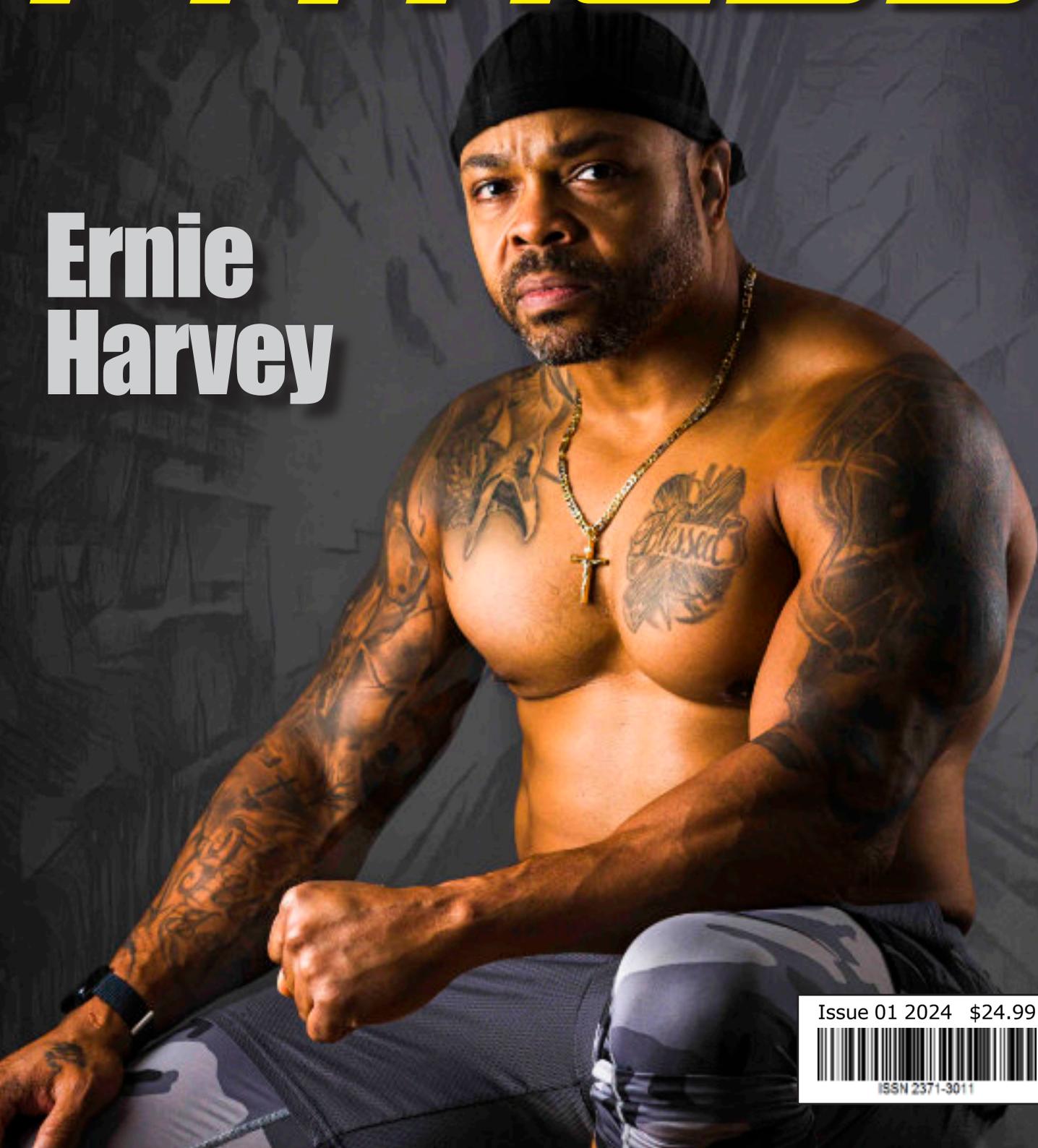


BARBELLS **FITNESS**

**Ernie
Harvey**



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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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Pâtisserie boulangerie Eclair



SOYEZ LES BIENVENUS

3355 RUE JEAN TALON
EST MONTREAL, H2A1W6

OUVERT 7/7 JOUR
DE 10H-22H

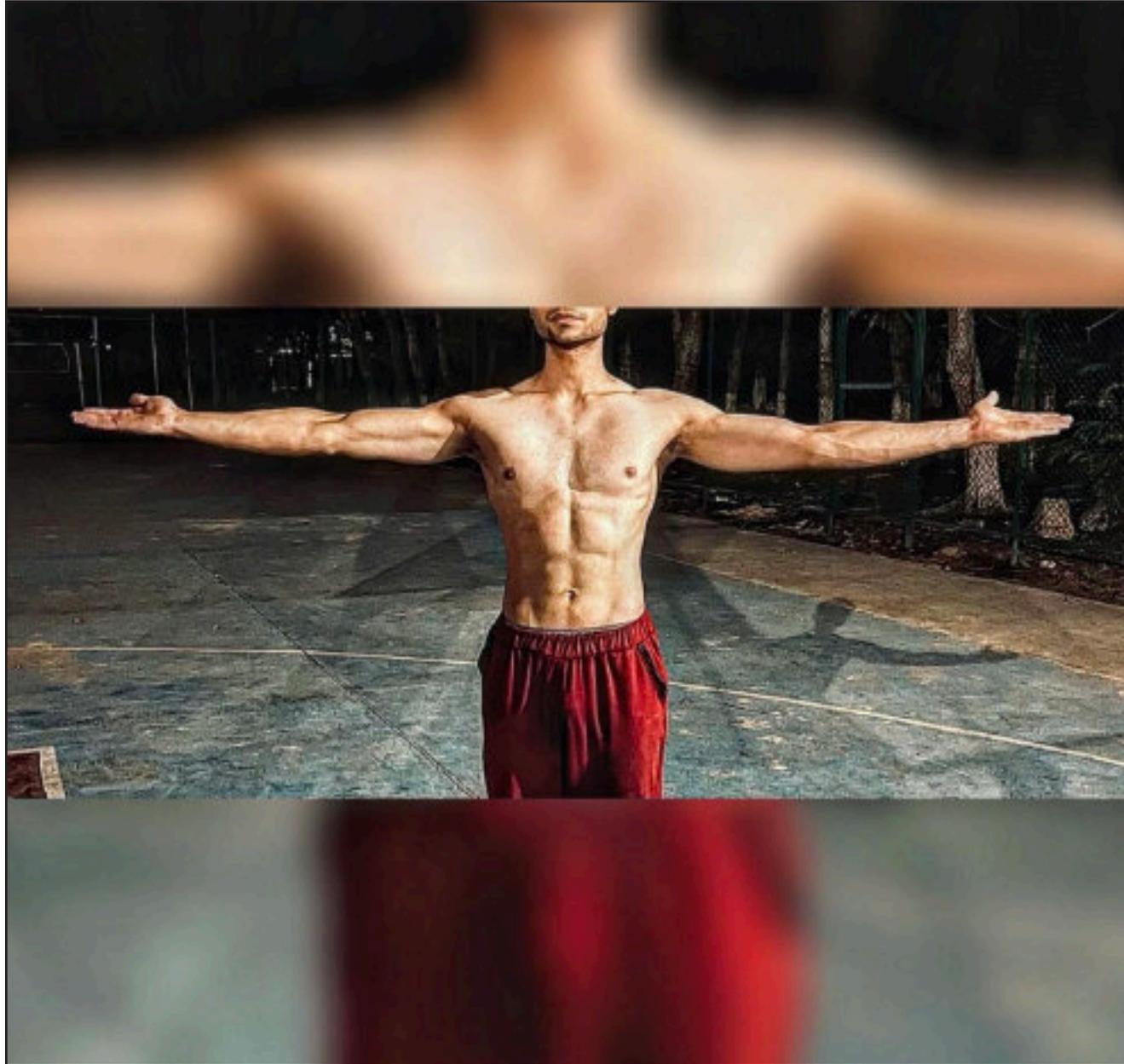


YAYA CAFÉ



YAYA CAFÉ - un coin de confort où l'essence de l'Algérie fusionne avec une ambiance chaleureuse. Pour ceux en quête d'un havre nostalgique, notre café offre une escapade sensorielle unique. Découvrez un espace accueillant, idéal pour le télétravail, où chaque moment devient une parenthèse de bien-être, unissant modernité et souvenirs intemporels dans une tasse de café. Bienvenue à YAYA CAFÉ, votre refuge nostalgique pour le travail et le plaisir.

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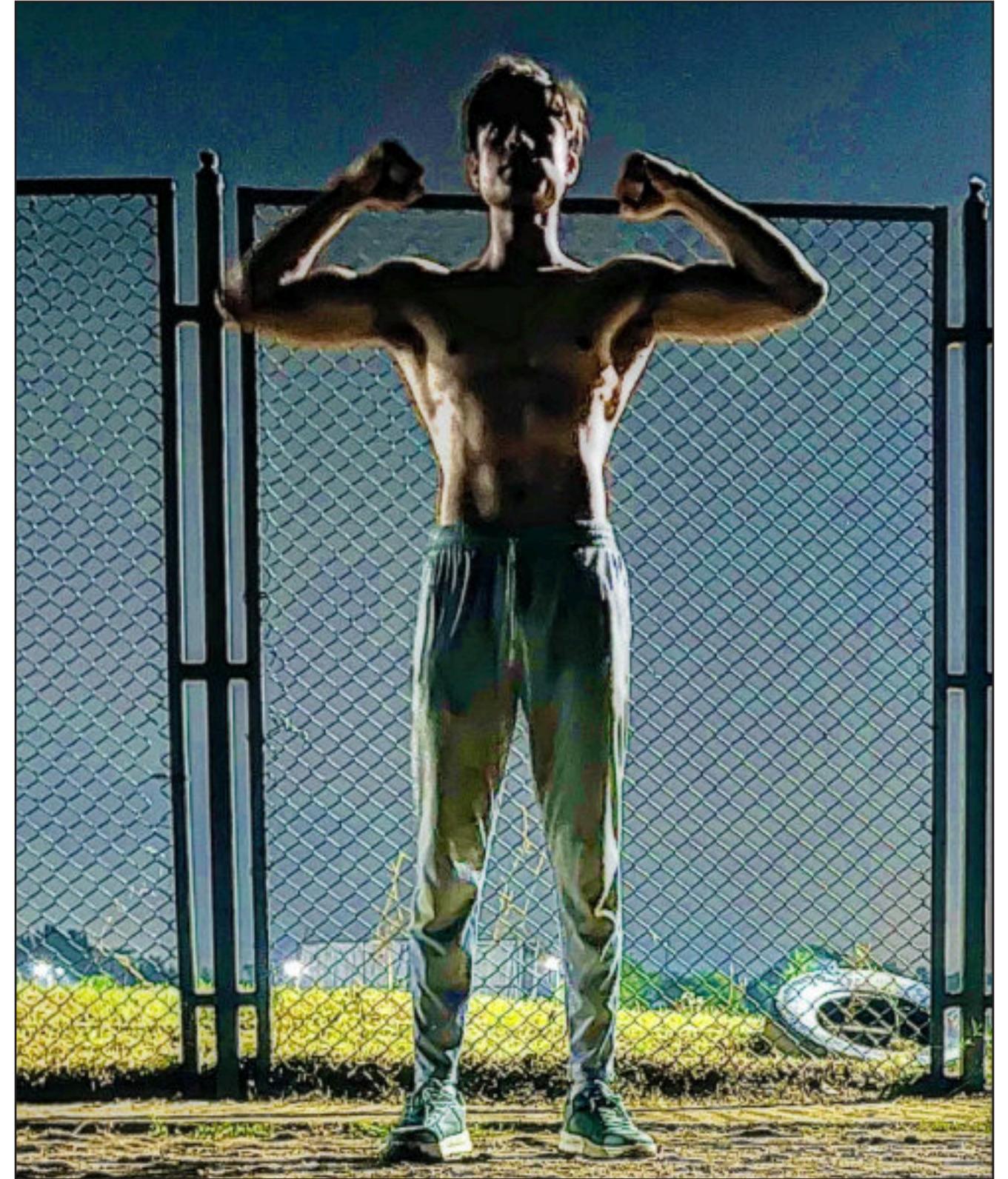
"What's holding you back."

My name is adhyut dwivedi. A professional athlete and a coach with over 7 years of experience in calisthenics, yoga, gymnastics, fitness and has guided and mentored scores of athletes in their fitness journey. My goal is to become more strong and to be the best version of myself with a motive to spread a warm awareness for bodyweight fitness and how it can actually change your life by

making you more confident both mentally and physically, ultimately making you more disciplined with a strong mindset with every action that you take in your daily lifestyle. While sharing my work and experience, My dream is to become one of the top fitness athletes and to be known around the world.

Photos Credits: Adhyut Dwivedi







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 a c h i e v e m e n t 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:

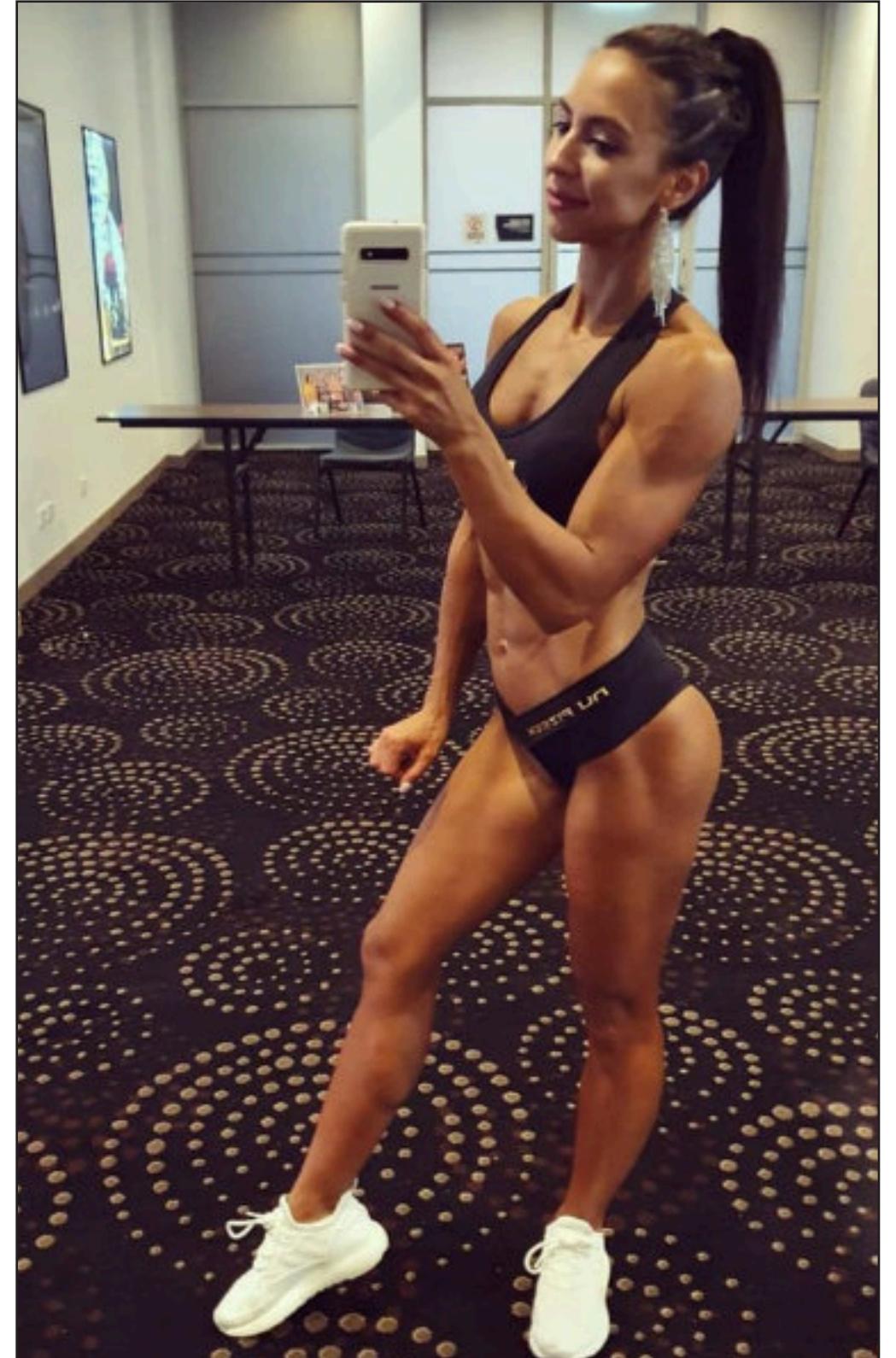
1. Relaxing for spiritual energy.

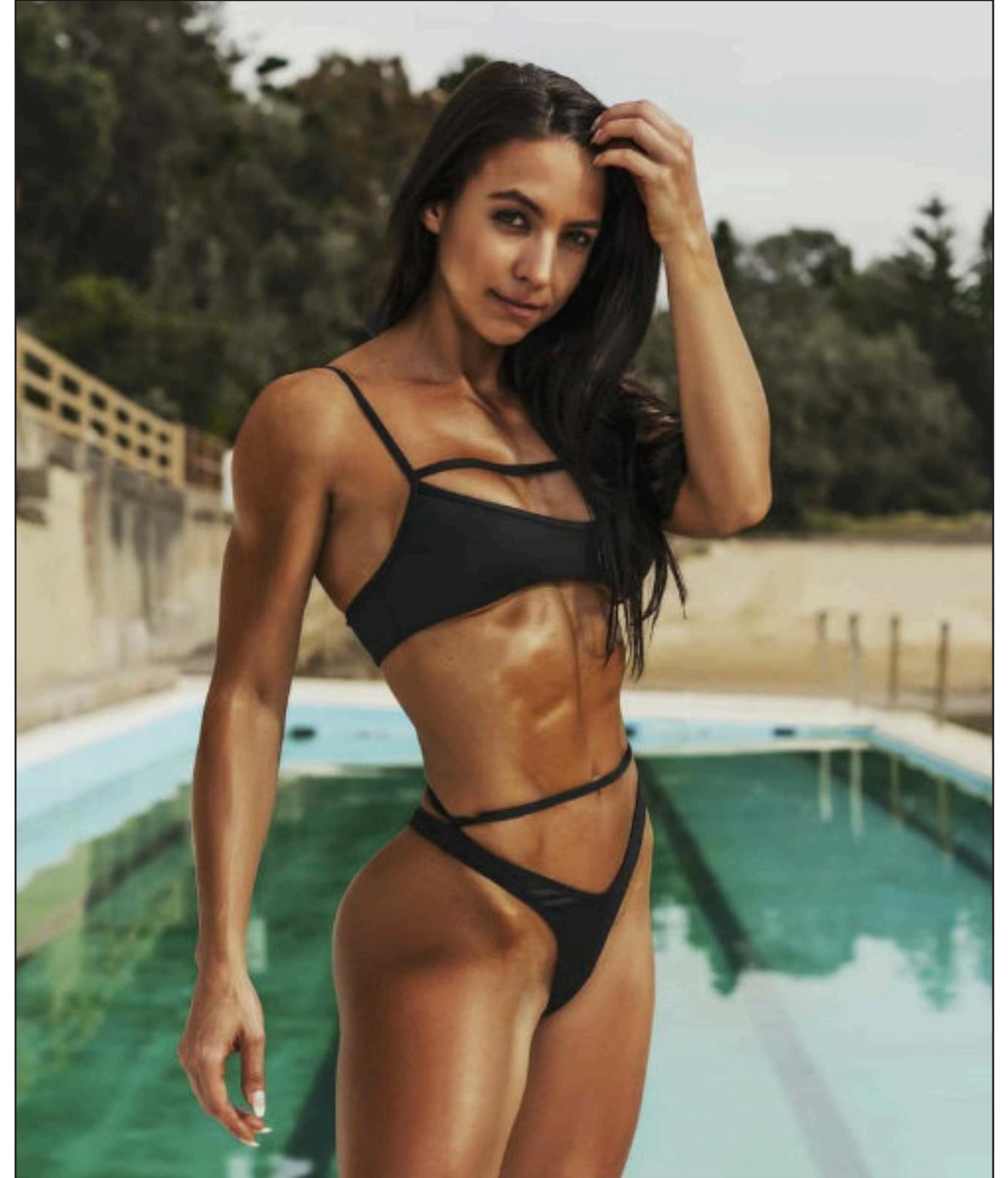
2. Eat right, exercise and sleep for physical energy

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







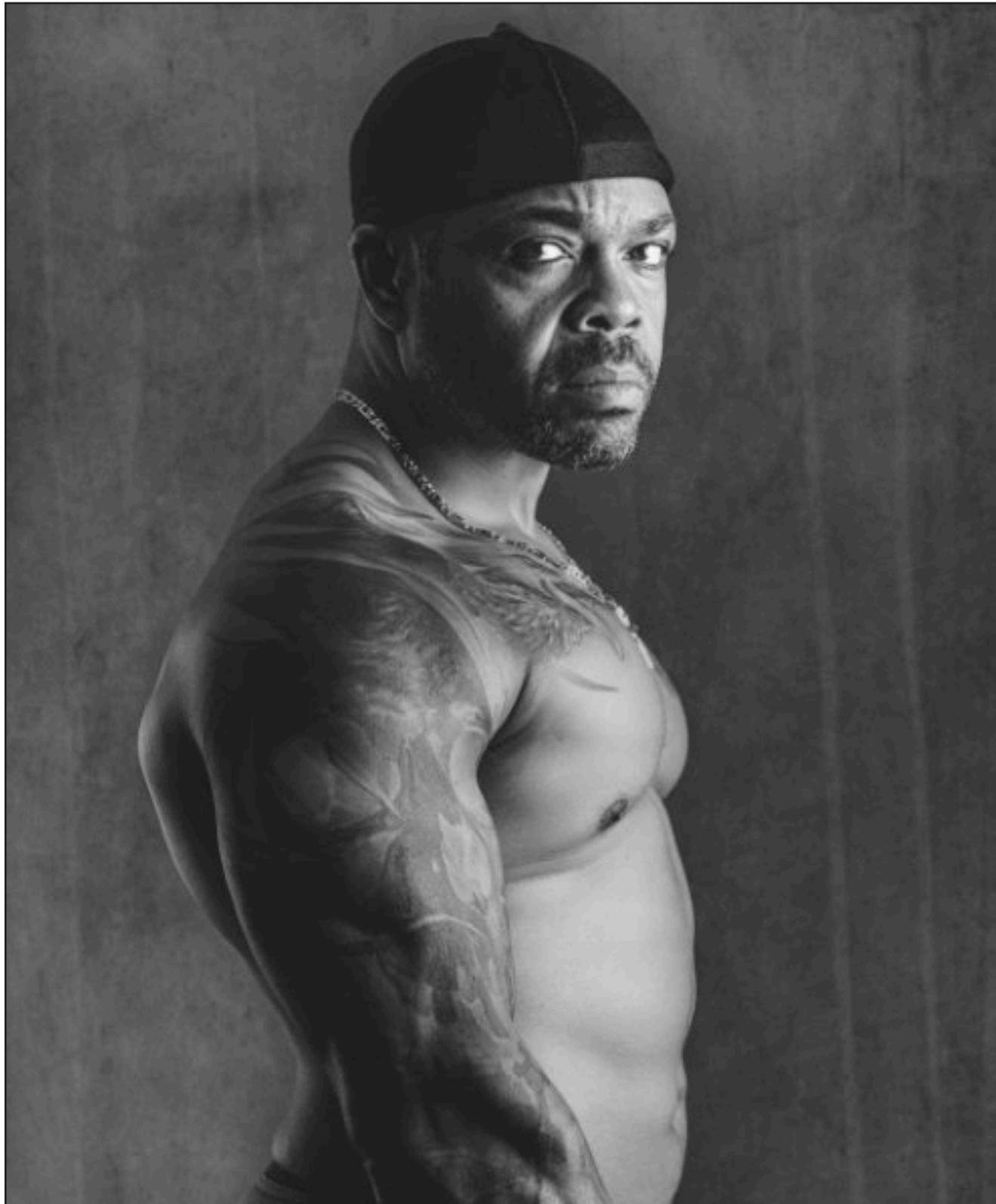


Becoming a model in the music industry wasn't my first choice. I want to say that I got into modeling before I got some music. I started my Modeling journey in 2020 with a studio in New York City Manhattan. As I continued the modeling journey, I recently fell in love with music. Late rapper Juice WRLD what is my inspiration towards music in during that same month of the passing of Juice WRLD I lost someone that was really dear to me and that was my mother. During that time Covid 19 was a big thing, and I was leaving my hometown to go off to college in Pittsburgh. I want to say February 2021 was when I began to take music seriously. Me and my friend we were actually roommates and he actually did music before me. We begin to record music on our phones. He show me the ropes of how to mix and master my music, but at the time it wasn't enough

for me I wanted to increase my quality. Long story short I've been doing music since 2021 and by just doing music I have been hit with a ton of different opportunities. Met a lot of new people and start to take Modeling seriously. My modeling career really beginning to kick off. I want to say this year of 2023. I was in a situation where I met the right people and had the right support and was able to be a part of numerous shows, such as Philly, some fashion, johnstown magazine, and johnstown fashion week, enigma masquerade fashion show in, and a couple other minor fashion shows as well. Once I lost my motivation and the people dear to me, that's when everything began to change.

Photographers Credits (If Any): Stephanie Michelle, Smiley Photography





I am a sole proprietor of Arindam Dasgupta Photography. I have a small studio in Olney, MD. I focus on capturing authentic and timeless portraits. I specialize in corporate and creative headshots, senior portraits, family portraits, pet photography, product photography, environmental, glamour, lifestyle, boudoir, sports, and more. I take a personalized approach to each session, ensuring that each subject's unique personality and story shine through. I commit to high-quality craftsmanship and a keen eye for detail; I create visually stunning and emotionally resonant images. Whether shooting in the studio or on location, I am dedicated to providing a professional and enjoyable experience, resulting in beautiful portraits that clients can cherish for a

lifetime. Since I am excited and love all genres of photography, I continue to explore wildlife, bird, landscape, and macro photography in addition to portrait photography. I was honored to get the first prize in the photography category for my hummingbird photo at the 2022 Labor Day Art Show organized by the Montgomery County Art Association. I continue exhibiting my work at various county and state venues. Several of my photographs have been juried to be part of several exhibitions. My personalized experience, attention to detail, artistic vision, commitment to quality, versatility, and passion for storytelling set me apart. I am a standout choice for clients who work with me. In addition to my portrait work, I am very passionate about wildlife, landscape, and

Ernie Harvey



travel photography. I have tried to develop a high level of technical skill, utilizing advanced photography techniques and equipment to capture stunning wildlife and landscape images. This includes mastering lighting, composition, and camera settings to achieve the best shots in challenging outdoor environments.

During a recent photoshoot, I was fortunate enough to work with Ernie Harvey. He is a certified fitness trainer in Maryland. He was inspired in his journey towards fitness about 8 years back when he was 60lbs overweight. Every thing changed during the pandemic. He was stuck in the the house with his son and couldn't go to the gym, so they started working out in their house, daily. Ernie trained his son and helped him shape into a 5-star, top 20 athlete of the 2024 class of Montgomery county, MD. Highly motivated by his sons achievements, he started his personal training course with ISSA and become certified to do what he loves, helping others achieve their heath and fitness goals.

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Photographers Credits (If Any):
Arindam Dasgupta Photography























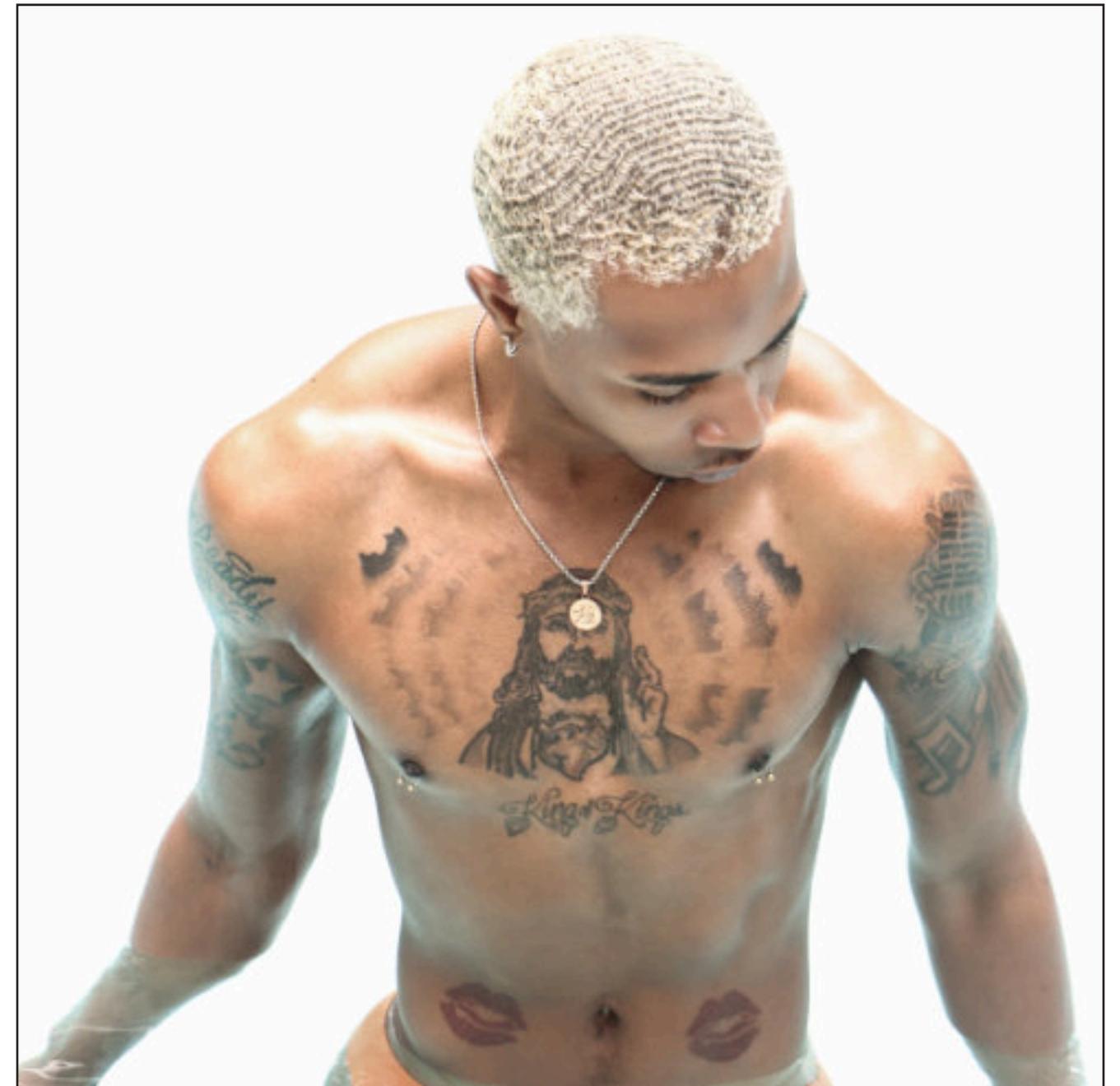
Pasqualé Domain

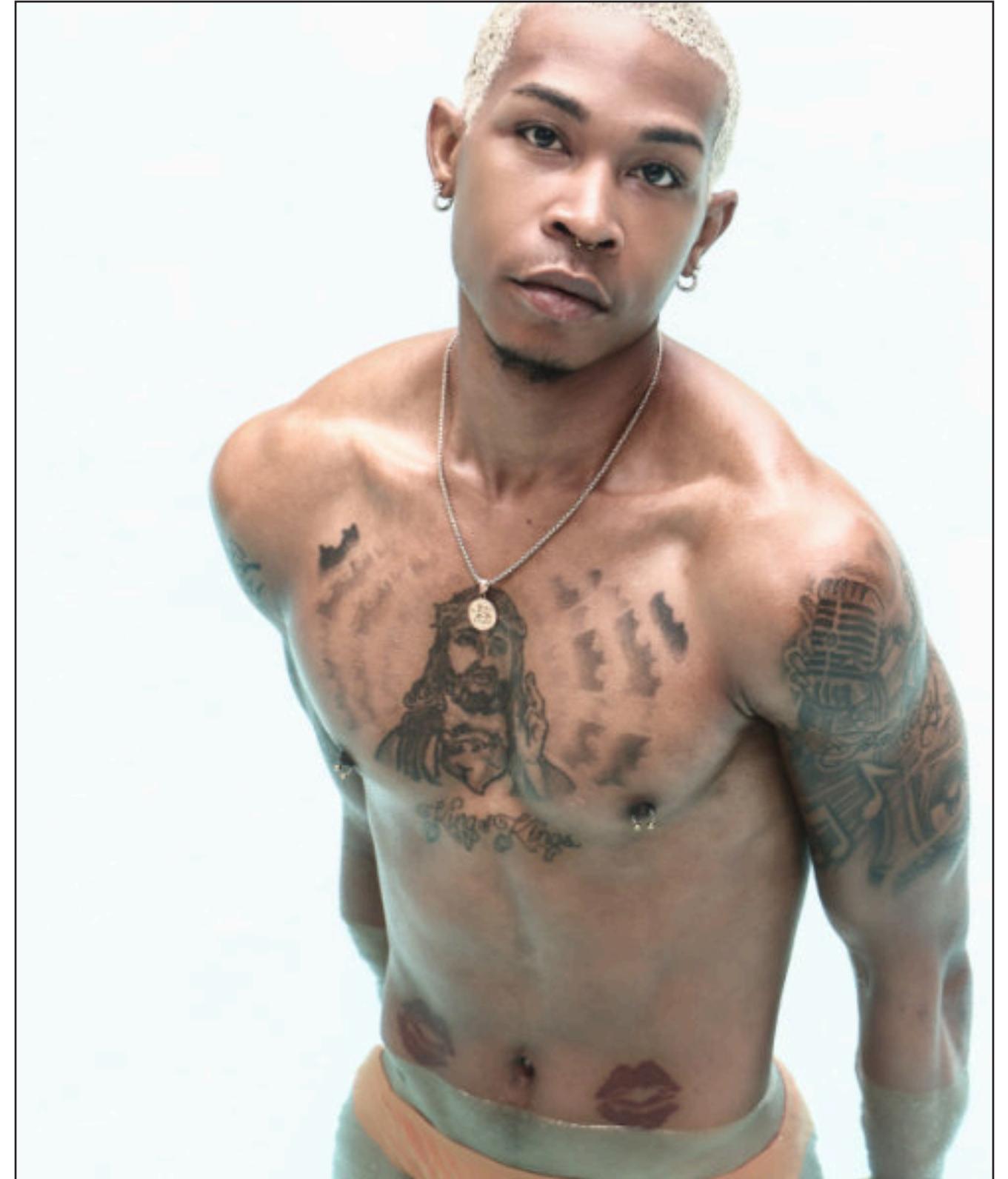
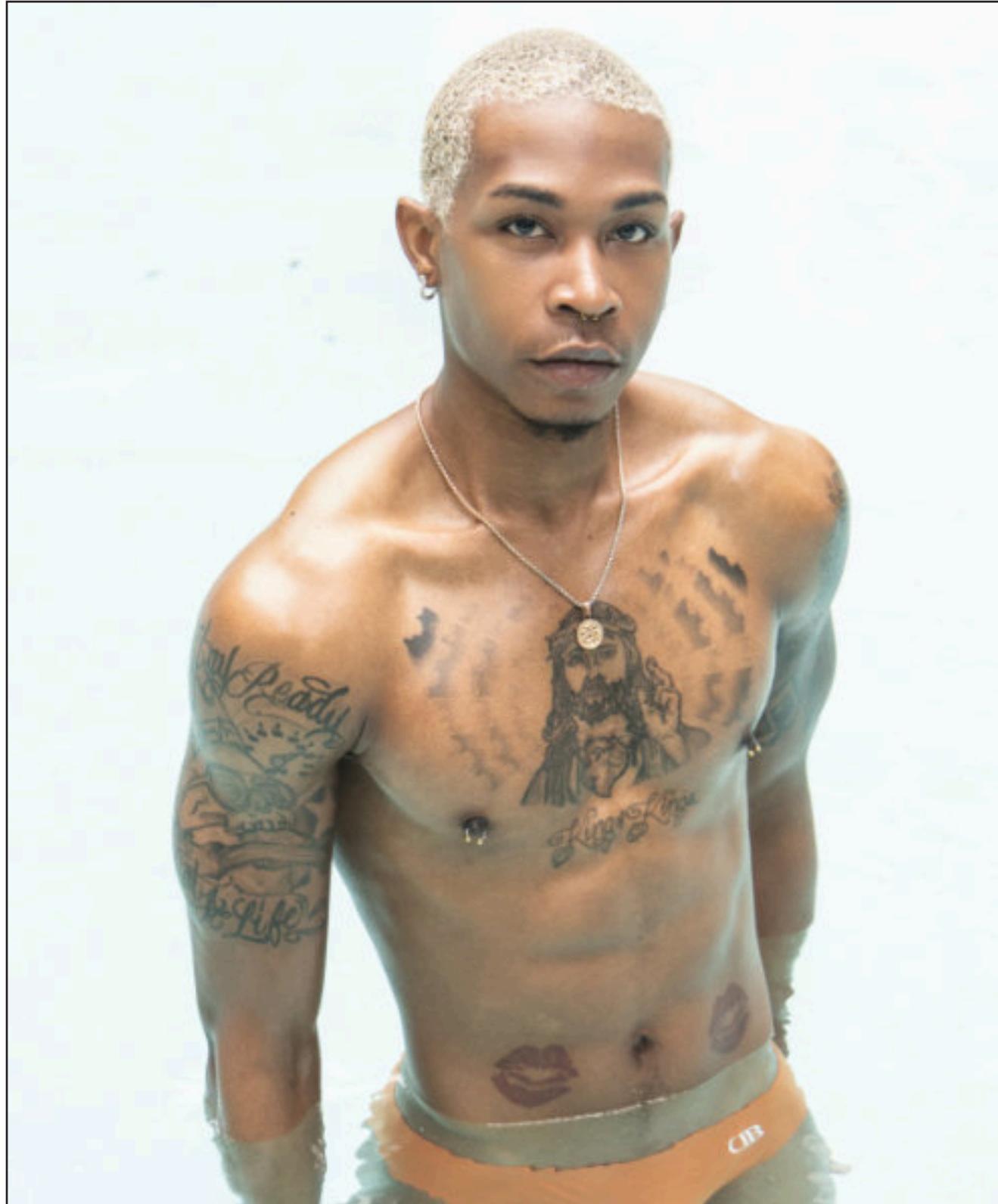


My dreams and goals for myself via my craft consist of the spreading of acceptance and liberty, and a longevity of stability for my family and generations to come. Most of my challenges stem from self doubt, or other personal vices like esteem issues, and second guessing. After venturing to Atlanta approximately four years ago to pursue modeling and further my writing skills

I've branched into film work as well. I have been featured in plenty of prominent movies, tv shows, music videos, and a few commercials. The ultimate goal is to make "Pasqualé Domain" a household name and brand alike.

Photographers Credits (If Any): Seth London







Renée Landers is a 71 year old grandmother from Houston, Texas, USA, who just started competing 2 years ago at age 69, and is now living her best life! Renee started lifting weights at 60, after a lower lumbar fusion. At 69, after years of

encouragement from her awesome trainer, Dustin Jackson, she finally got the courage to don a skimpy sparkly bikini and compete in her first bodybuilding show.

Renee

Now, 9 shows later, she just earned her GBO PRO CARD! Recently, she was also made a sponsored athlete by Angel Competition Bikinis. She will make her Pro Debut next summer! Renée feels her purpose in life is to inspire others to always stay positive, and that it is never too late to get fit. Her

motto is "No Old Speak." She frequently posts inspirational fitness reels on Instagram @Reneefit70.

Photographers: @georgekontaxis
@jasonoliphant









Ricky Lightning

To be bigger and better than I was last year

Photographers Credits (If Any): Danielle De
St Germain DeSaint Studio



Ricky Lightning



Ricky Lightning



BARBELLS FITNESS

Ricky Lightning



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