

BARBELLS **FITNESS**



**Stephanie
Watts**

Issue 03 2022 \$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

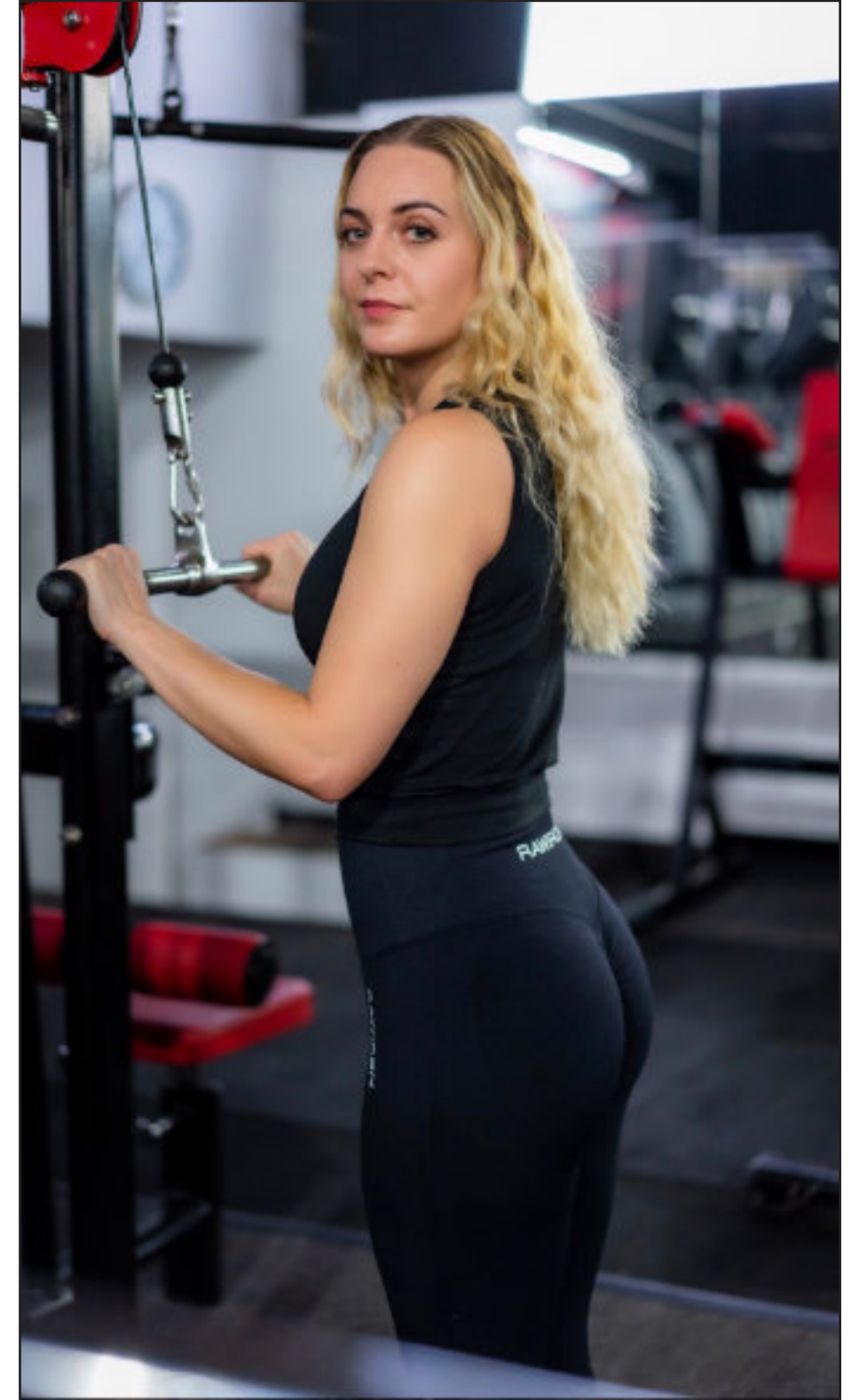


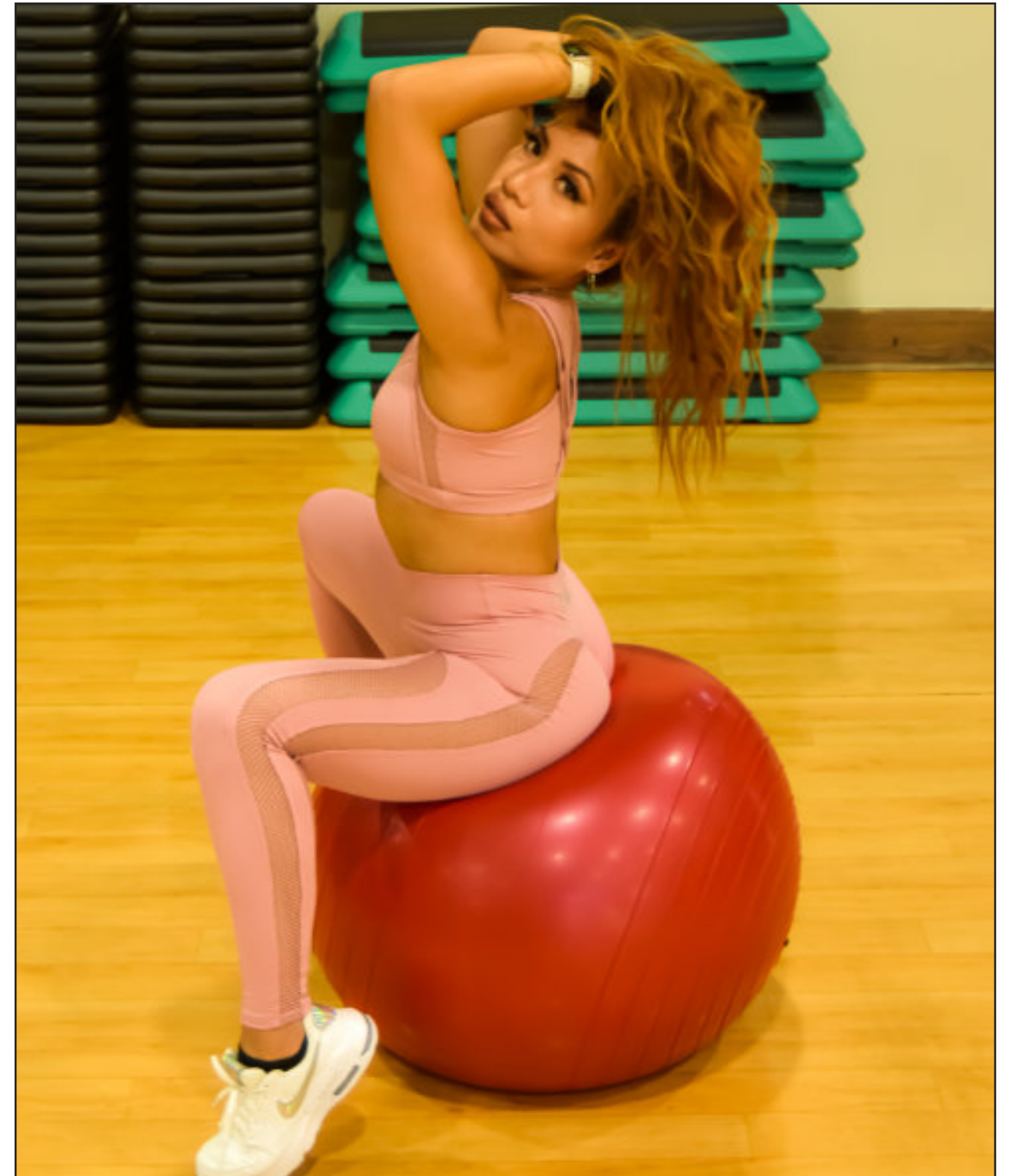
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Anastacia

Hi I'm Anastacia. I've loved Fitness all my life but started lifting weights 7 years ago and still love it today. I was lucky enough to be asked to do a fitness shoot and that's where I also found a love for modelling







Angel Beck



Fitness is my life and I'm proud about it but it all started as an accident and as a second option as it was not something I want to do really. I grew up as a dancer and because of my passion in dancing I took Bachelor of Secondary Education major in Physical Education, Health and Music. After I graduated, I took a job offer abroad to be a Dance Instructor in a gym, as well as to teach a workout. Never thought I'll fall in love in fitness and the rest is history!

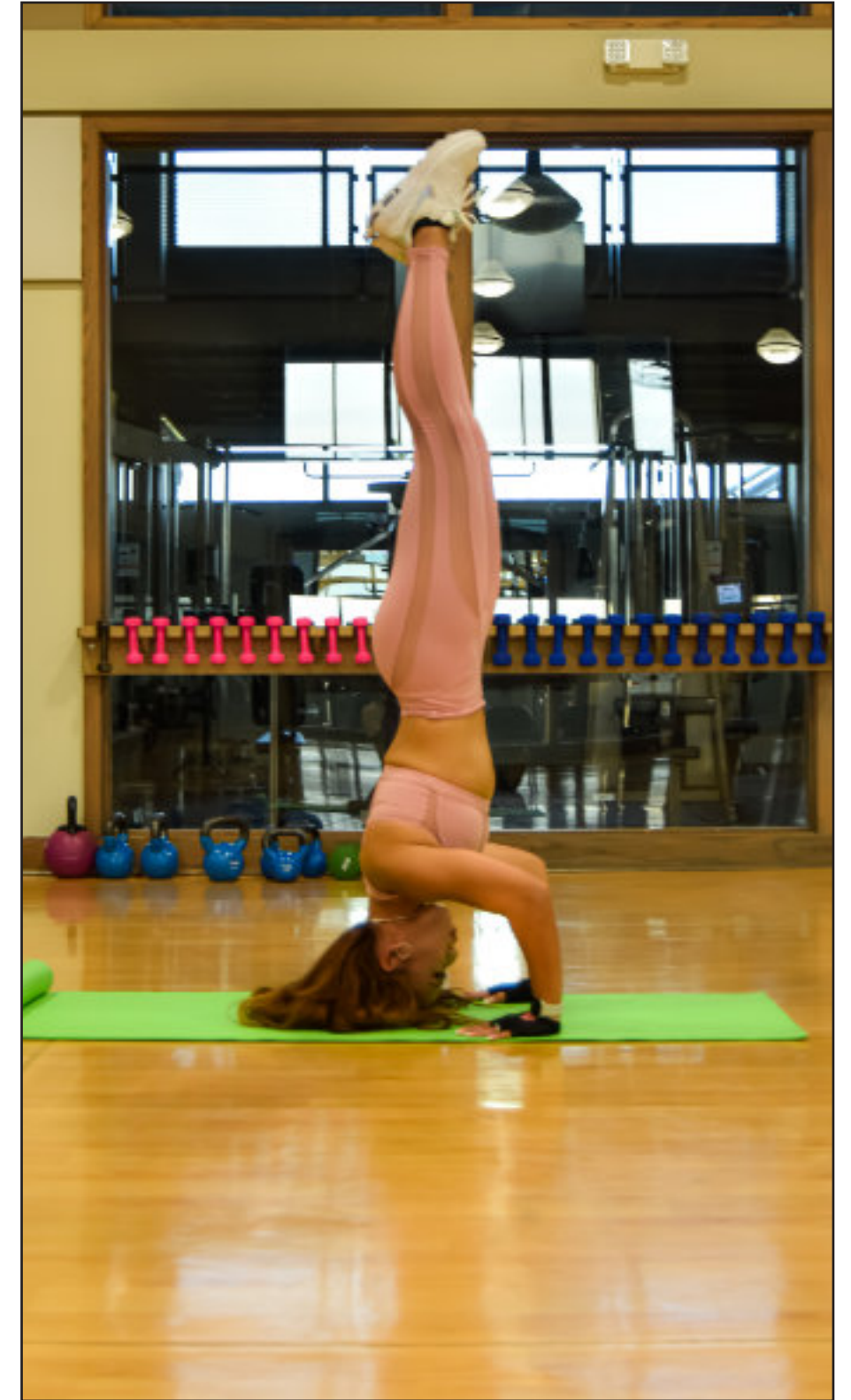
For me, getting this far in my career and been in different countries and practice what I do is such an achievement for me. I'm proud of myself as I built myself, I built my career because I worked hard for it.

My goal always is to be better on what I do. Not just for myself but for my clientele as well. Learning is unending. There will always be something new in this industry and have to be updated all the time.

Valuing your work and loving what you do is the main ingredients of success.









Buster Camp

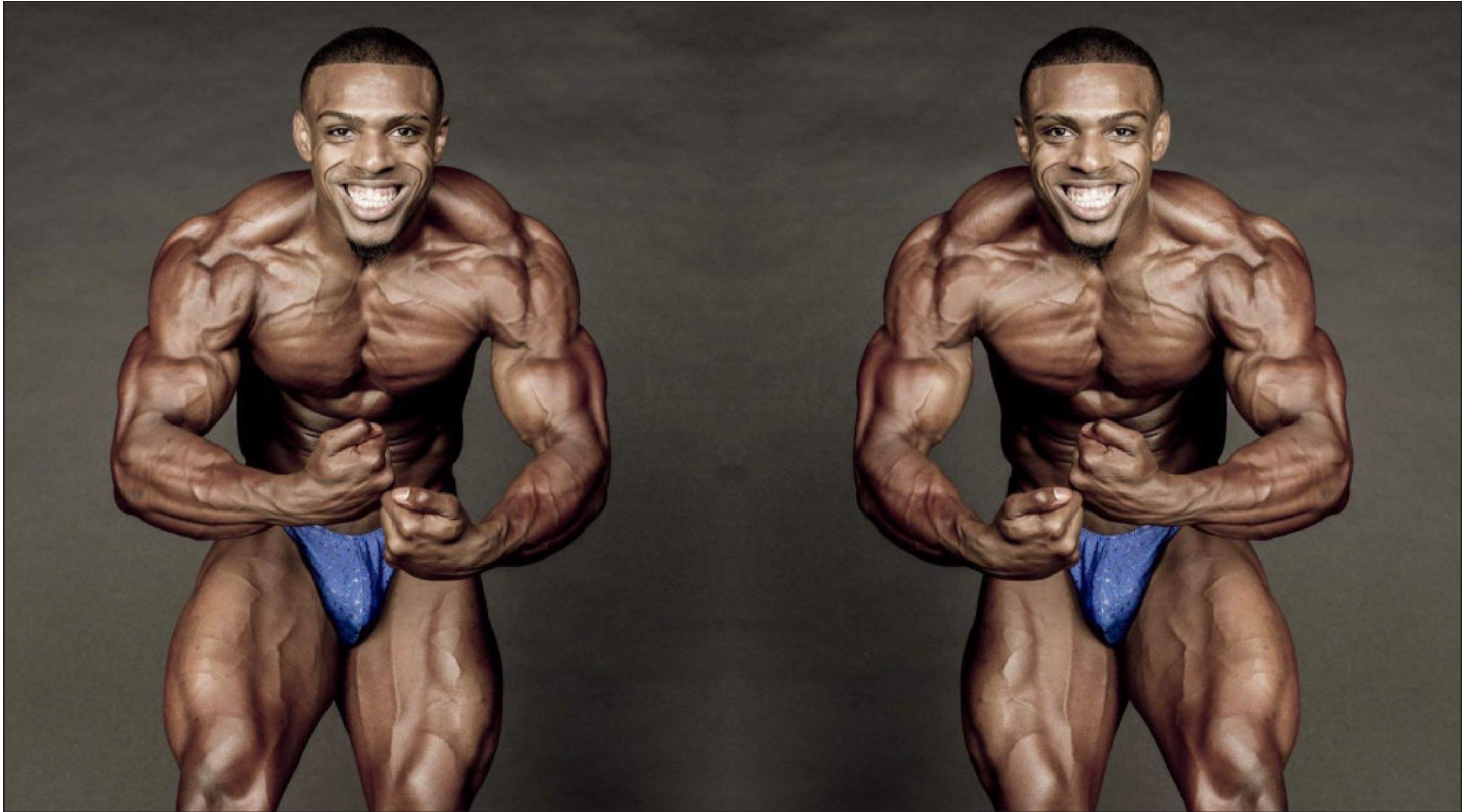


Buster Camp is an AAAI ISMA Certified Weight Loss Specialist (WLS). He has a background in health and fitness as well as Athletic performance training with over 10 years experience in the field. Garnishing an approach to fitness emphasizing a Will Power Appropriate programming with a specific focus given to Cardiovascular and Strength Training in combination with Balance and

Flexibility training. Establishing long-term client interactions with the Goal of integrating Exercise, Nutrition, Communicational Consoling, Entertainment, and Optimal Wellness into the demands of daily living.

Photographers Credits: Jermaine A. Guinyard

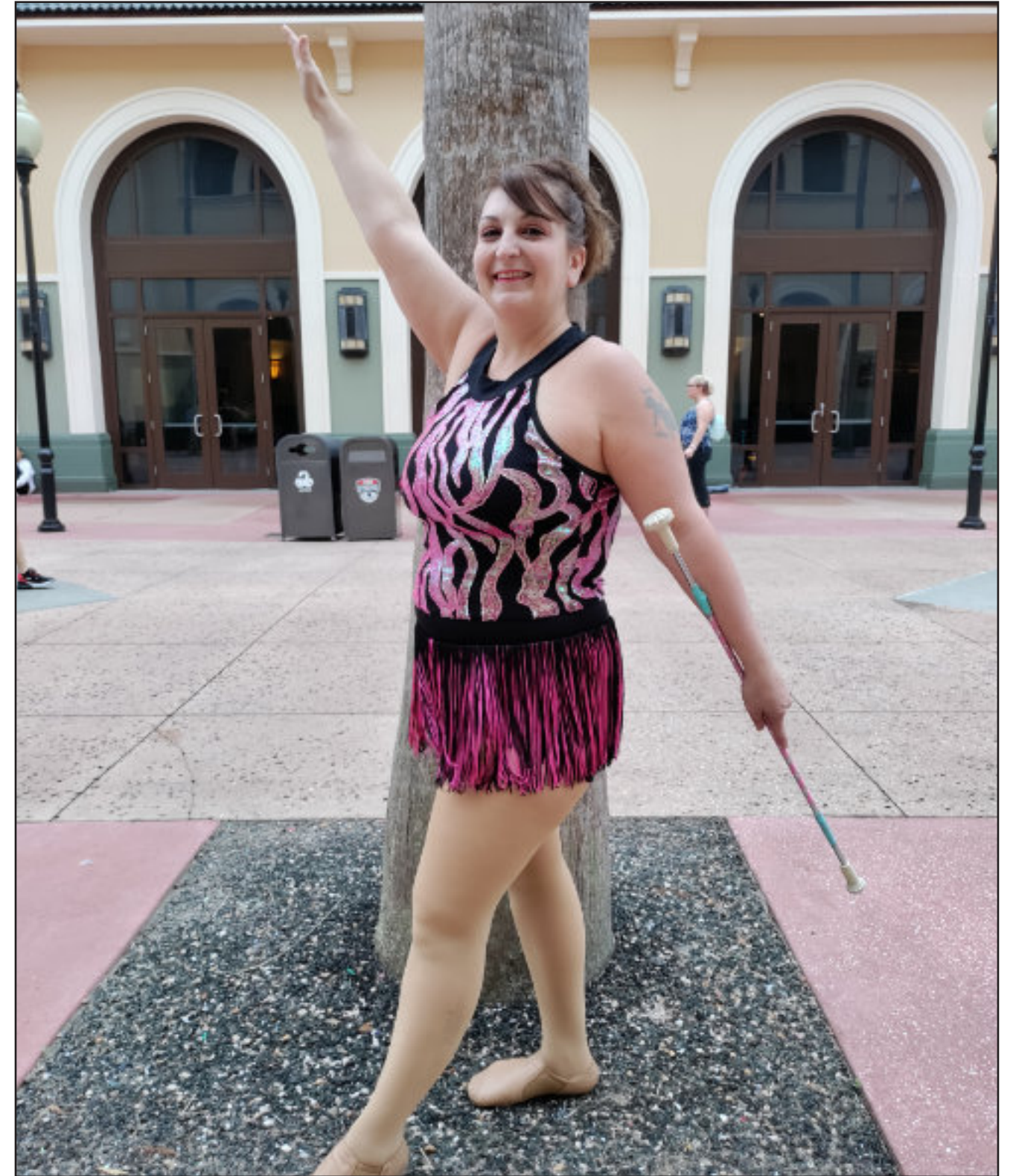






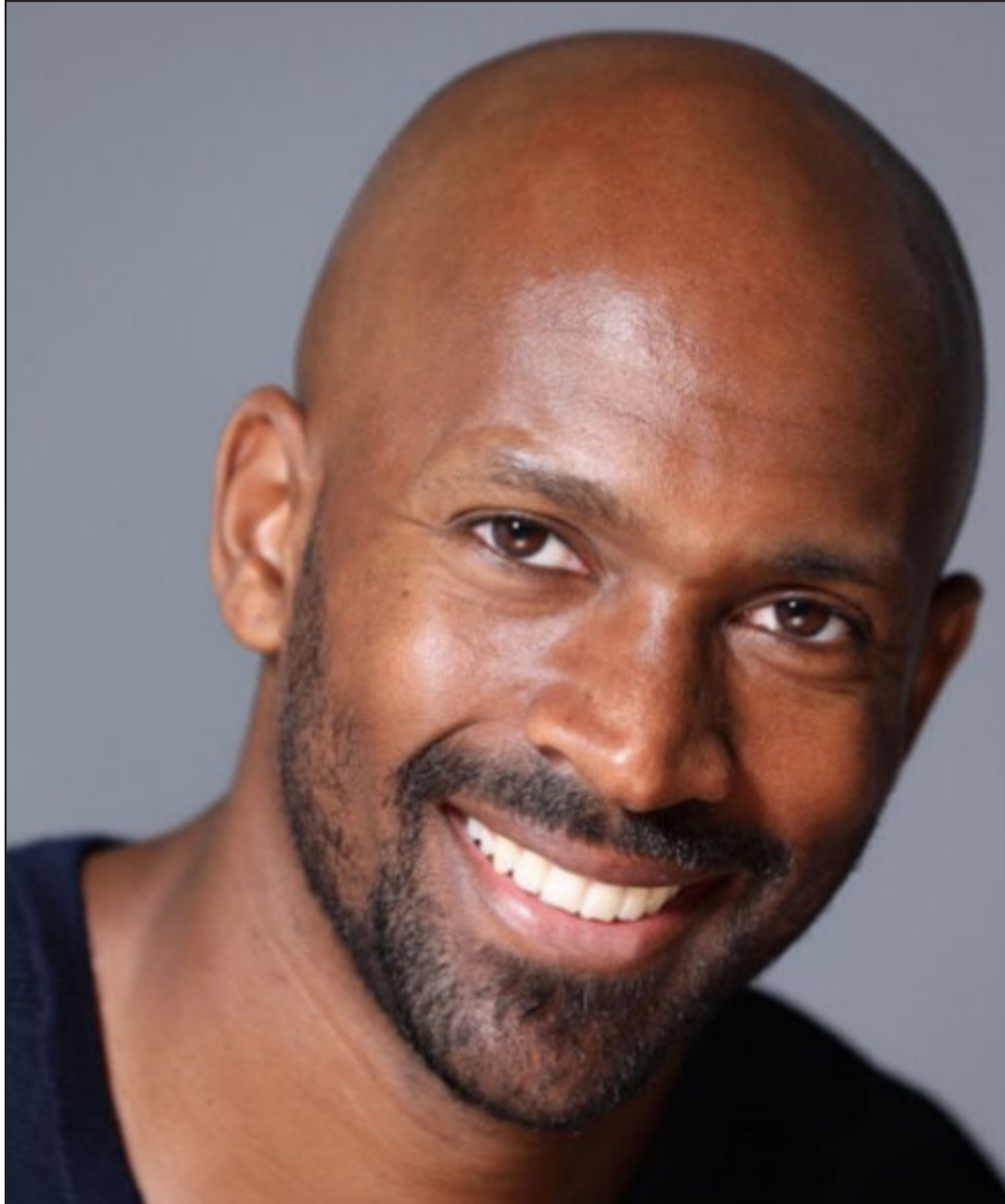


Live like that there's
no tomorrow..









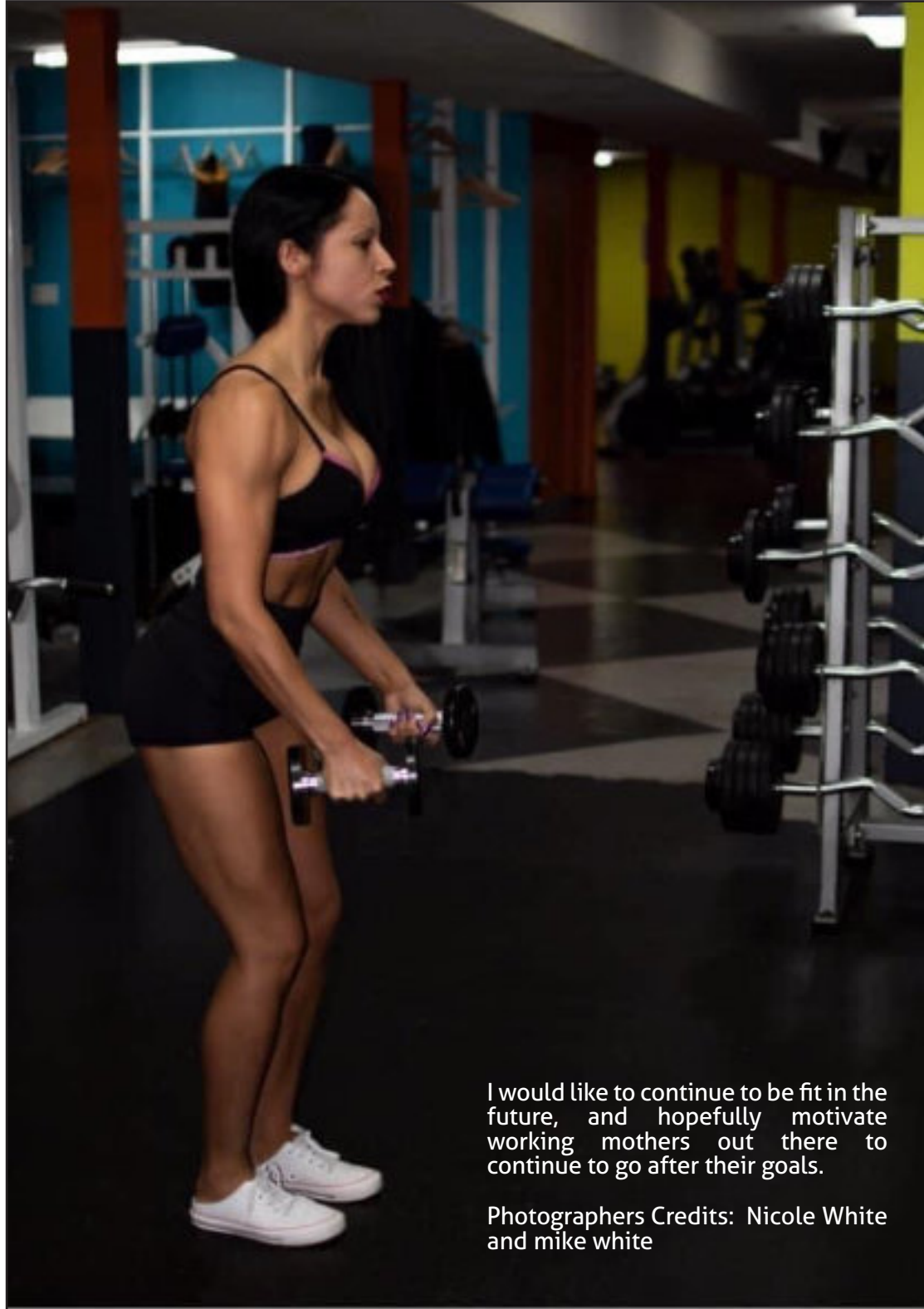
I'm from Moreno Valley California where I was extremely fortunate to have a childhood. I was raised there by both parents. I graduated from Rancho Verde high-school and excelled in the sport of Track and Field which led me to earn a scholarship to Cal State Angeles where I hold the Triple Jump school record since 2010 and won The Division II title In the Triple Jump event 2011. One of my challenges is getting in contact with the right people for opportunities and growth.

One of my accomplishments was competing at the

University of Oregon 2012 in the Olympic Trials. Another accomplishment of mine was being signed to Wild models Los Angeles the end of last year. The most current accomplishment was walking the runway for the designer Joshlyn Jamison representing her clothing line Zadekahemporium March 26th 2022 at the Los Angeles Convention Center. My goals are to act and model full time and that is my dream. I am thankful for my health, opportunities and family support. I take one day at a time working towards the smallest goals to accomplish my big goals.







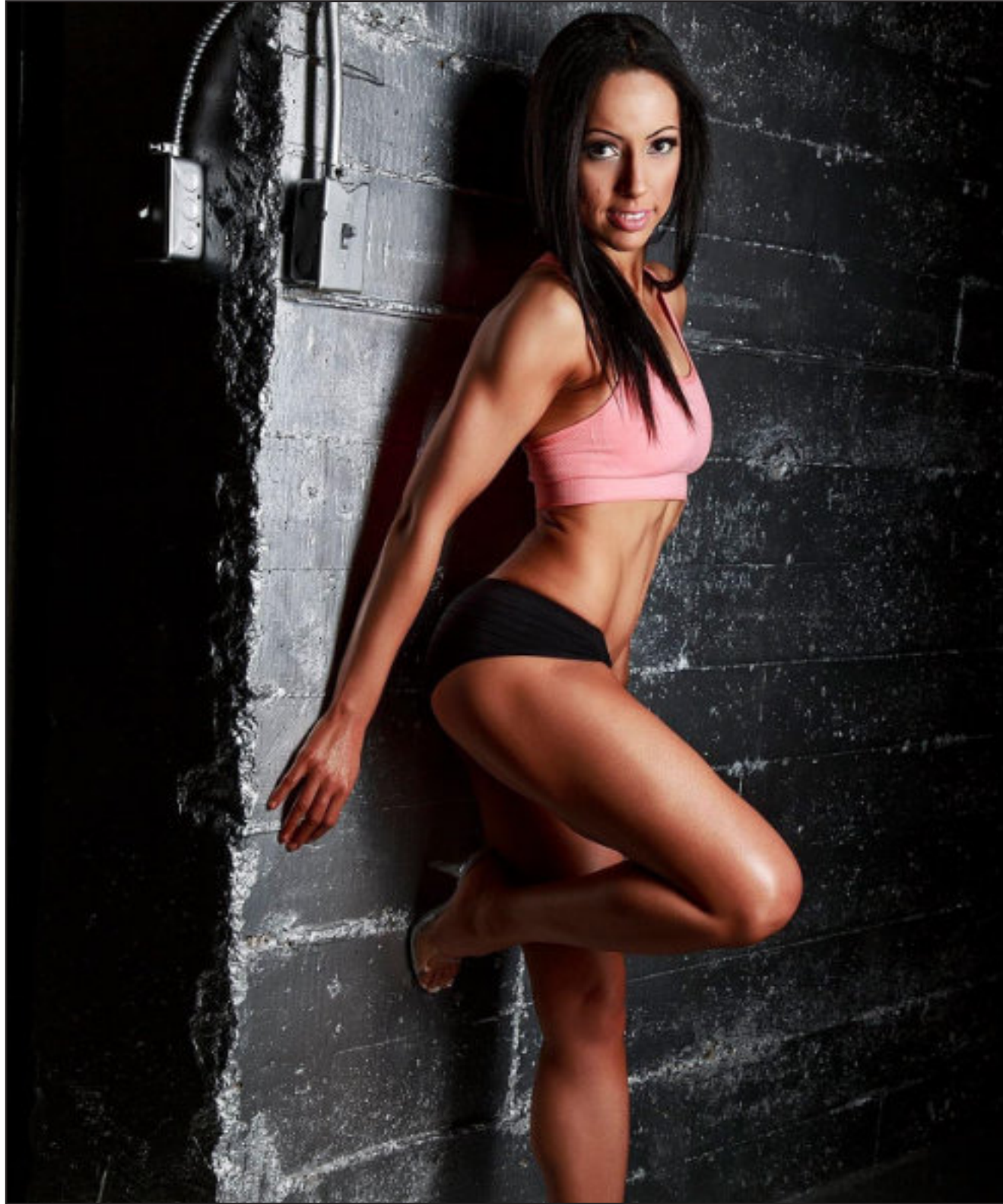
I would like to continue to be fit in the future, and hopefully motivate working mothers out there to continue to go after their goals.

Photographers Credits: Nicole White and mike white



white photography
mike and nic



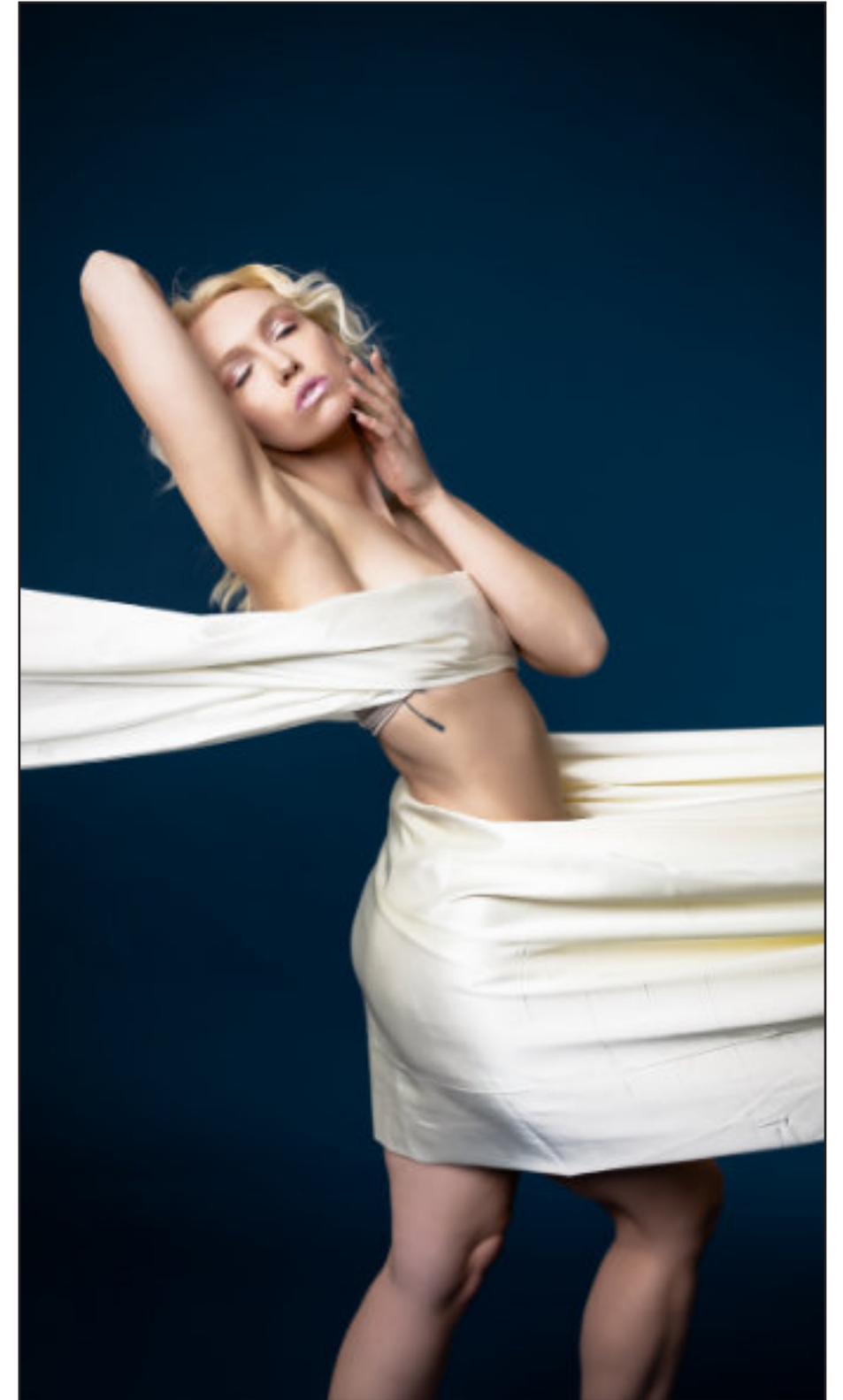




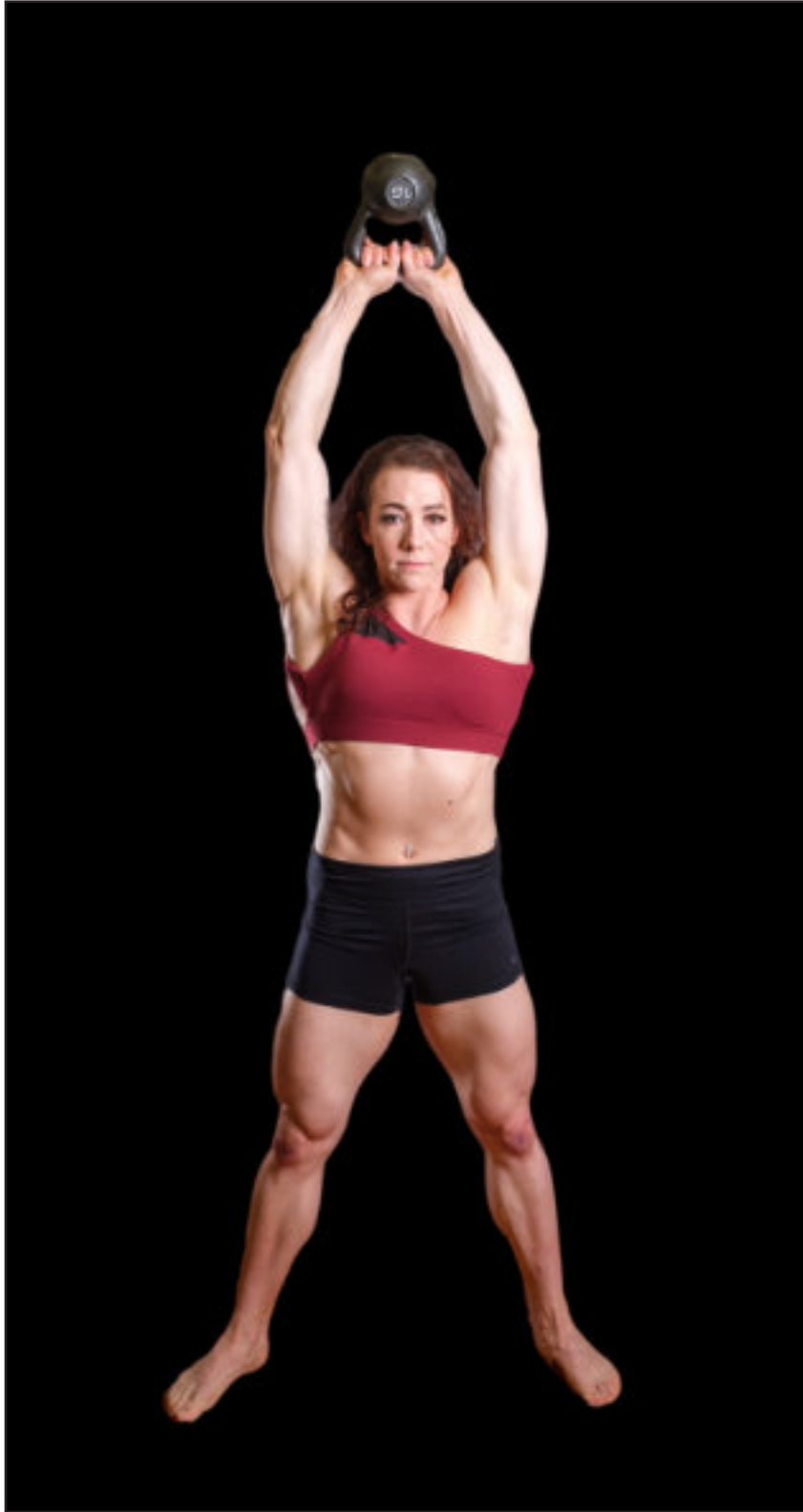


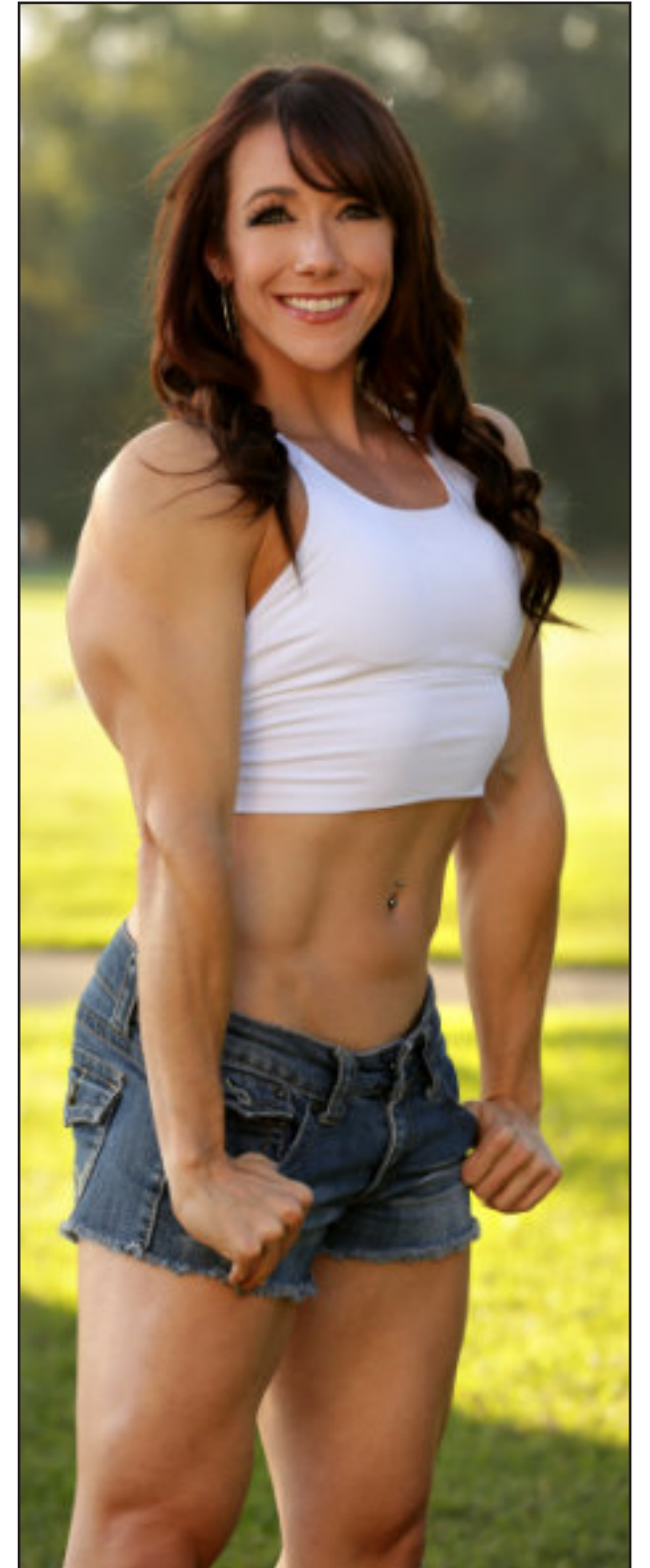
I want to take full advantage of this life I've been given. I want to continue challenging myself and growing. At no point do I want my evolution to stop.

Photographers Credits:
@photos_by_belinda











Stephanie Watts



I am an amateur bodybuilder with the intention of going professional someday. When I am not training, I am a certified personal trainer and life coach, while actively pursuing a Master's degree in Therapy. It is my dream to share my passion for lifting weights as a method of self-actualizing into the person that I am meant to be, which will then

encourage others to follow their passions and be truly happy themselves. I love who I have become, and I want to make a global impact by my own example, empowering women AND men to live healthier and happier lives!

Photographers Credits: MV Portraiture









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.

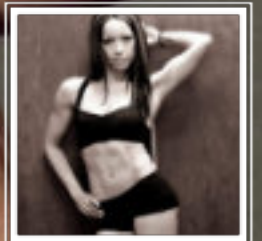
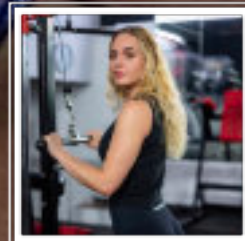
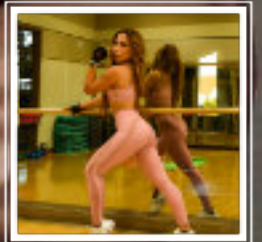
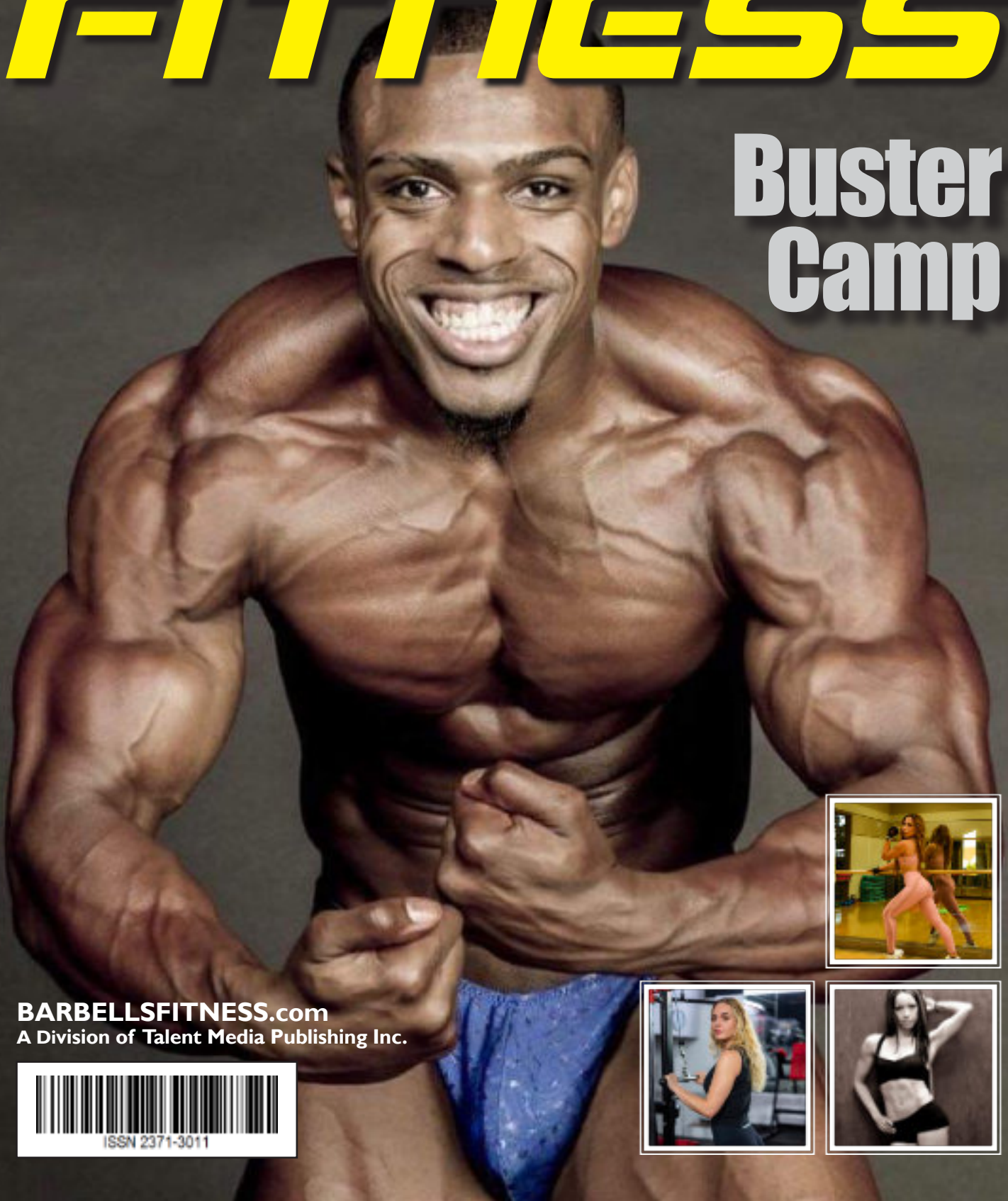
Photographers Credits: Alexis Vásquez, Sergio Tirado, Yussieeffectspr, De La Salle Highschool TV, Myself and my friends in general





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ISSN 2371-3011