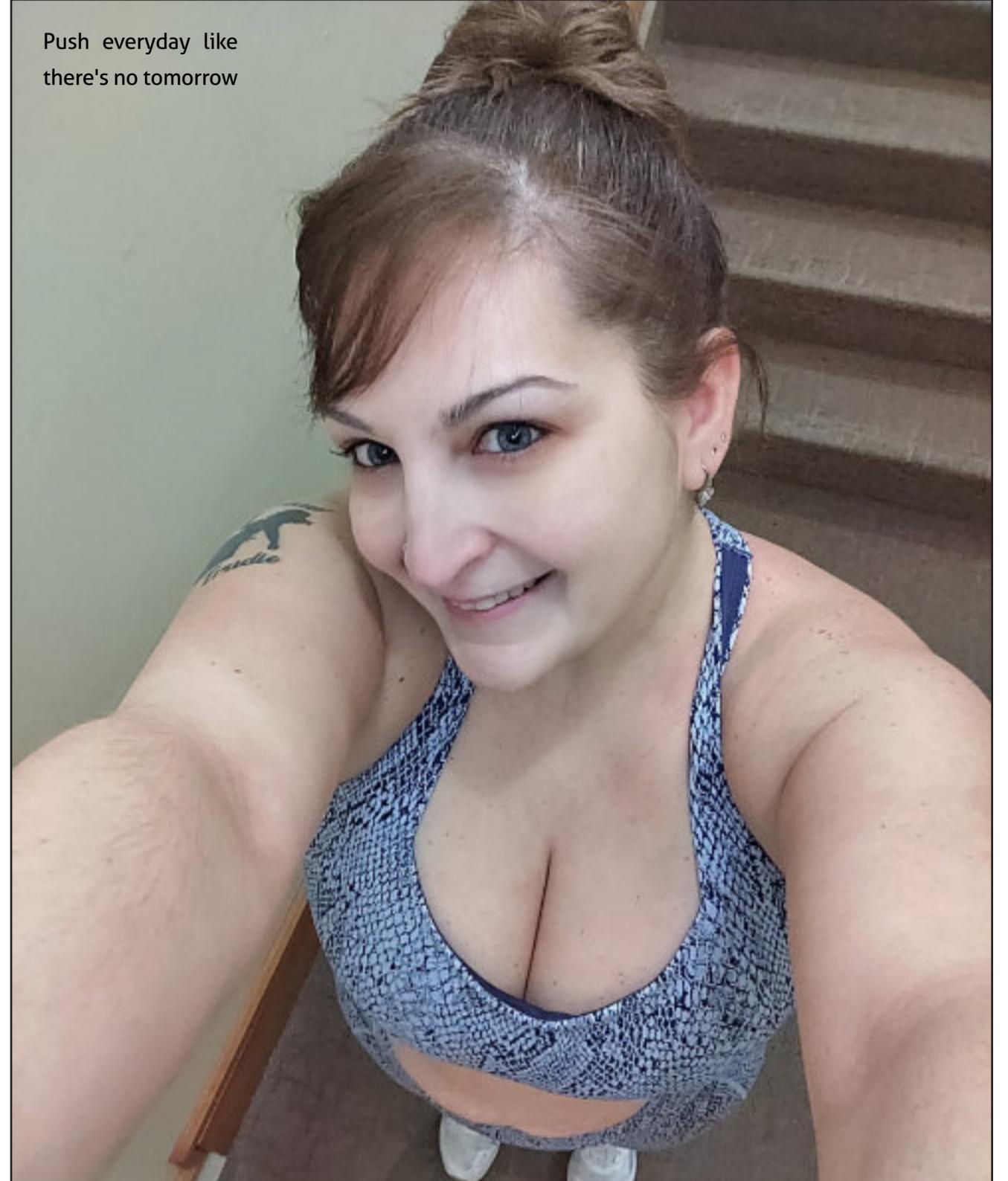


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Push everyday like  
there's no tomorrow



# Emma Lee Richardson



I have always enjoyed dressing up in pinup styled clothing since I have always like to watch the older movies and listen to that type of music! I have that curvy figure and sure do like all kinds of food! As a big movie fan I also am told I look like

Marylin Monroe. She was one of my favorites! I have visited Paris and sure liked visited all the shops! I also live with a few on my girlfriends and we always go out to the movies! I do not have a car so I do a lot of walking which is healthy and I

enjoy. It would be so exciting to live in Paris! It would be fun to do an actual pin up shoot with a lot of classical cars, or trucks, or an old fashioned van. It does not bother me that I do not have a boyfriend since I have close girlfriends that I am always with. It is fun working in retail since I get

to help ladies with choosing their outfits and they love my witty, cheerful, bubbly personality. Living in the city of San Diego sure is fun! There is always something to go to!

Photographers Credits: Emma Lee Richardson







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.

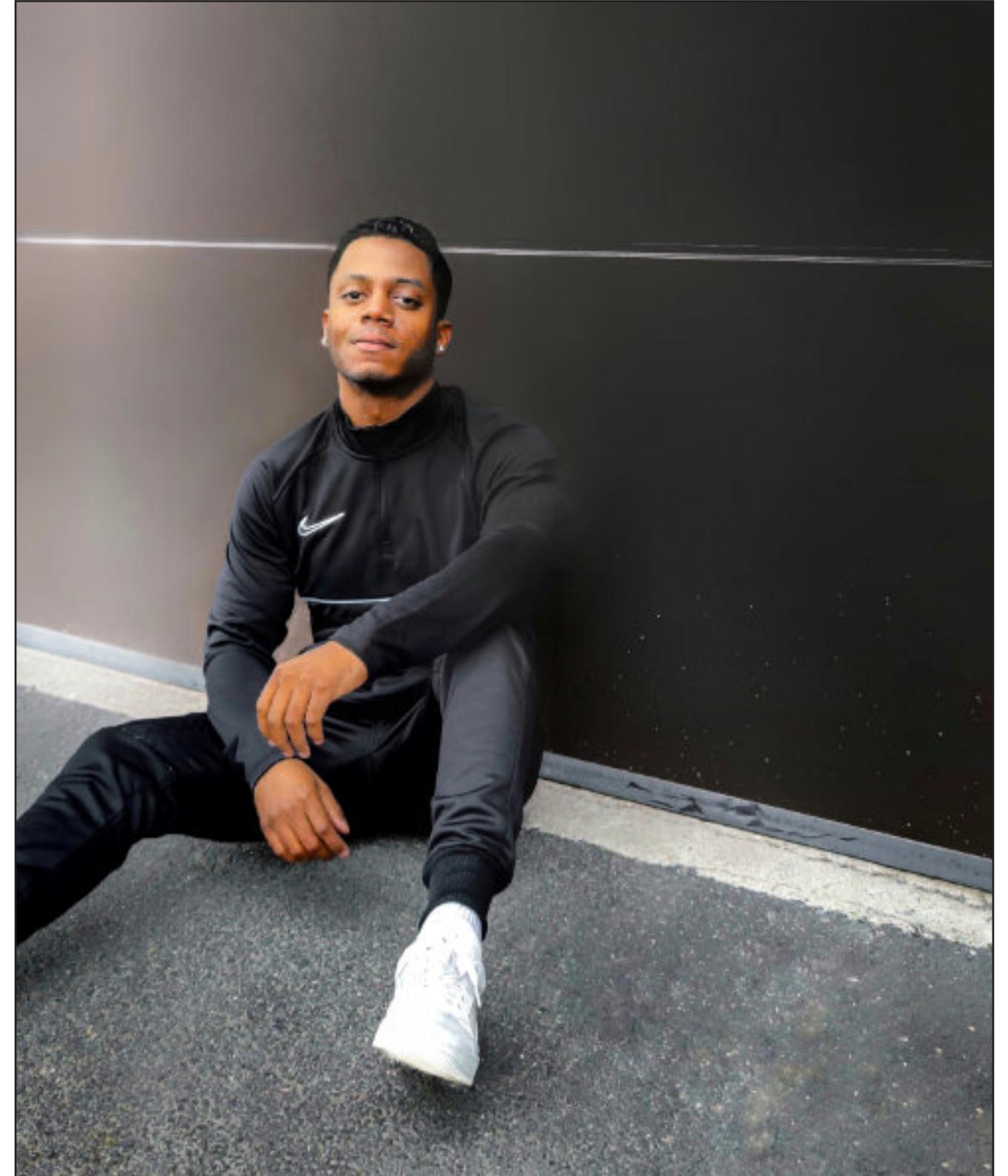
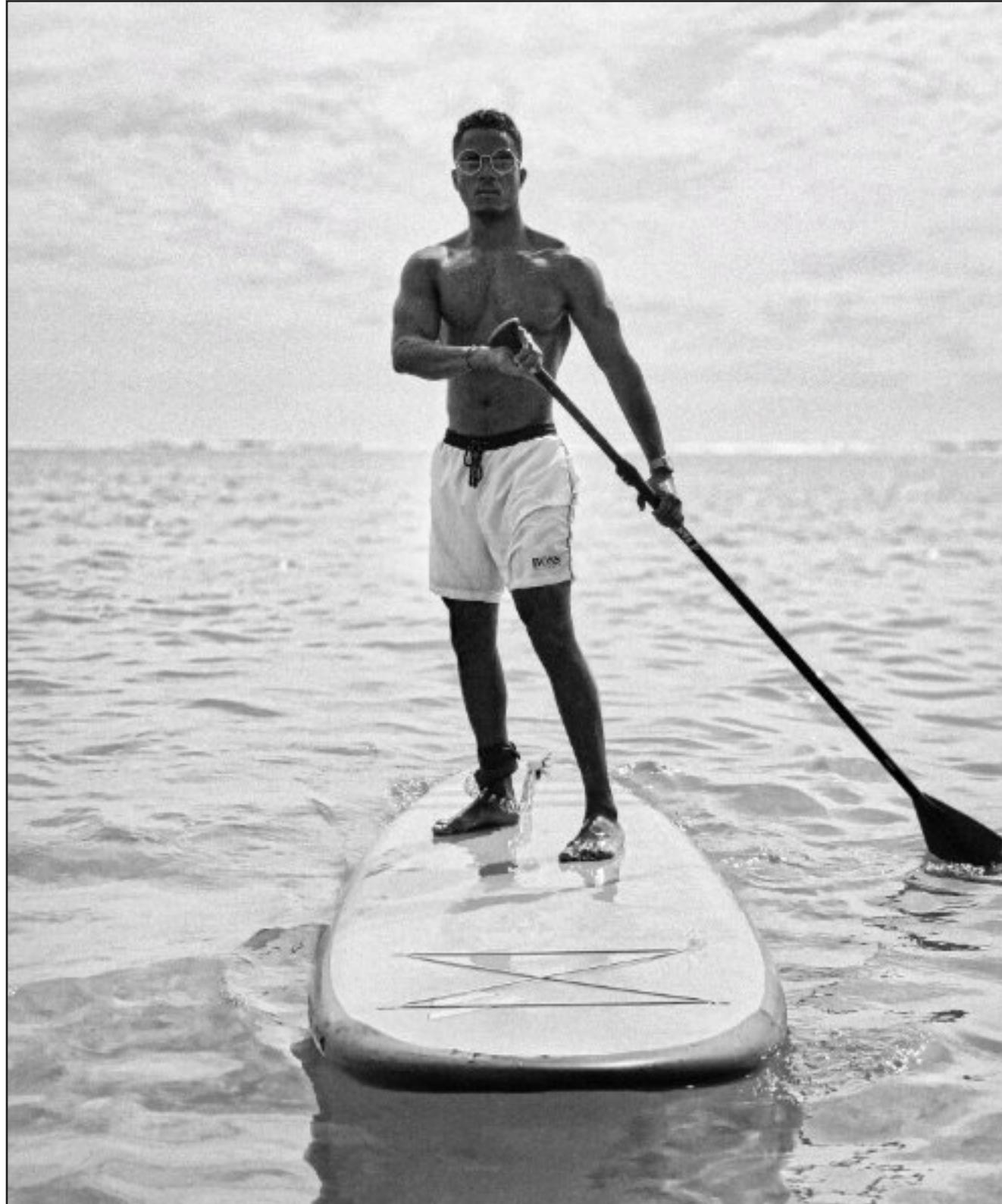
Il réalise des partenariats avec des grandes marques de sport, de beauté et de lifestyle.

Retrouvez-le sur son compte Instagram fitness et lifestyle :

[www.instagram.com/fitmander\\_](https://www.instagram.com/fitmander_)













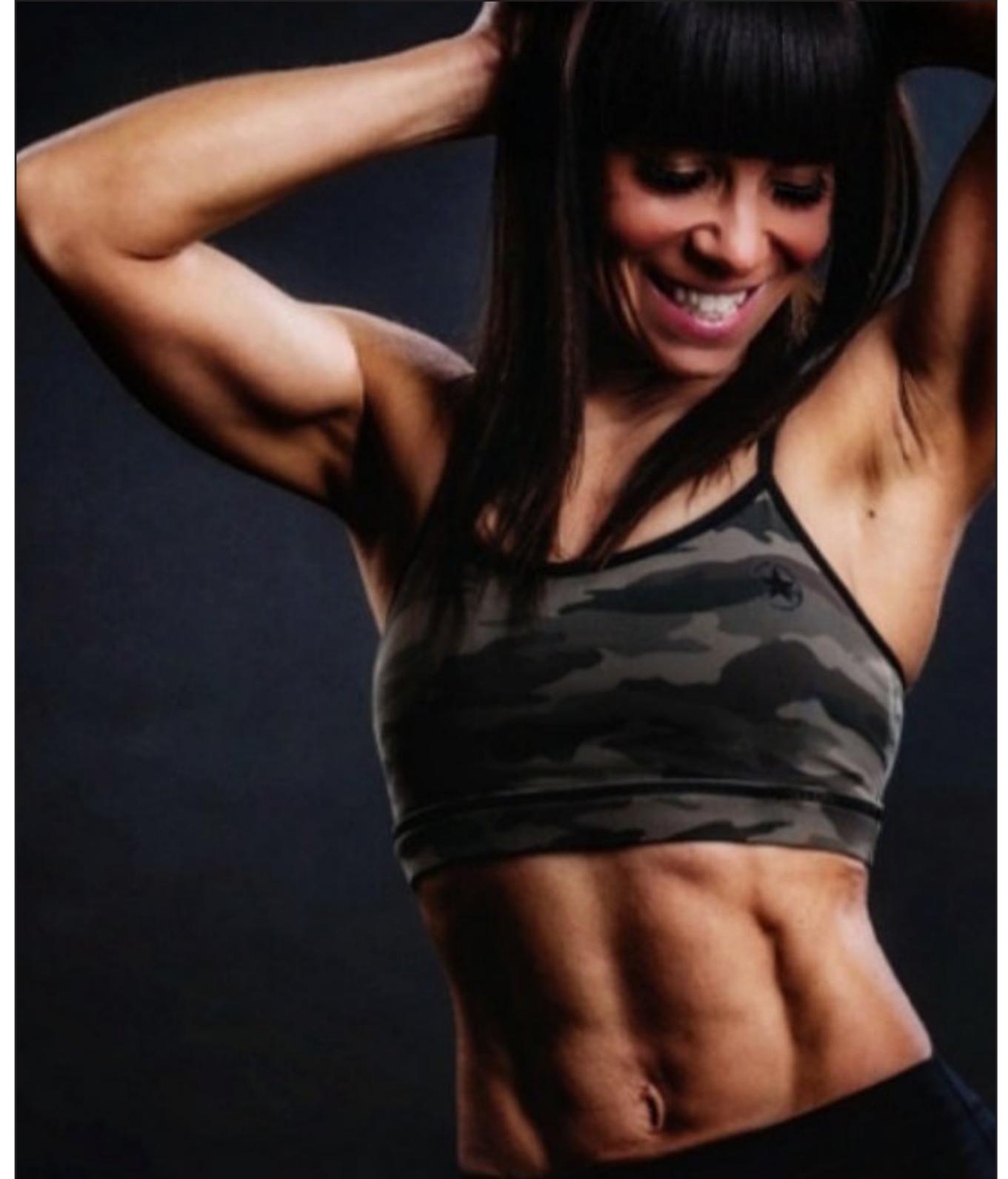
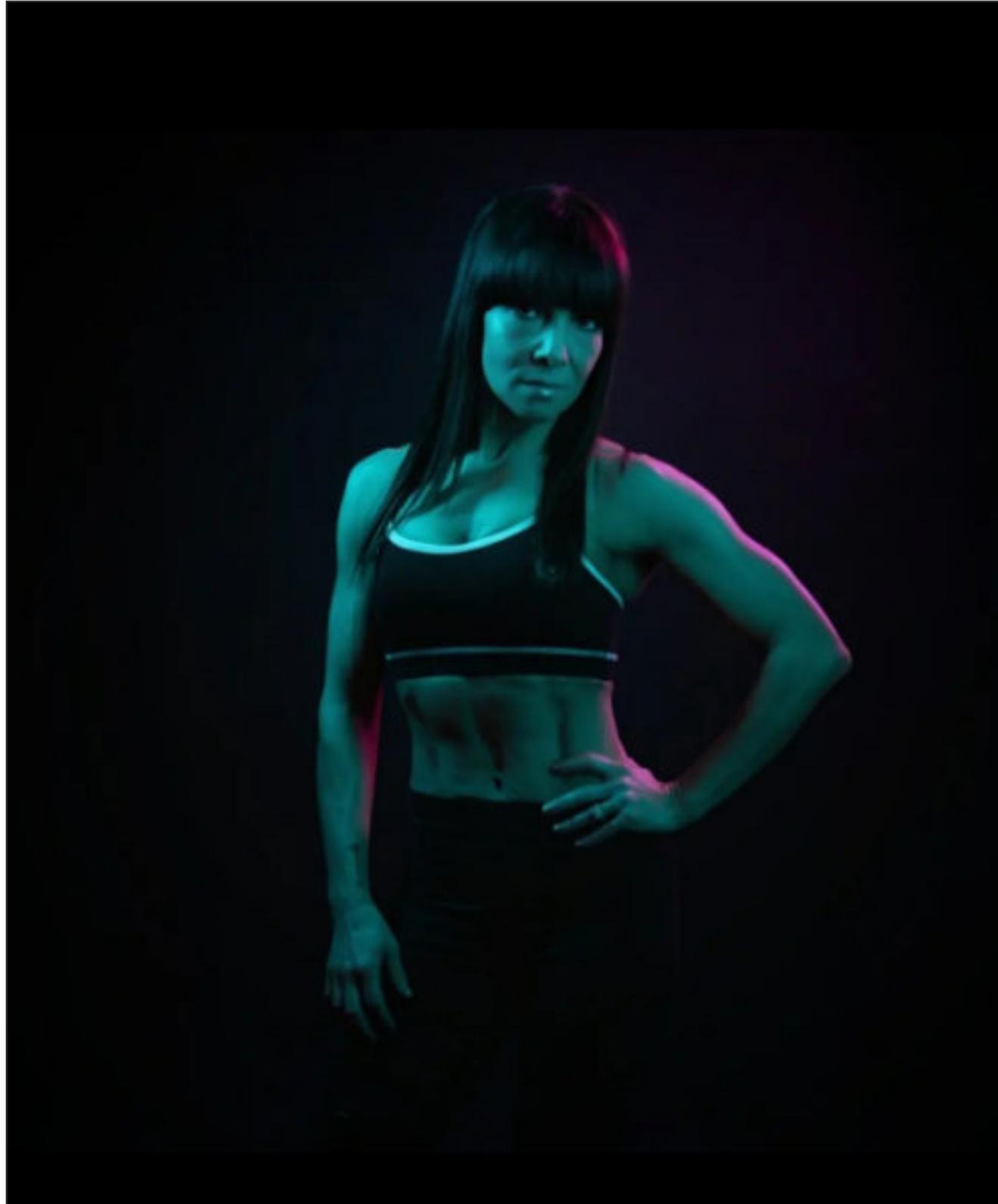


I have been very passionate about fitness for many years. I am an avid runner who has completed thirty marathons. I am a firm believer that you still can be toned and muscular as well as feminine. Being strong is beautiful and that is my message for women of all ages. Being fit and healthy will help to ensure a long life. My personal goal is to

continue to inspire others that at any age you can be fit and strong as long as you put the effort in. Results do not come overnight. Through patience, dedication, and determination you will achieve a fit body and a tremendous amount of confidence.

Photographers Credits: HDFPhotography





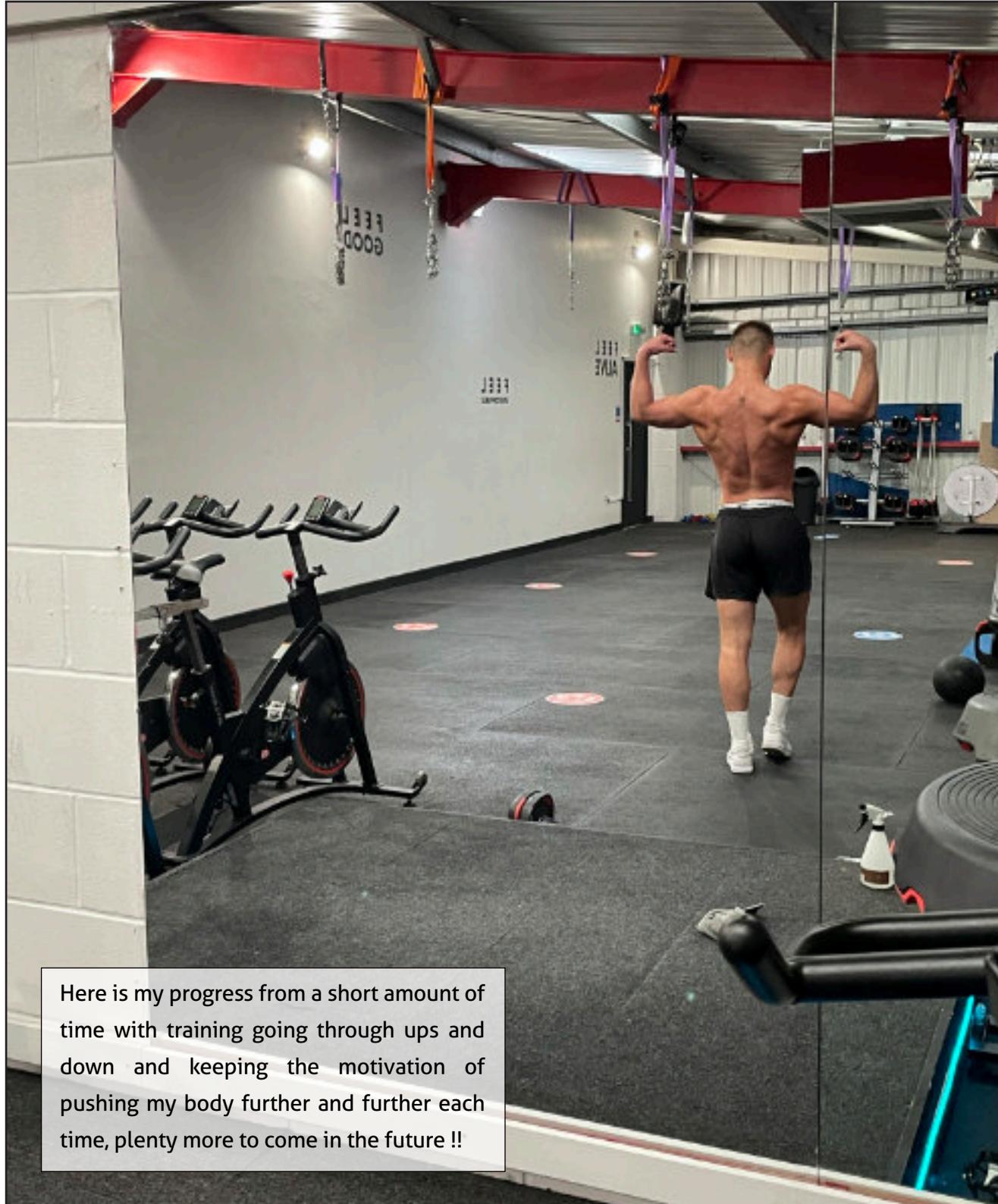




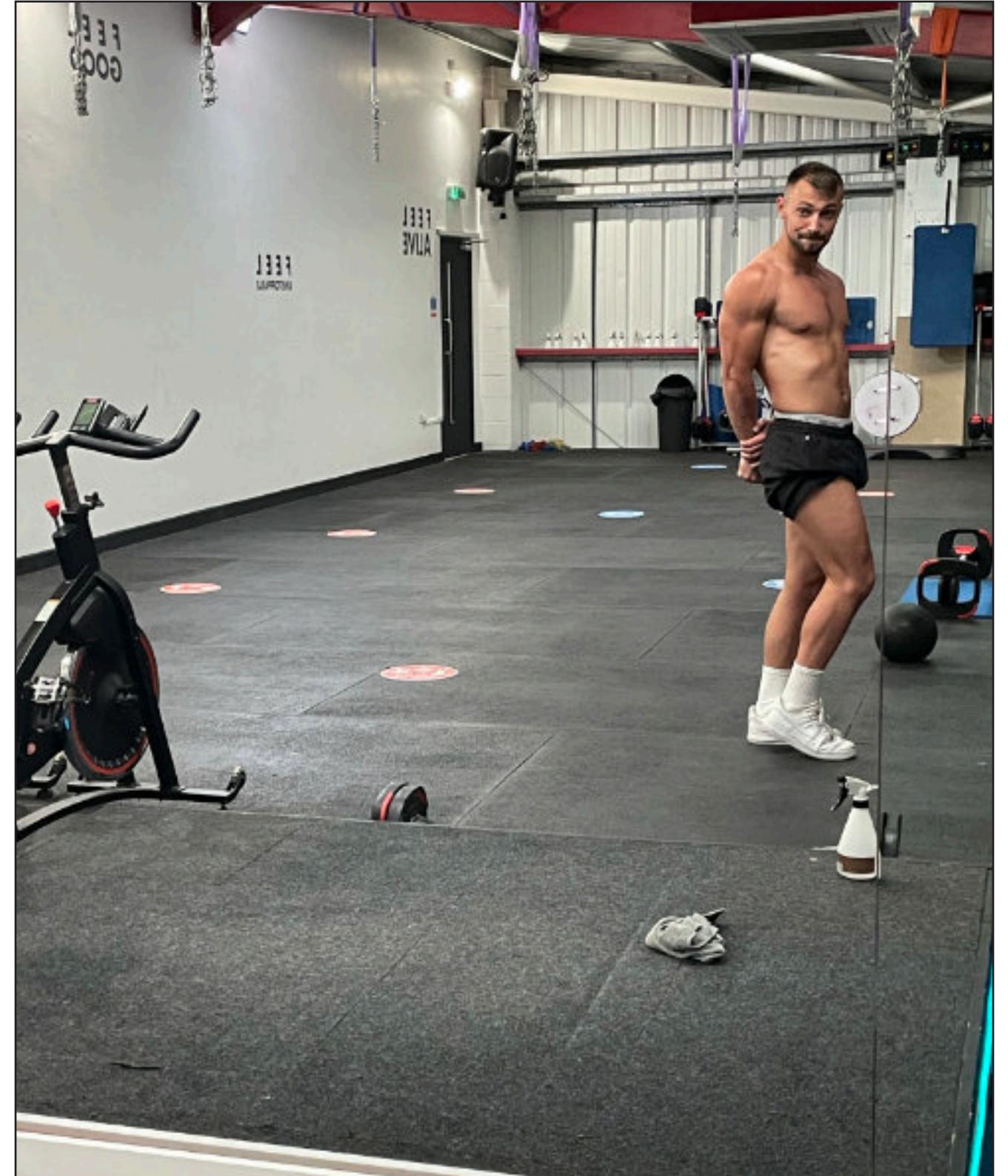
My name is Kelly Marie but people usually call me MJ just because I am always buying clothes, hats, scarfs, and my family and friends compliment my styles. They know I am very fashionable with all the outfits I put together. It would be cool to maybe be a clothing designer. I also like to travel and meet all kinds of people. I have some

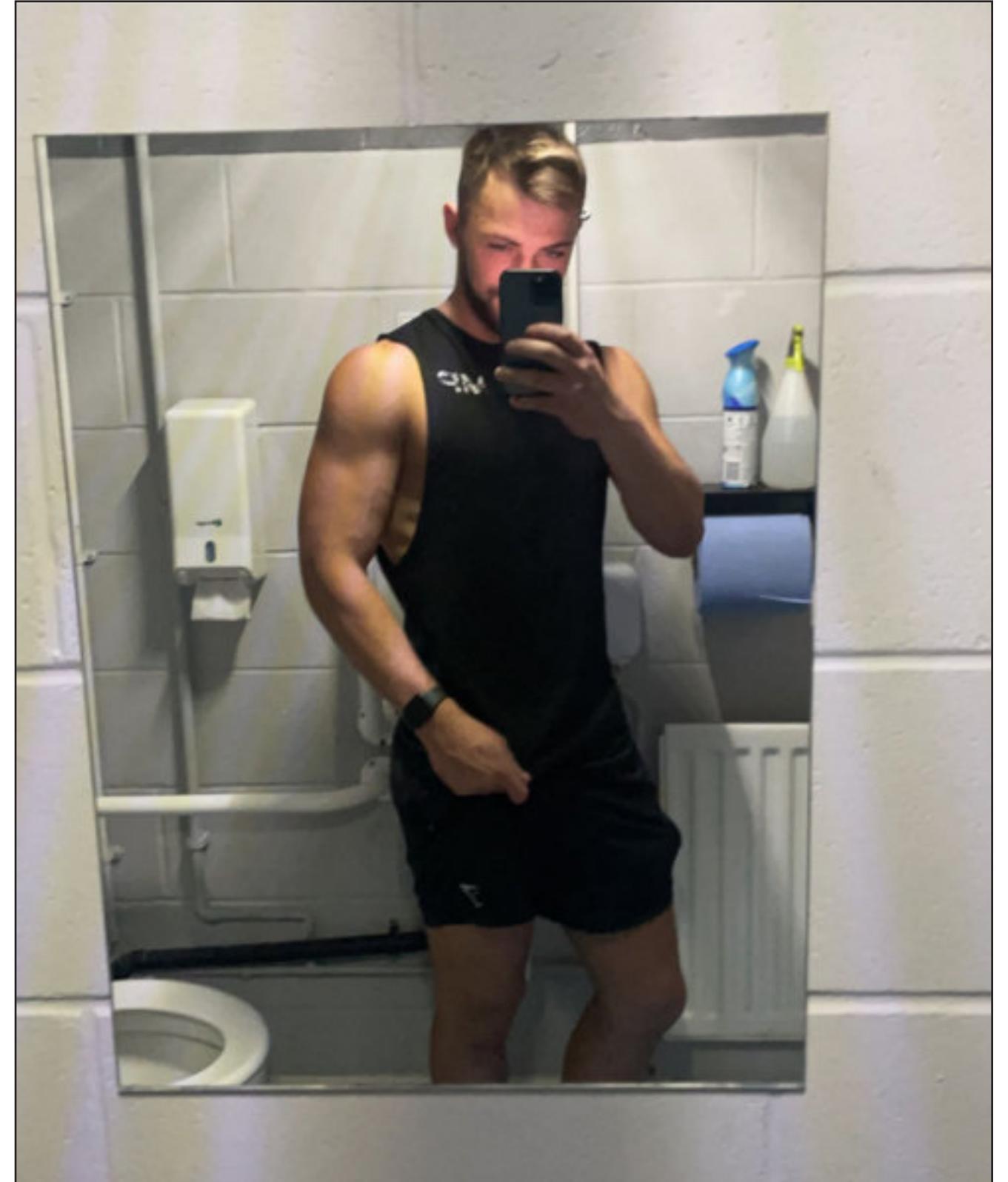
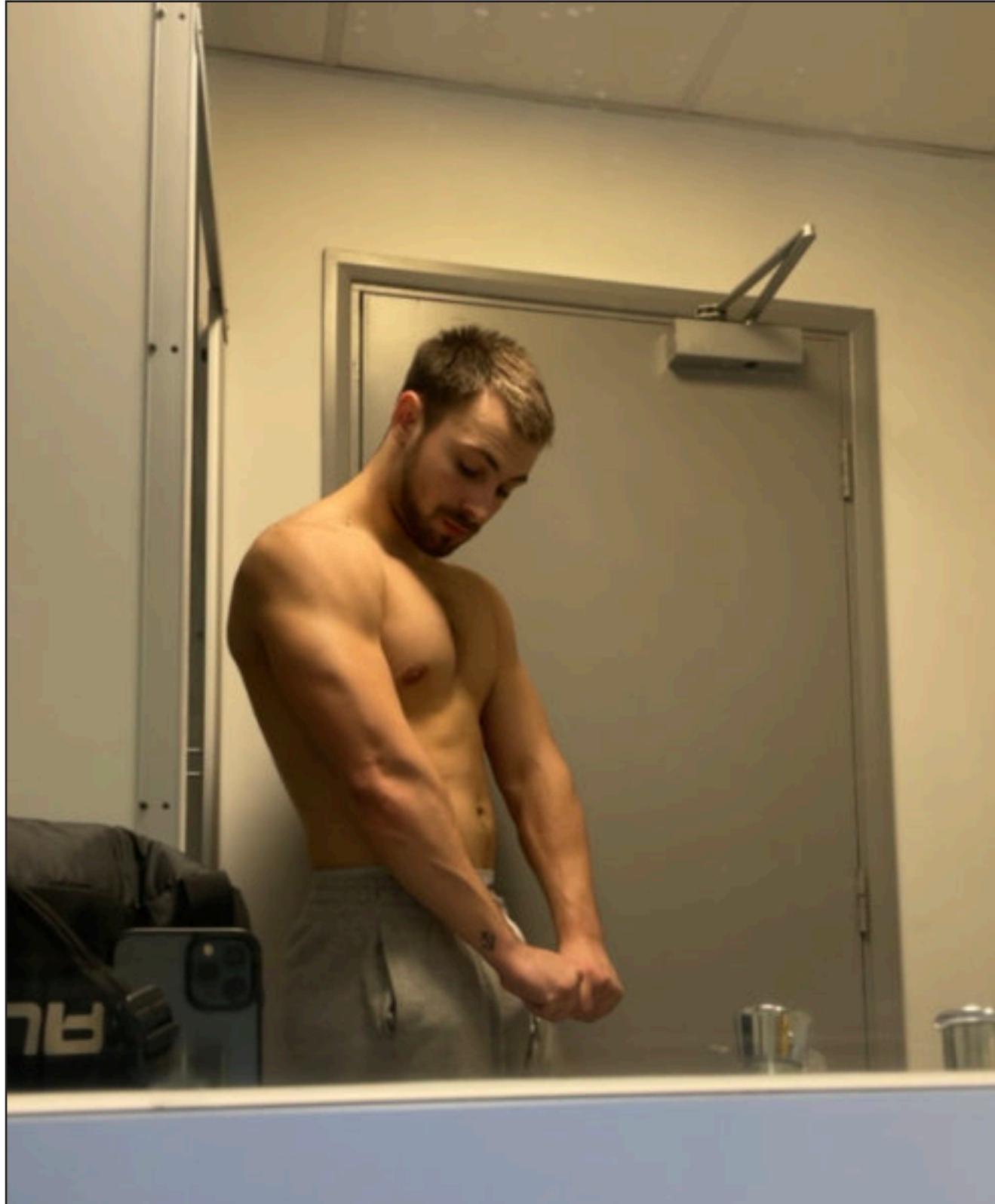
challenges due to my anxiety but I get a lot of support from church. I always keep a positive attitude and love taking my own photos as a hobby. I'll be turning 25 next month and will be celebrating it with my church friends.

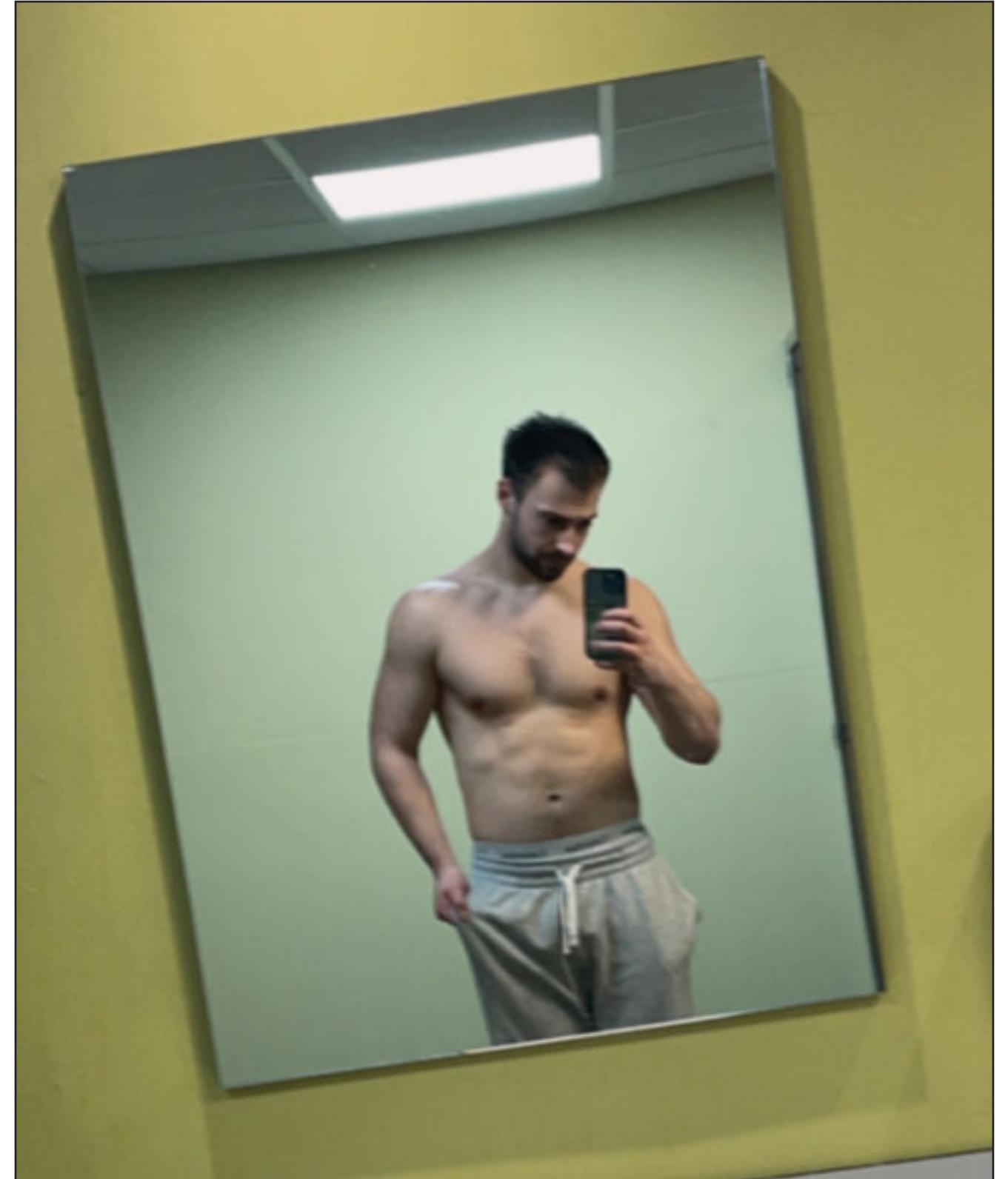
Photographers Credits: Kelly Marie Jones



Here is my progress from a short amount of time with training going through ups and down and keeping the motivation of pushing my body further and further each time, plenty more to come in the future !!









I am always enjoying getting new fitness outfits so I wanted to submit to this magazine again! I am from New Jersey and enjoy working as a waitress since recently I have gotten new customers and they have been leaving me nice tips which I appreciate! It is always a long day but I get through my days at work since I am such a people person! I also recently got more outfits so I will be also submitting those too! I also have been doing other activities around my community such as churches and other non profit organizations. It is nice to just be friendly since people will trust you and they will listen to your life and you can learn so much about their lives! There is so much out there to learn and I enjoy learning different things!

Photographers Credits:  
Rachel Thomas

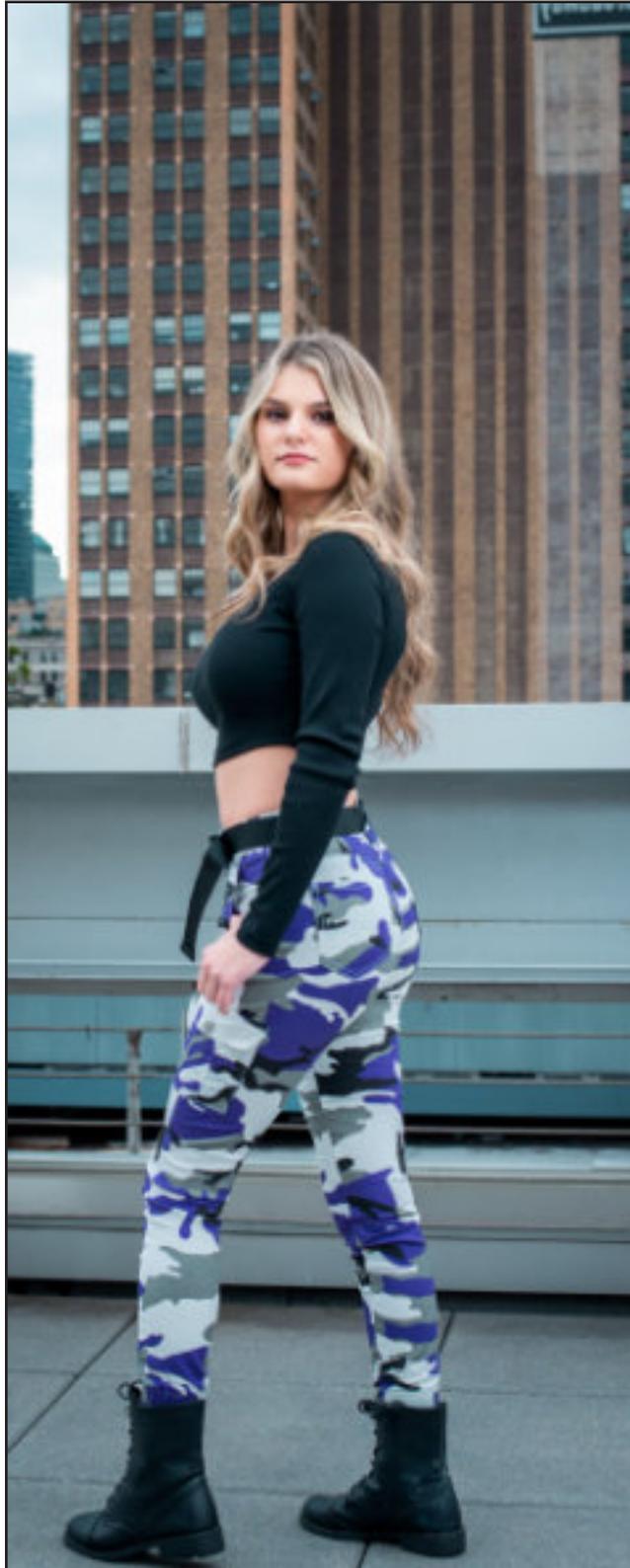


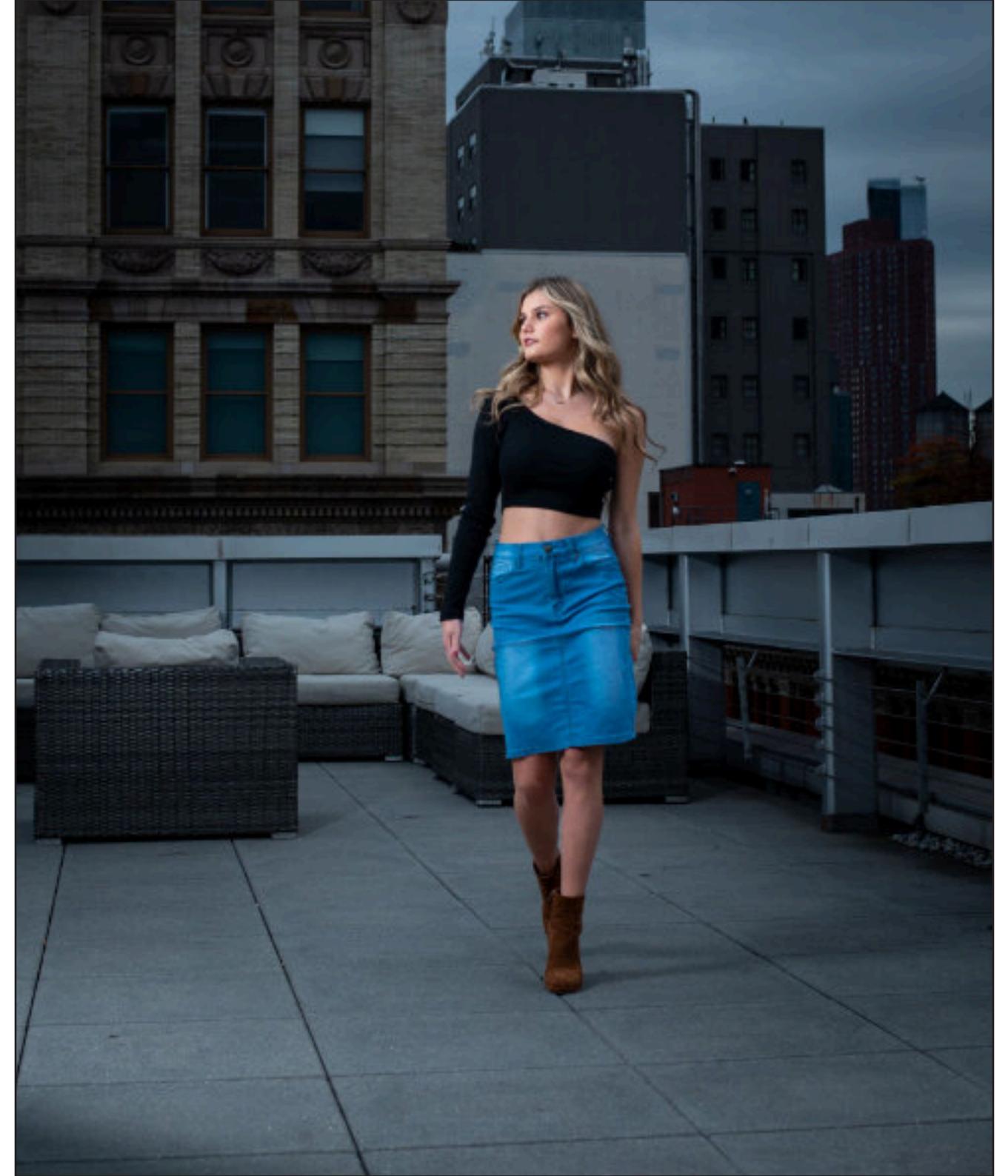


# Savannah Tambon

My name is Savannah Tambon. I am 18 years old and I have 5 sisters and 7 niece and nephews. I enjoy gymnastics, cheerleading , and modeling. I have been in a music video with Old Dominion , I have walked for Atlantic City Fashion week, I was a top 10 model for USA Youth top modelz, I was apart of a doordash documentary and, I have done Photoshoots for Lasio hair products, Coco Galore apparel, and Society 21 apparel. One of my dreams is to go to college for something in the medical field after high school. I have a passion with helping people. I want to try and get involved in acting and do more modeling and get published onto more magazines.

Photo Credits: Bob Schultz , Audrey ODonnell

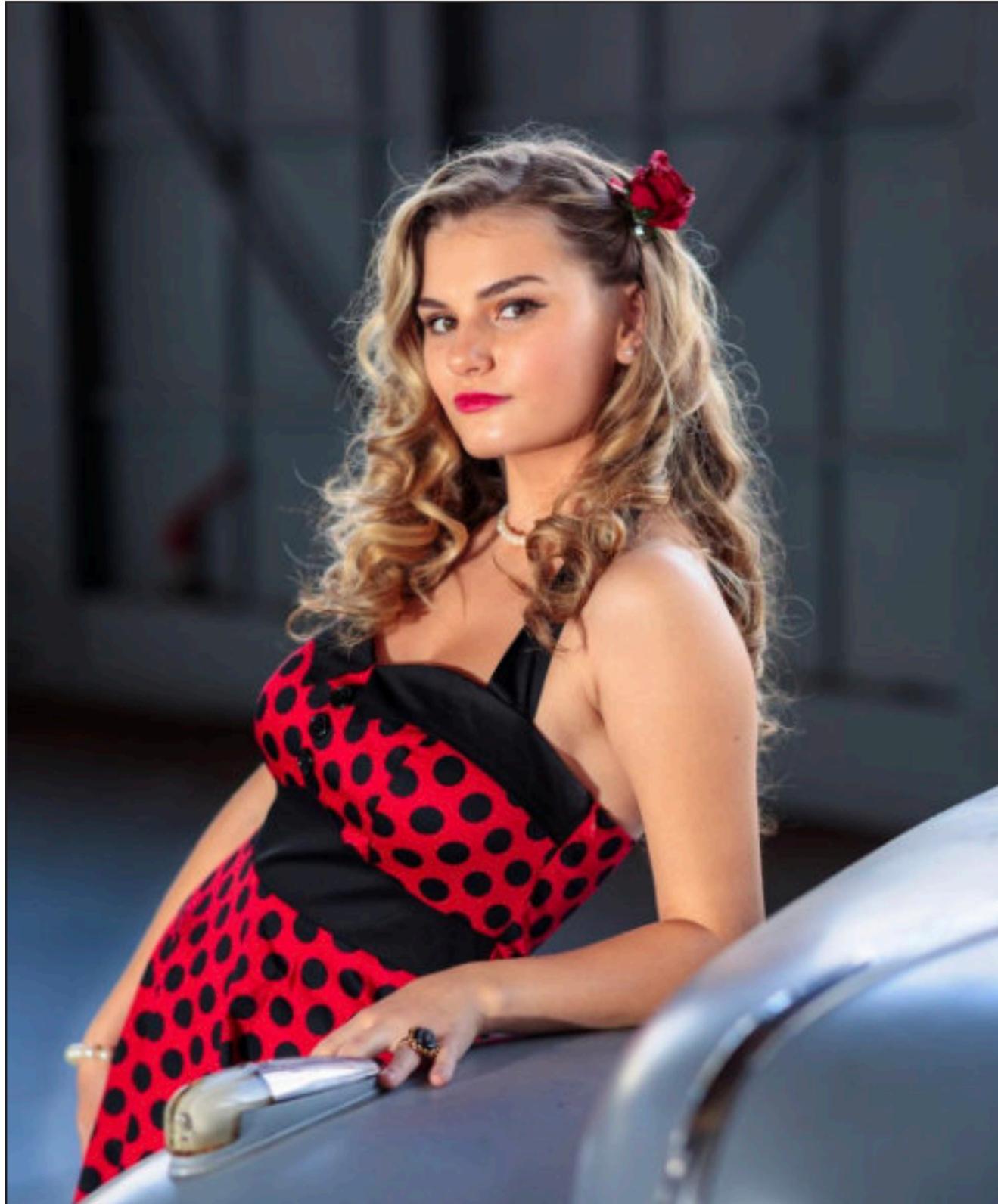


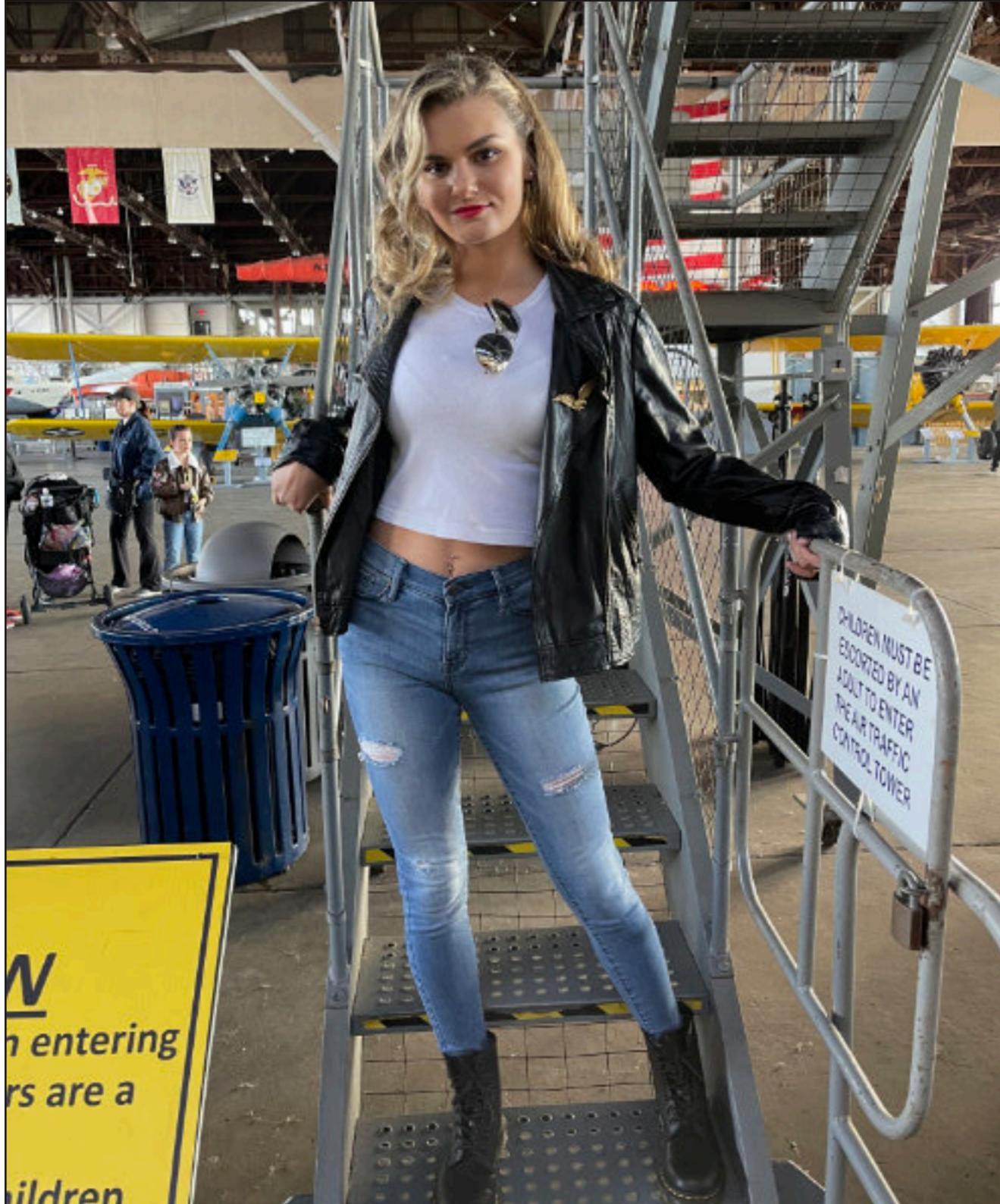














I've been in the fitness industry for 10 years. I'm a personal trainer, parkour coach, running coach, and obstacle course racing coach. I help people move pain free! However, I've done all sorts of things. My first driving passion was Obstacle Course racing. 3-18 mile races with obstacles, heavy carries, swims, etc. I even qualified for US Obstacle Course racing championships years ago, and placed 7th in my age group! Since then I've

spent the past four years learning and conditioning myself for parkour. It's such a useful, fun and beautiful art with endless challenges. I believe it pushes the body and mind to its limits while also staying grounded in natural movement. My training has never once been about building an "ideal looking physique". Appearance isn't important to me. It's my love of movement, as well as creating and completing

challenges that drives me. My goal right now is to keep expanding my horizons in movement. An example of the life I strive for happened just a couple months ago. I ran 20 miles in the middle of the night on steep rocky hills with a friend who runs ultra marathons, trained parkour the next day with the parkour practitioners in my home town, then went rock climbing outdoors the day after

that with a friend of mine that had the equipment for it. My body still felt great even after all of it. I was ready for more! This is the lifestyle I love. Thanks for reading. Never let your health be a chore! Find something that you're happy doing, so training will be fun!

Photographers Credits: Fernando Aguirre, Michelle Harmony Campbell, John Robert Mack, Britt Coleman, Urs Senser







# BARBELLS FITNESS

## Wesley De La Rosa



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