

BARBELLS FITNESS



Jennifer
Capozzi

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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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Amelia Black



I lost a significant amount of weight in 2020 and want to keep going! I had gained the weight after breaking my ankle so badly, I almost lost my foot. That was in 2016, my second surgery was in 2017. Both times, I required extensive

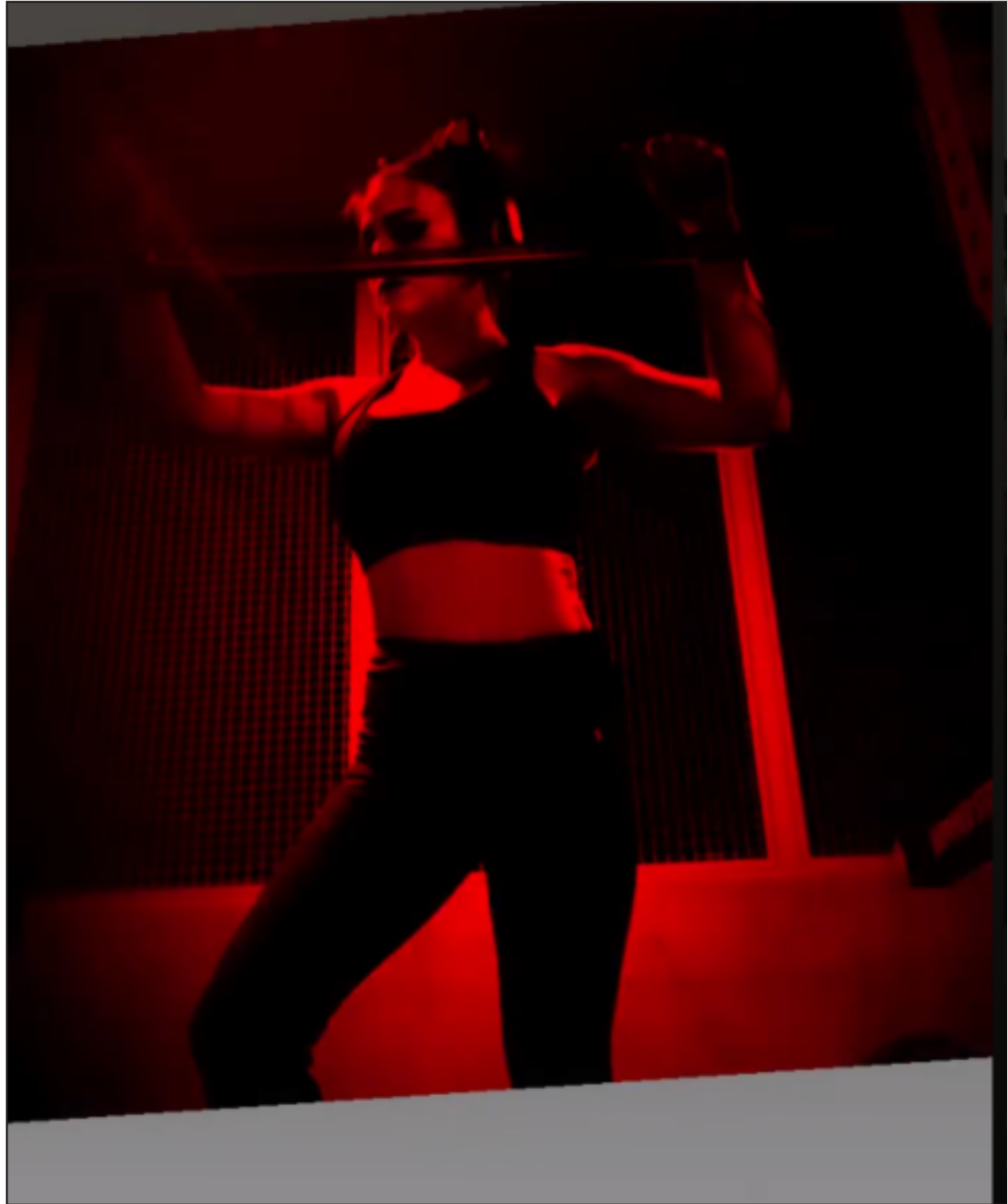
physical therapy to learn to even walk again. Now, I am grateful for my mobility. My favorite thing in the gym are squats and lats. My goal is to squat 200lbs by December, I'm at 170lbs!

Photographers Credits:
Agreed









Cheryl Jacobs



Hello,

I started my fitness journey in 7th grade when my girl friend introduced me to cross country & track. I soon began bodybuilding as well.

Being an online entrepreneur I sit many hours behind a desk. I started to gain weight making me feel tired & depressed.

I hired several trainers to teach me bodybuilding & nutrition. After seeing results I got addicted. The past 3 years I have graced the covers of several fitness magazines including BarbellsFitness.com, Better Bodies & Winobel Athletic wear giving clients 50% off with code Cheryl50.

I have created my own workout videos & bodybuilding app

ShrediTraining with 5 other pro athlete which can be found on my Instagram at cheryljacobs_fitness.

I am living proof you can get in the best shape of your life over 40 naturally. If I can do it so can you.

Regards,
Cheryl Jacobs







Diamond

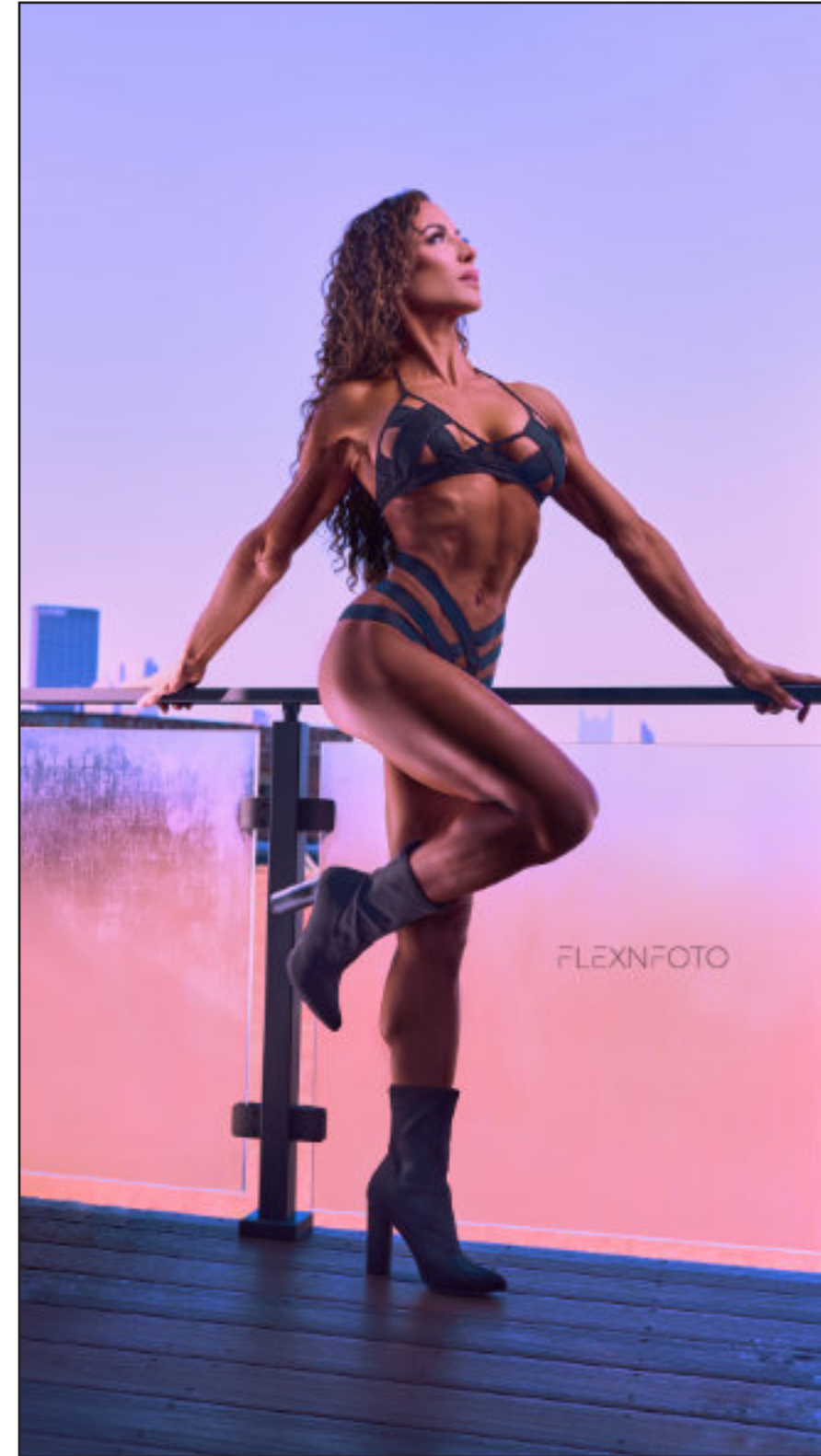
Hi I'm diamond I'm 34 I started model 2012 I've come so far with only futher to go within the industry I've been extra titles holder international published catwalk fashion shows music video also ft singer on a track lots more to come in future I like to explore in whatever I can my titles are as follow Ms Norwich UK kpa 2022.23 Miss

inspiration covergirls kpa Miss sexy uk London 2022 International Beauty queen England Ms Princess model of year 2022 Model of the year publicity winner Only way is Essex much more with more to come I'm also mum of 3

Photographers Credits: Fenland photographic



Jennifer Capozzi



About Me- Born and raised in Ozone Park, Queens until young teen. I attended college in Manhattan and continued to live there until I got married. I currently live on Long Island. Just a car ride away from my beloved NYC.

I am a mom of 2 girls, wife and run my own personal training business, Fit Life By Jennifer. Being able to help others bring out the best in themselves is everything to me. I incorporate a mix of traditional body building, cross fit and pilates in my training. I'm also a nationally ranked competitor in the NPC Bikini division and my favorite - I am a Bombshell Fitness Master VIP Transformation Coach.

My experience in the industry started back in 2013 with my my first NPC competition. It was the NPC Brooklyn Grand Prix. That first prep was super challenging. I loved how it made me grow not only physically but mentally as well. I ended up taking home 1st place that night. That was it for me. I was all in. I wanted to learn all I could about body building and continue to compete. Shortly after that, I became certified as a personal trainer. I started my own business, Fit Life by Jennifer. I have over 50 clients I train in person. I've competed in over 20 shows since, always placing. In fact, I have never not placed at a show. I continue to learn through the online programs offered. Currently, I am a certified group instructor, nutrition specialist, sports performance and



conditioning specialist, among other certifications and my photos have been published in 8 different magazine.

I still run my business at home along with

being a Bombshell Fitness VIP Transformation Coach. Which I absolutely love! I am a Bombshell Competitor. To be a coach for this team is a dream come true.

My greatest strength is the ability to



help others believe and have faith in themselves. Helping others be the best they can be is my life's work.

I can push myself way too hard, to the point of over training and exhaustion. That would be my weakness

My professional goals I wish to achieve in the next 5-10 years are to reach millions, serving and helping them to be the best they can be. To continue to compete, and win my pro card and to be in more magazines such as your publication Makeda Magazine. Assist my daughters in growing and becoming their best in the life's work. To continue learn and grow on this industry. Another dream of mine is to have an animal sanctuary.

Photographers Credits: Nicole Lorenz



Nicole Sikorsky / Ludwig Araujo











My name is Lenore Gregson. I am a professional Ifbb Pro bodybuilder in Women's Physique. I just completed 3 competition shows doing 12 divisions. Two of those divisions were in bodybuilding. I not only swept all divisions in 1st place but I'm now the 5 X Champ in Pittsburgh Pro World Championship. I'm a sponsored

athlete of Rick & Ann's GNC and Dr. Shawn Gifford. Aside from bodybuilding, I am the CEO of Kaiser Medical Management, published author, RN, and the Owner of LenoreGregson.com that provides online coaching & meal planning.

Photos Credits :: EG Pro Photos













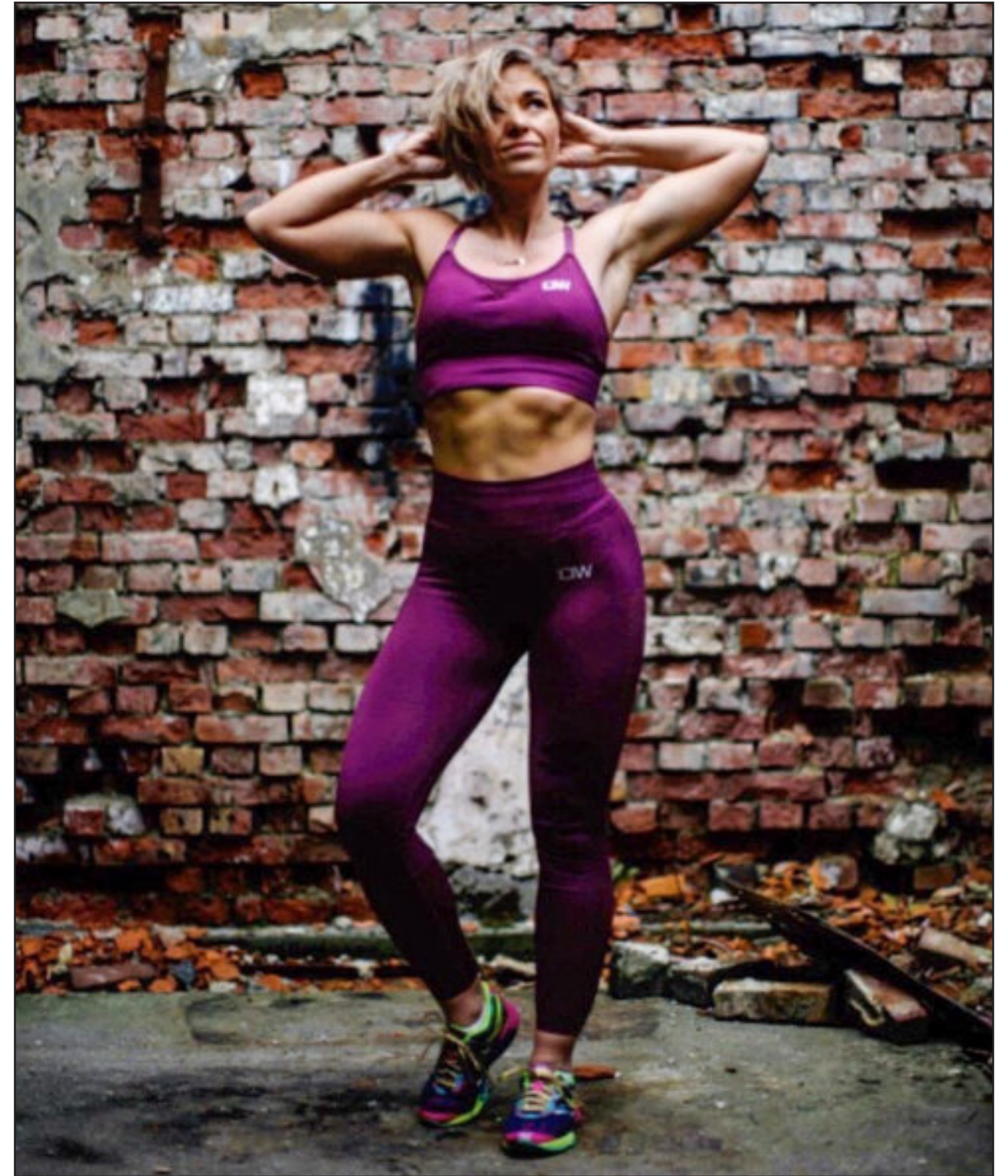
My name is Monica and I'm 36 years old preschool teacher from Norway. My dream is to stay strong and healthy and maybe one day move to Spain. My goal is to stay focused and keep on going with

training and nutrition. I am doing strength training as a hobby and I love to see improvement.

Photos Credits :: @asimmonsphoto







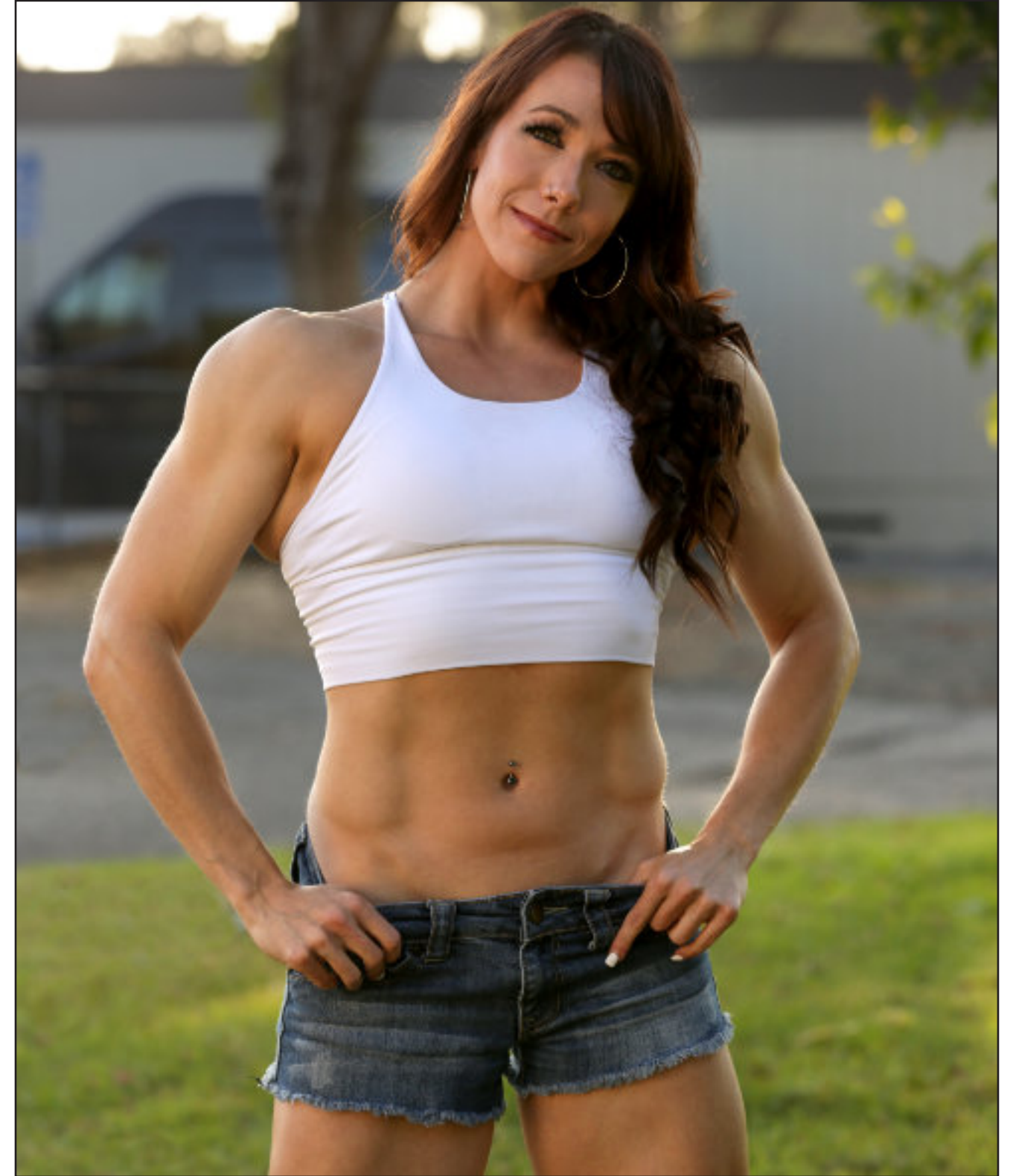


I am an amateur bodybuilder with the intention of going professional someday. Recently I have found my passion for posing in more than just a double bicep shot and have fallen in love with modeling. I love the juxtaposition of feminine beauty with musculature, and strive to emulate that in my modeling work. Muscles are beautiful!

When I am not lifting weights or modeling, 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: Lloyd Watts









My story in a chocolate nutshell is that I've overcome anorexia, binge eating disorder, bulimia, and a fitness obsession. For over 20 years I struggled with poor body image and disordered eating.

I've lived through a 6-year-long domestically abusive relationship where I was hit, raped and abused daily. I was cut off from my family and friends and didn't even go to my sister's wedding. I found out I was going to be an aunty for the first time by text message, weeks after she had tried to contact me as he controlled my phone. A huge amount of debt was built up and unknowingly put in my name.

And yes, my life resembles a television soap such as Coronation Street! (a UK Soap)

- My self-worth was at an all-time low, my self-love non-existent and my whole life revolved around food obsession and how fat I thought I was.

- I was the woman who put brownies in the bin and doused them in washing-up liquid to stop me from eating them, only to get them back out later to search for any edible parts.

- I've frantically eaten bars upon bars of chocolate in secret – in the toilet, in my car, in the broom cupboard at work – and then hid any evidence.

- I've burst into tears of hatred and despair when I've looked at my body in the mirror.

However now...

I'm in a conscious and loving relationship with my man Wouter but most importantly, I've built an unbreakable and unconditionally loving relationship with MYSELF and my body.

I eat whatever I want, when I want, in any amount I want. I make food choices from a place of nourishment and pleasure. I'm



healthy, confident and know my worth. My self-love is overflowing from within and so I have oodles to give to others.

With all the freed-up brain space from no longer obsessing over food and my body, I've built my own business, I predict my future by creating it and I get to live the life of my dreams. None of that would have been possible if I was still counting almonds and weighing fucking peanut butter!

My dream is to positively inspire millions of people around the world through my coaching, podcast (The Body Love Binge), speaking and generally just being the light and sunshine in people's lives.

www.victoriakleinsman.com

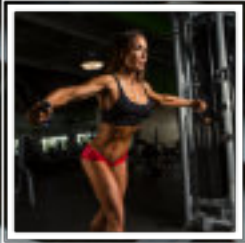
Photographers Credits: <https://jlf.nl/>







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Cheryl Jacobs