Barbells Fitness

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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

MADD™
Activism | Victim Services | Education

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Antonio Durham

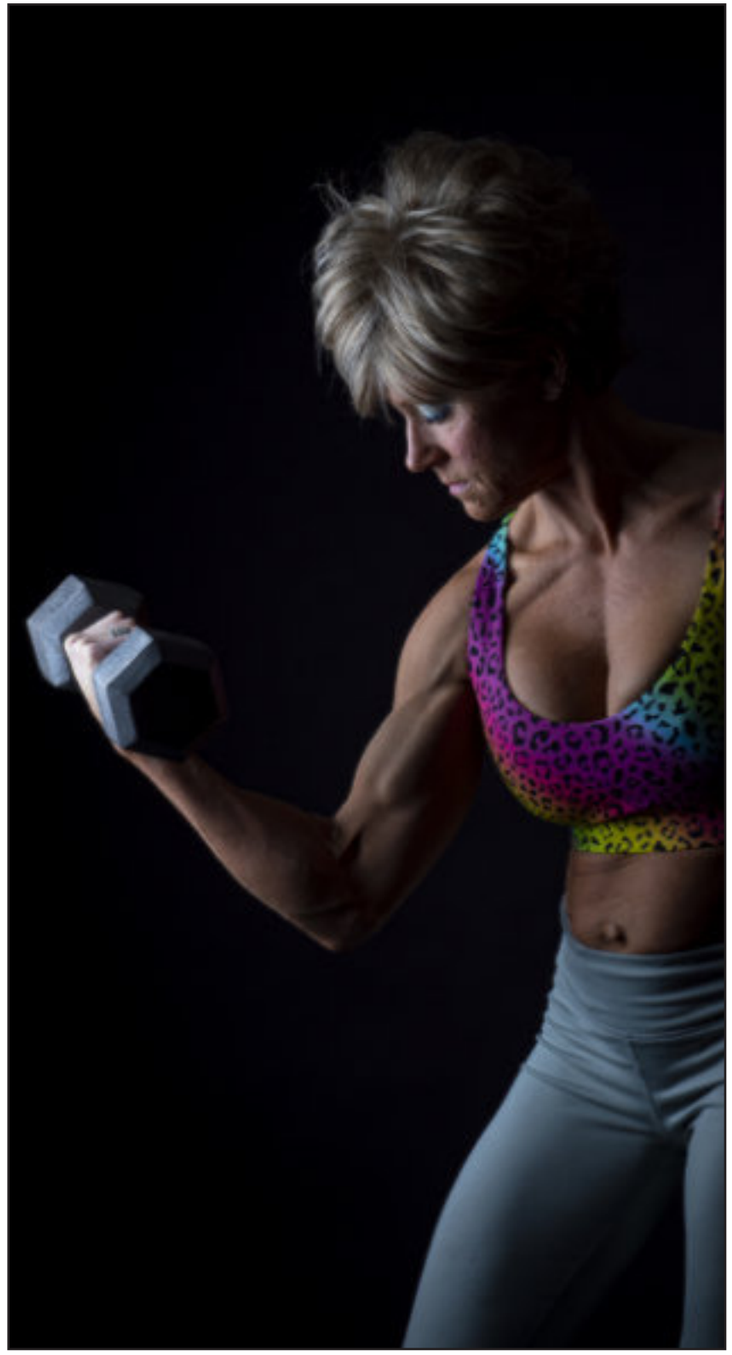
My dream is to grow and inspire others to grown with me, so we together become a better us. Its always been touching for me to see others change and embrace their change. People today are not comfortable with change but when it happens It causes us to grown mentally and physically. I have partnered with several fitness supplements companies and fitness clothing companies to help grow my fitness journey. I am a brand ambassador for 5 companies. I have grew my fitness social media within a years time to over 30,000 followers. I have fitness group on Facebook that has over 2,000 members, that interact, post their progress and support each other. I am hoping in the future to have my own gym and even more people that I can partner with to inspire others for change. We have one life to live, why not live it to the fullest and as long as we can!!!!!!!

Photos Credits :: Antonio Durham

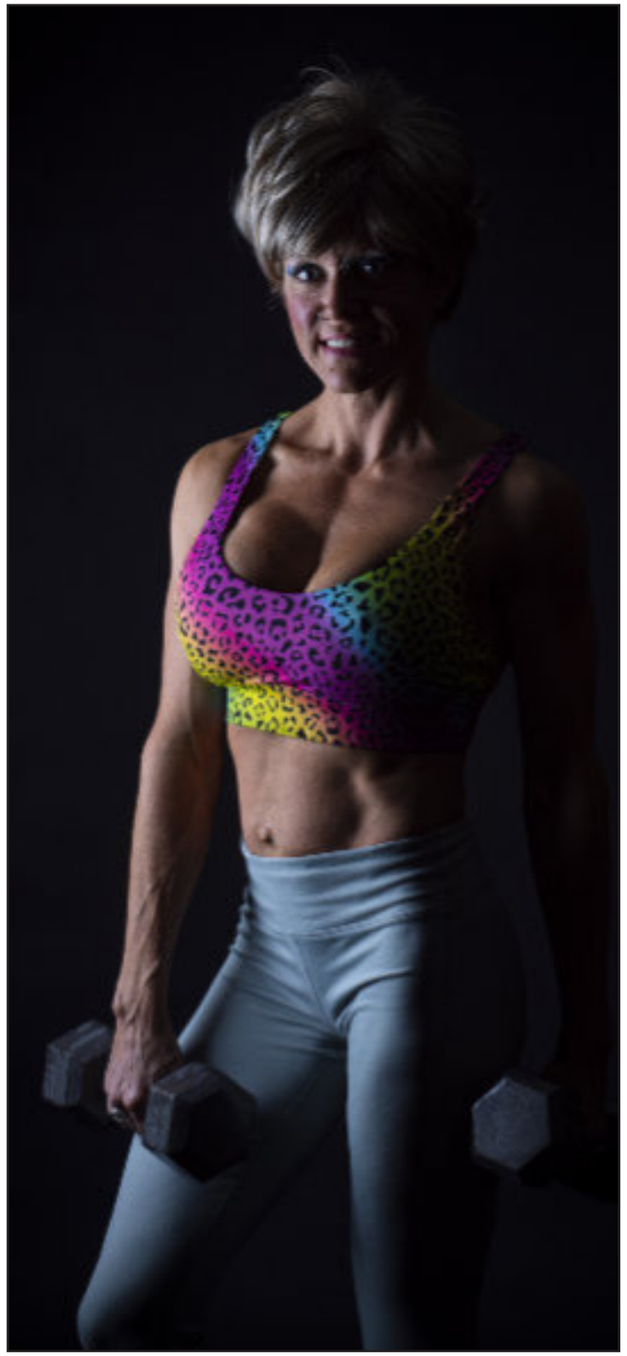
Antonio Durham

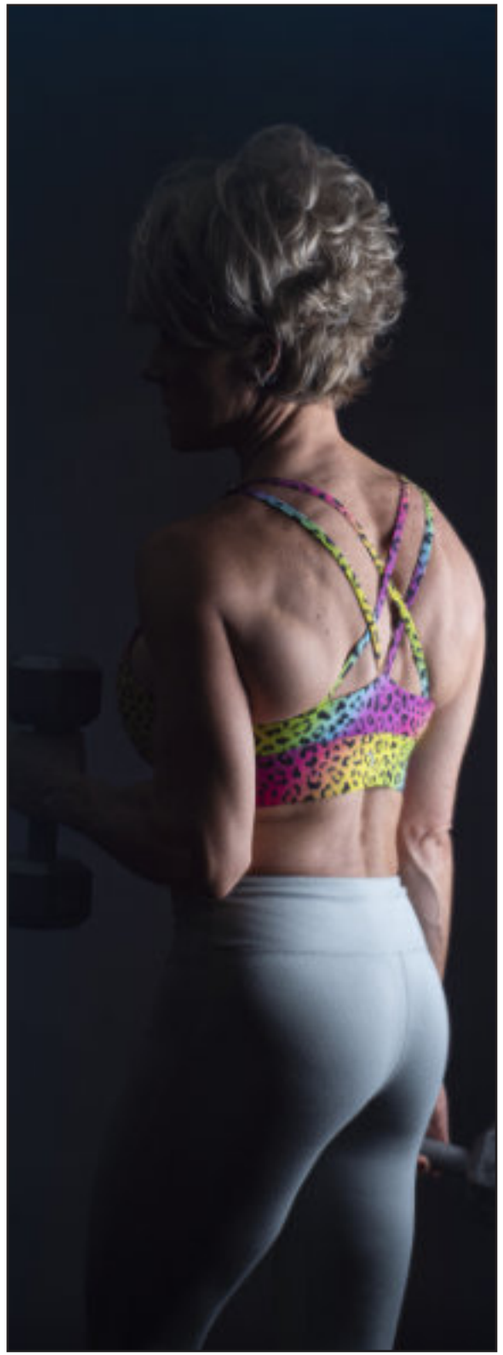
Christie Kratz

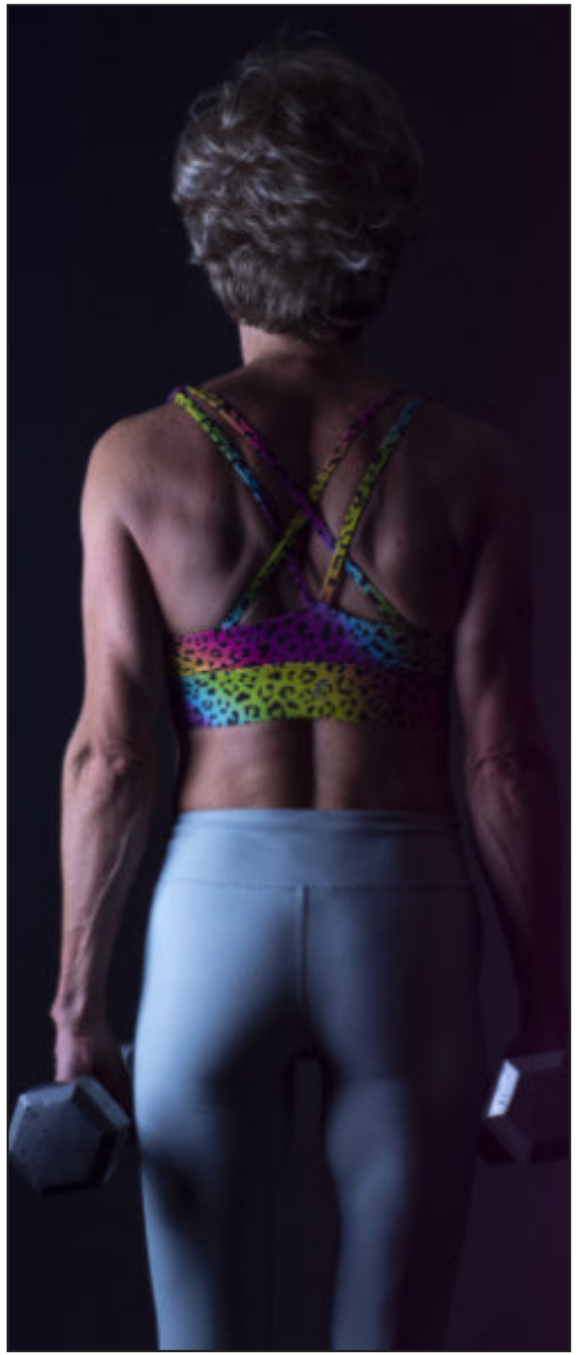
Christie Kratz

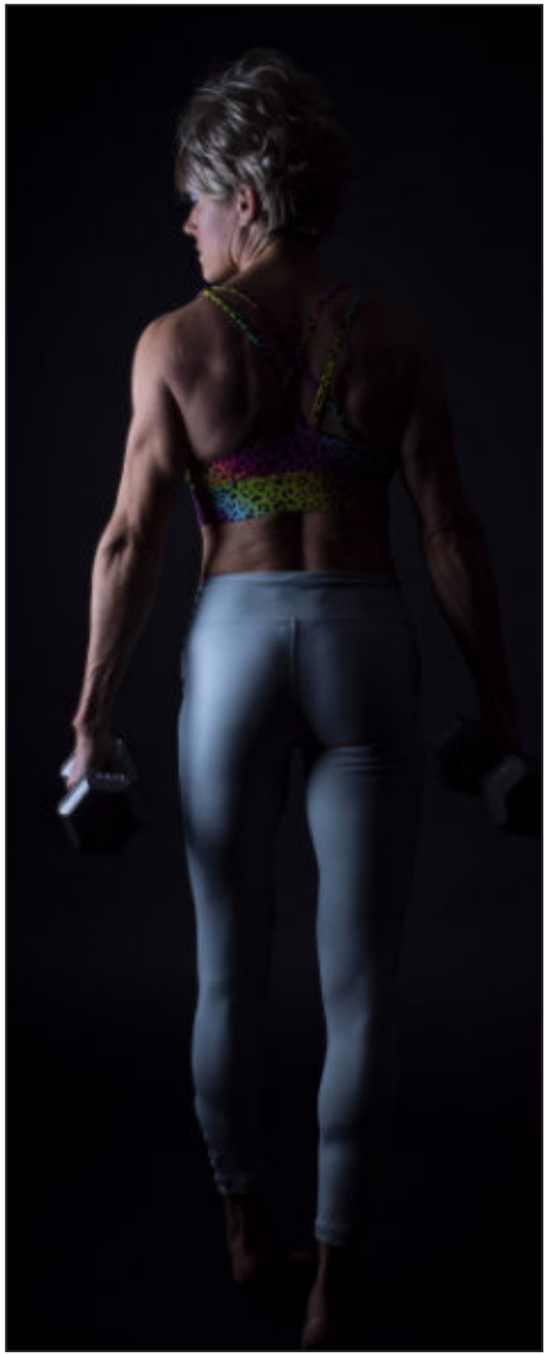


Christie Kratz









Christie Kratz

Hello, I'm Christie Kratz. I played sports as a young child but at the age of 14, I began lifting weights. My mother hired a personal trainer to help her get toned up. Instead of doing my homework after school I choose to go to the gym with my mom. I didn't know too much what to do at the gym so I used the stair stepper. My mom's personal trainer saw much potential in me and offered to train me for free. I was very dedicated and made much growth physically and mentally. Since that day I have been consistent in lifting for over 25 years! I have had many knee surgeries which could be seen as setbacks but I have never taken more than 2 weeks off lifting. I became a NASM (National Academy of Sports Nutrition) personal trainer as well as I got my Bachelors in Nutrition Education in college. After college, I completed in 3 bodybuilding and physique competitions before I had my 3 boys. I am 39 years old and I still lift everyday consistently since that is the key to weight management, I have learned. I have included a few photos of my bodybuilding and physique competitions from the past, as well as current photos from this past year. I am so thankful to God for all the wonderful people he has placed in my life. Also to Adam Flogstad for the wonderful photos!

Photos Credits :: Adam Flogstad

Christie Kratz

Christie Kratz

Fifi Foiegras

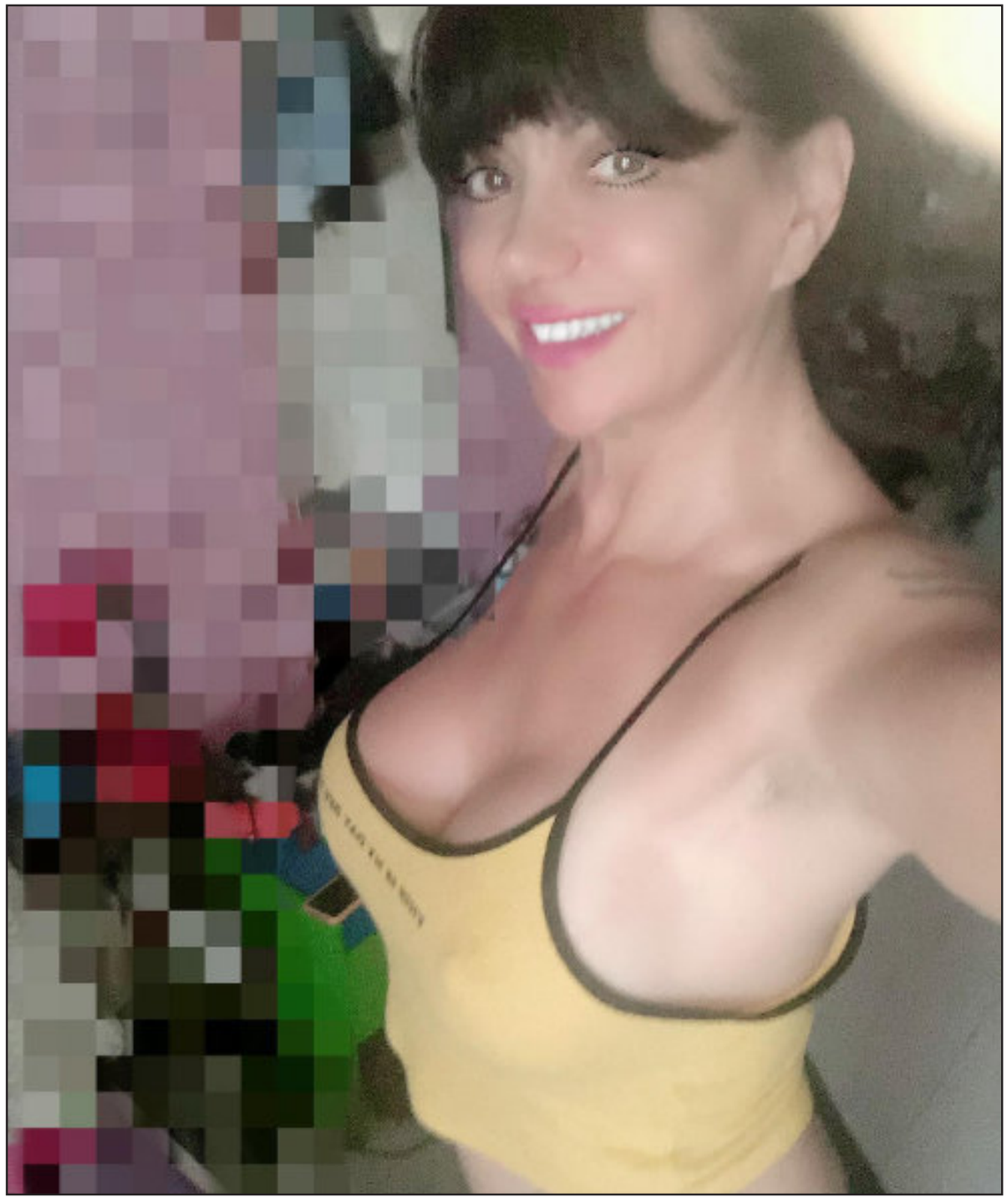
Fifi Foiegras

I am a very simple girl with big dreams! i am a qualified personal trainer and fitness instructor and i like traveling,dancing,eating out and try something new everytime!I hope one day to have a brand name with my own beauty products or range of clothing.My motto is :never give up!

Photographers Credits: myself

Fifi Foiegras

Fifi Foiegras



Lenore Gregson

Lenore Gregson

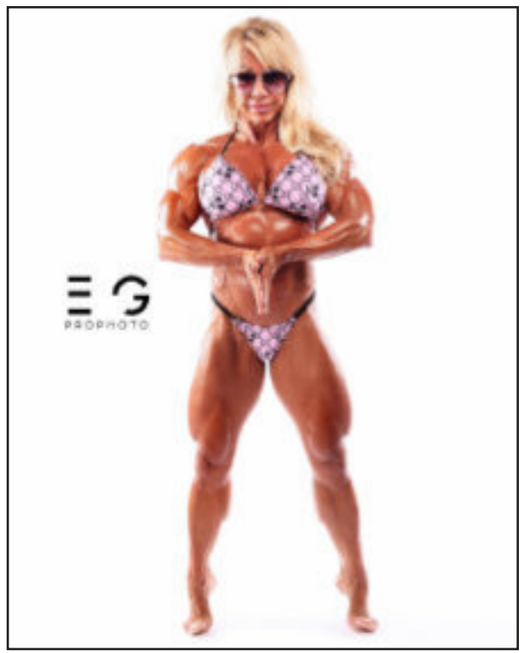
I am currently scheduled to do three women's physique pro shows in 2022 and qualify for the Olympia in 2023. I'm a 4 X Champ in the Pittsburgh Pro Women's Physique.

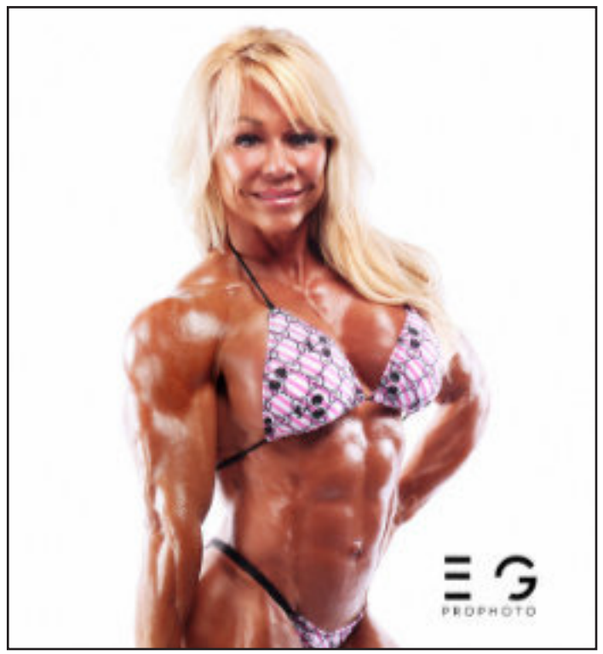
I focus on the goal in front of me and continue to chip at it till accomplished.

Photographers Credits: Rob Sims

Lenore Gregson

Lenore Gregson





Michael Rigas

My biggest dream and one day destination is to be world champion

Make my mother and father proud

To fight next year a junior world championship

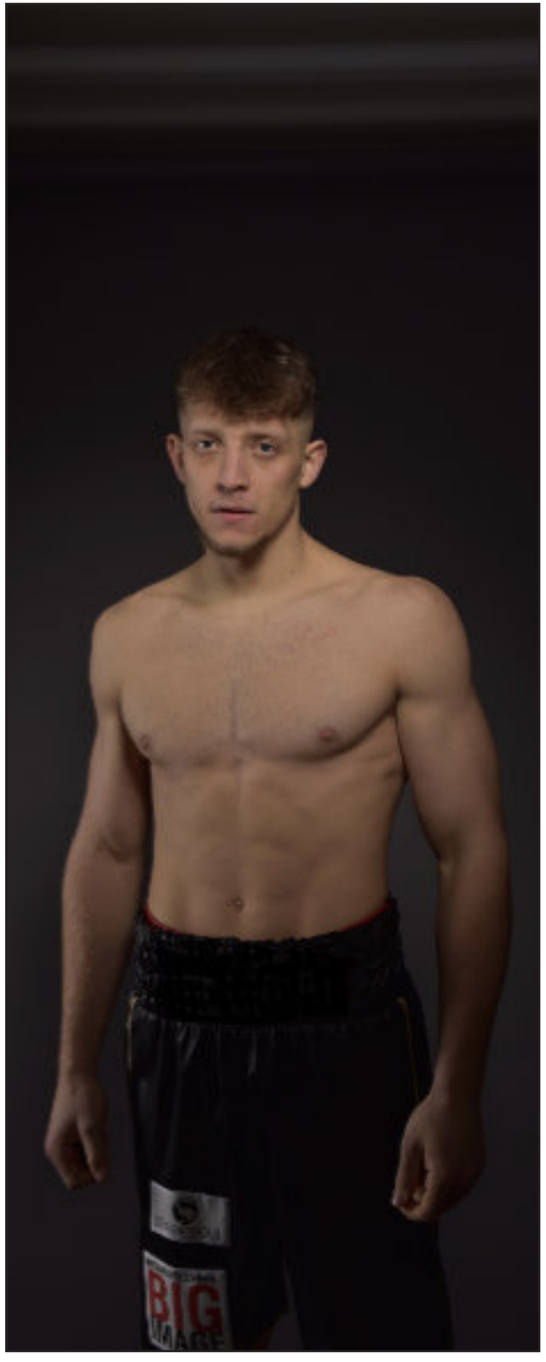
To proof my haters wrong

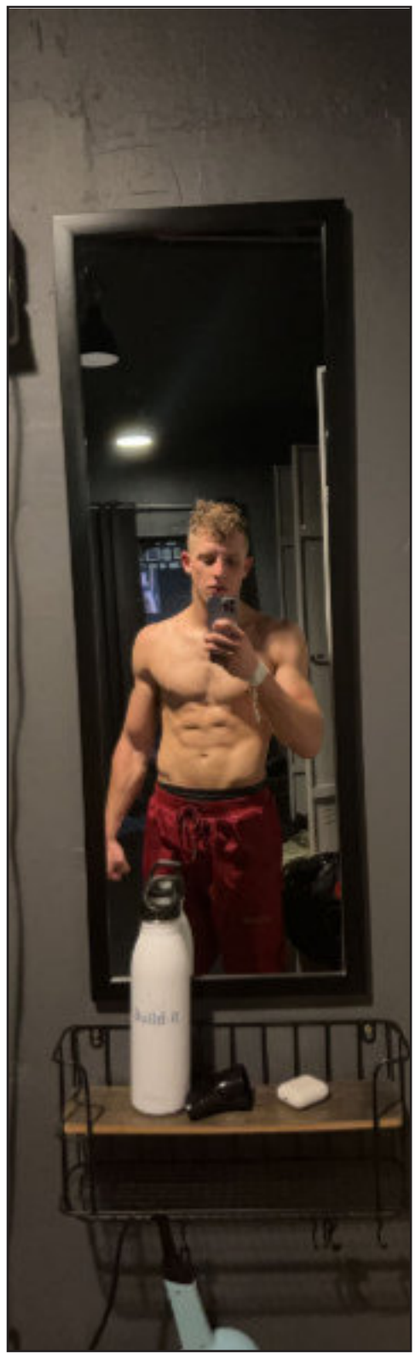
Photographers Credits: Andreas Wachlinger, Niklas rombus

Michael Rigas

Michael Rigas

Michael Rigas





Michael Rigas

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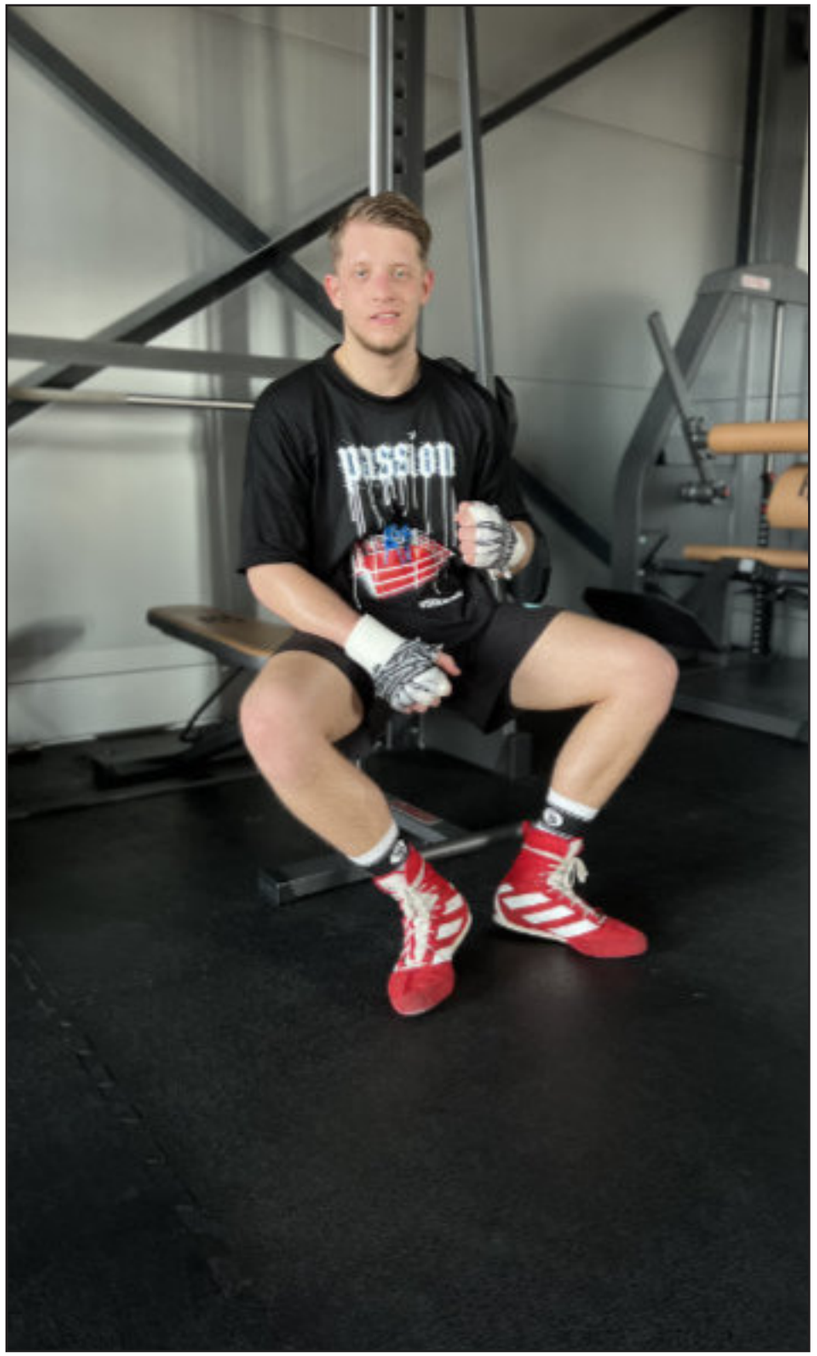


Rob Friss

My name is Rob Friss and I'm a bodybuilder in his mid-fifties looking to add a few International titles to my competitive achievements. I will be competing in Northern Cyprus and Mexico in two and three weeks from now. And then it is my intention to compete in Mr. Universe contest this November...the culmination of years of hard work...and years of manifesting what began in a basement with a box of weights in my hometown of Edmonton, Alberta.

Challenges...who doesn't have them? It's only a "hurdle" if one perceives it as such.

So it's up to us to jump over or sit there.

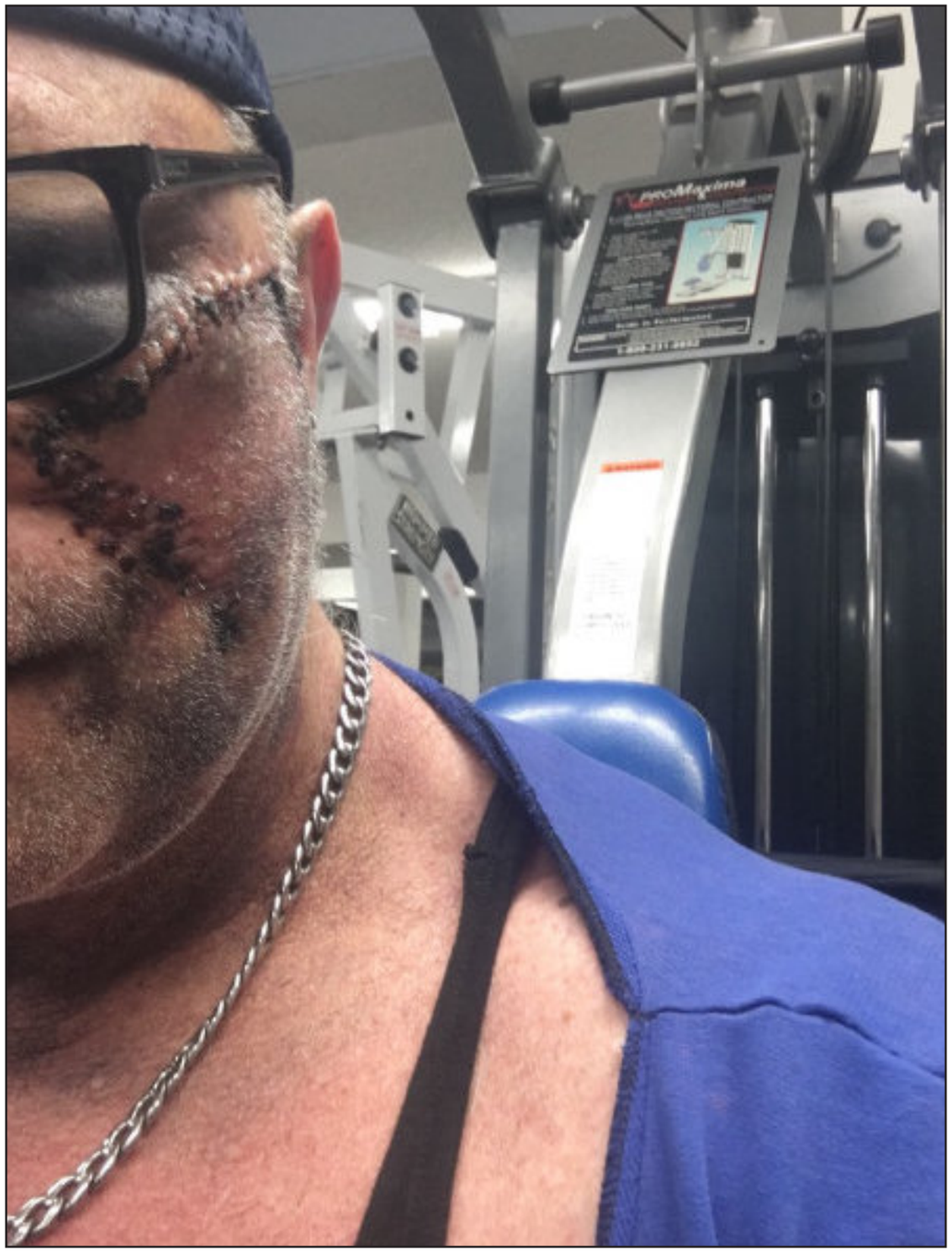
I will jump over. Mindset is everything.

The world I've created in my mind is the only world I'm concerned about. This whole "lifetime" we are all experiencing presently is just a dream anyways right?

Photographers Credits: Self

Rob Friss

Rob Friss



Yvette Geary

Yvette Geary

Fashion brand owner
www.YGBranduk.com

Pro bikini athlete

Make up artist

Photographers Credits:

Laura Skye photography

Yvette Geary

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Christie Kratz

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