

BARBELLS **FITNESS**



**Melissa Hebert
& Shea Spencer**

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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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Melissa Hebert & Shea Spencer



Meet Melissa and Shea. We are the trainers at Snap Fitness Plaquemine, where we teach 11 classes per week... from strength training, to functional fitness and mobility! We have grown to love the ladies in our classes and have a strong bond with each of our students. We love helping them to reach their goals through nutrition and strength.

With such a busy week, sometimes it's hard to

work on our own goals; however, we have vowed to hold each other accountable to our fitness dreams. We monitor each other's progress every morning. We encourage successes, acknowledge failures, and motivate each other to keep going strong. We have grown to be great friends and are truly a power team!

Photos Credits: Snap Fitness







Melissa Hebert & Shea Spencer





33 Years Old. Single father of 2 daughters. It's been a dream of mine to model since I was young. Now im living out my dreams! Just a month in to my modeling career! All thanks to Ronald Heller Jr @5StarXposure & Lee Grant @Simply_Divine_

Media. Our vision to to push the norm!
Photographers Credits (If Any): Jerry Pollatos, Nick McDade, Lee Grant, Ronald Heller Jr, Tas Imaging









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Brenden Uplinger

Oh wow where do I begin?

Well I suppose my fitness journey began back in high-school. My dad was building an impressive career in education so that meant we moved around alot as he climbed the ladder. All through school I was always known as the fat kid. I ate out of boredom and depression which ked me to be heavy.

It wasn't until high-school where I was tired of the bullying and the disregard. That started a whole new game for me. Then I began my journey.

Training long and training hard. I have hit goals and I have hit set backs. Most recent set back was 2024 when I was diagnosed with chronic chrones colitis. I spent 3 months in the hospital fighting to stay alive. Keeping the mindset was rough but I knew what I had to do.

My support system has been and always was

amazing. My family, my friends and the one who's witnessed it all, Marisa. Marisa is the mother of our two beautiful baby boys. She also is my tattoo artist, and a phenomenal one at that. Marisa Dusetzina, owner of Klexos Tattoo Studio in Monroeville PA. Shes the hardest working girl iv ever met and took her "never back down, always better yourself" mindset and kept me pushing for the goals I have.

One of my goals is to make it to the stage and compete in bodybuilding. I want to prove to myself and others it can be done. Even with the level of illness I have and it's severity. Proving the doctors wrong. Proving the concept of crohns wrong.

I will reach the stage. I will continue to train people and help better lives. I will continue to cover myself in Marisa's flawless artwork.

NEVER BACK DOWN. NEVER QUIT. ALWAYS GRIND.









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- ✓ **Aménagement extérieur:** Assurez-vous que la pelouse est tondue, que les mauvaises herbes dans les parterres de fleurs sont éliminées et que la façade de la maison est propre et attrayante. Un coup de peinture frais sur la porte d'entrée peut faire des merveilles.
- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Laisser entrer la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrez les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans la cour peuvent séduire les acheteurs potentiels, à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison. Assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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Ernie Harvey

FITNESS

Cleveland Anthony Wilson



Cleveland A. Wilson is a dynamic 41-year-old husband, professional actor, model, and the reigning Mr. MODA Universe International for the HiTechMODA brand. As a certified personal trainer and nutritionist, Cleveland brings a holistic approach to health, fitness, and wellness—empowering others to look and feel their best from the inside out.

With over a decade of experience in both print and runway modeling, he also serves as a model coach and brand ambassador, representing multiple international brands with distinction. His career has taken him across three continents and four countries—Guyana, Brazil, the United Kingdom, and the United States—where he has lived and worked, adding global depth to his craft and presence.

Born in South America and currently based in Raleigh, North Carolina, Cleveland’s versatility in acting, fitness, and fashion continues to inspire aspiring talent and professionals alike. Fluent in English and Portuguese, he remains a sought-after name in both the entertainment and fitness industries.

Connect with Cleveland:

Instagram: @Cleveland_Wilson

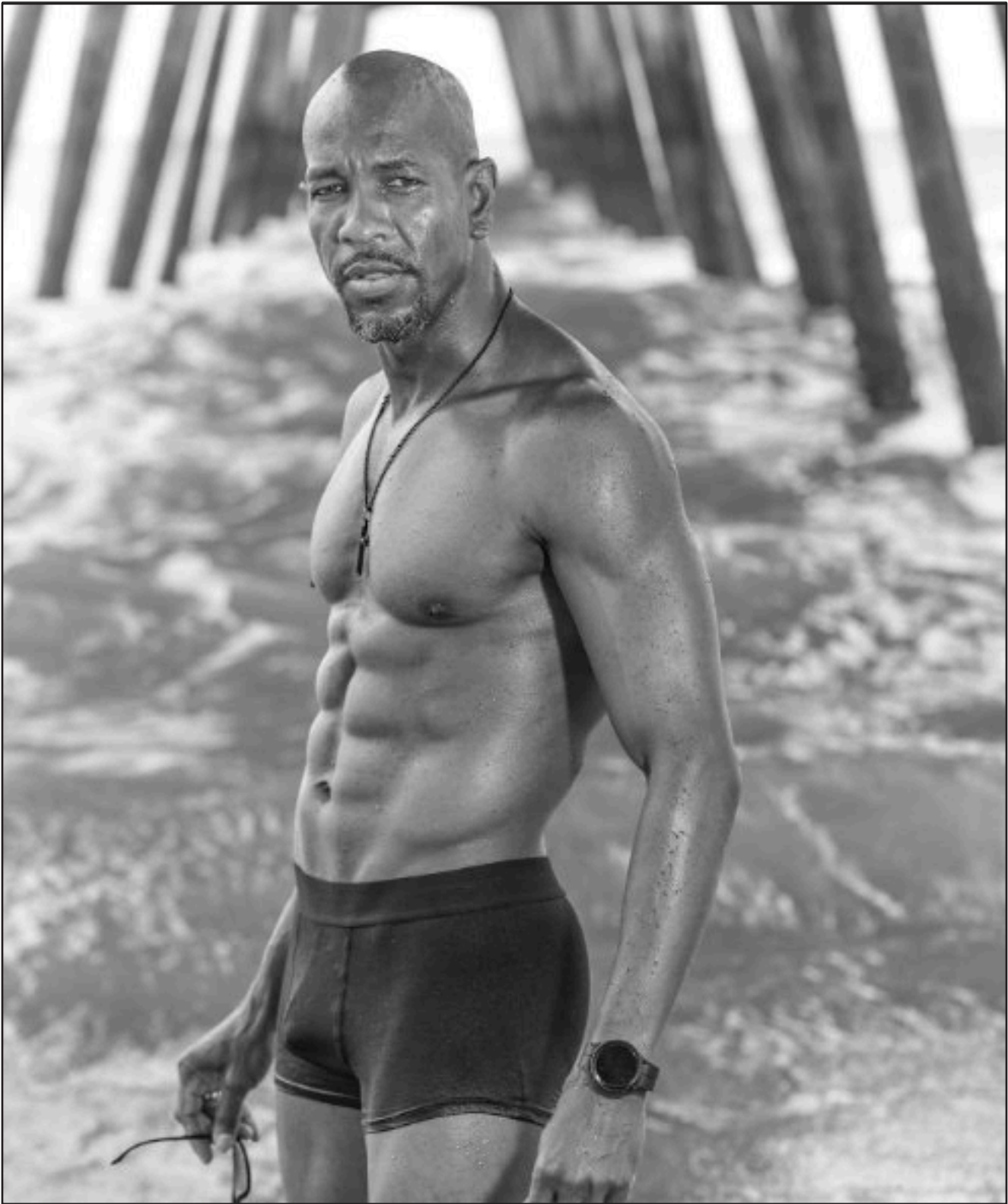
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Photographers Credits (If Any):
Gregory Jones photographer



Cleveland Anthony Wilson



Dariel Fermin

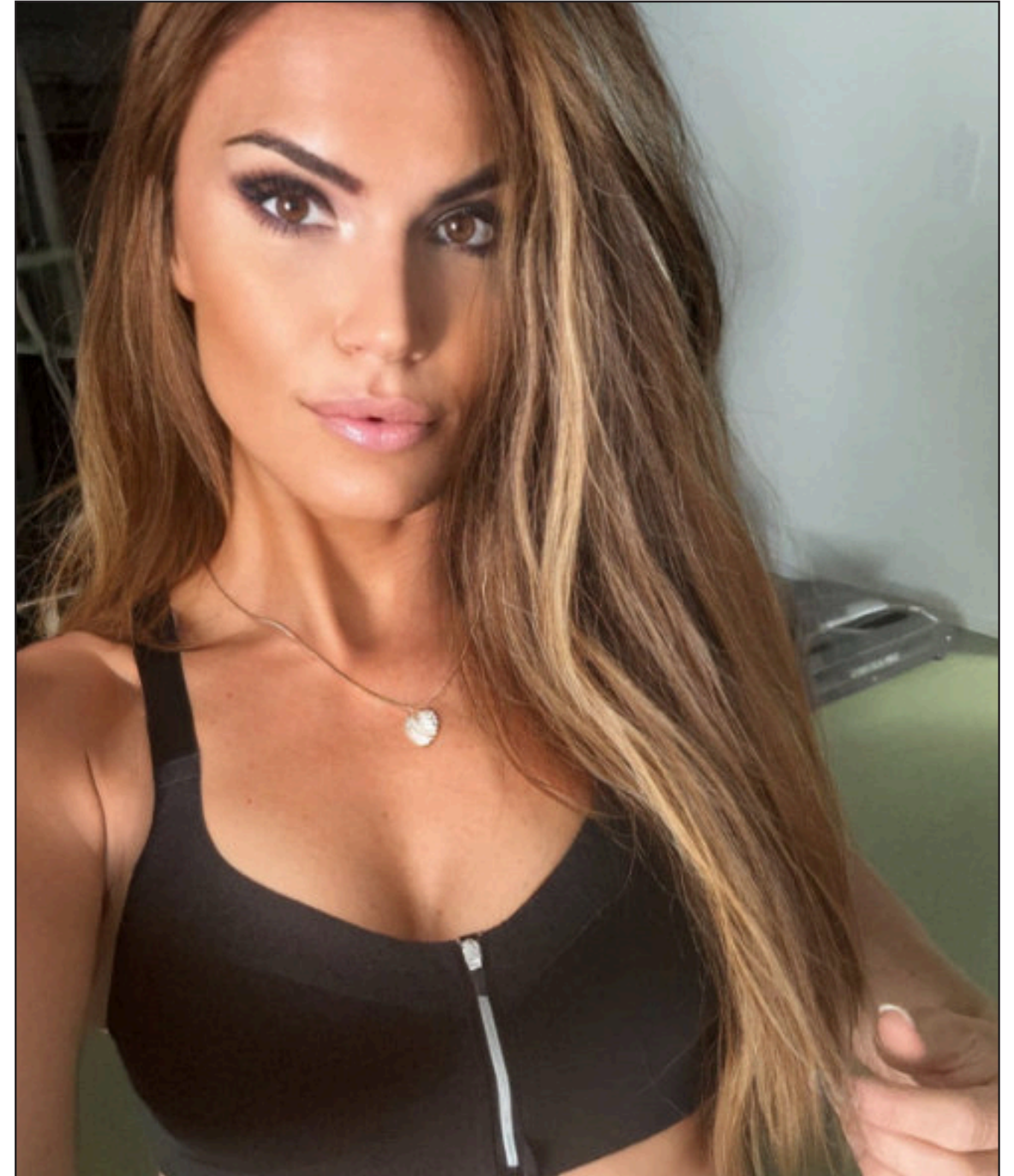


My dreams and goals are to go international become a full-time model and rule the world with my success and positivity













A multidisciplinary Artist with experience as a singer, dancer, model, makeup artist, and performing artist, Hector Santos has worked as a Model for Hanes and other U.S. companies, as well as with Designers in his homeland of Puerto Rico. He represented the "Isla Del Encanto" as Mr. Puerto Rico Tourism in Panama.

As a Renaissance man he has traveled the world acquiring wisdom and becoming multiculturally aware through observing and learning of the differences and similarities that connect us all as human beings.

Pittsburgh has been Hector's residence for many years. His career has flourished working with community groups and dance companies such as The Pittsburgh Youth Ballet, The Ballet Academy of Pittsburgh, and The Oil Region Ballet Company in Franklin PA.

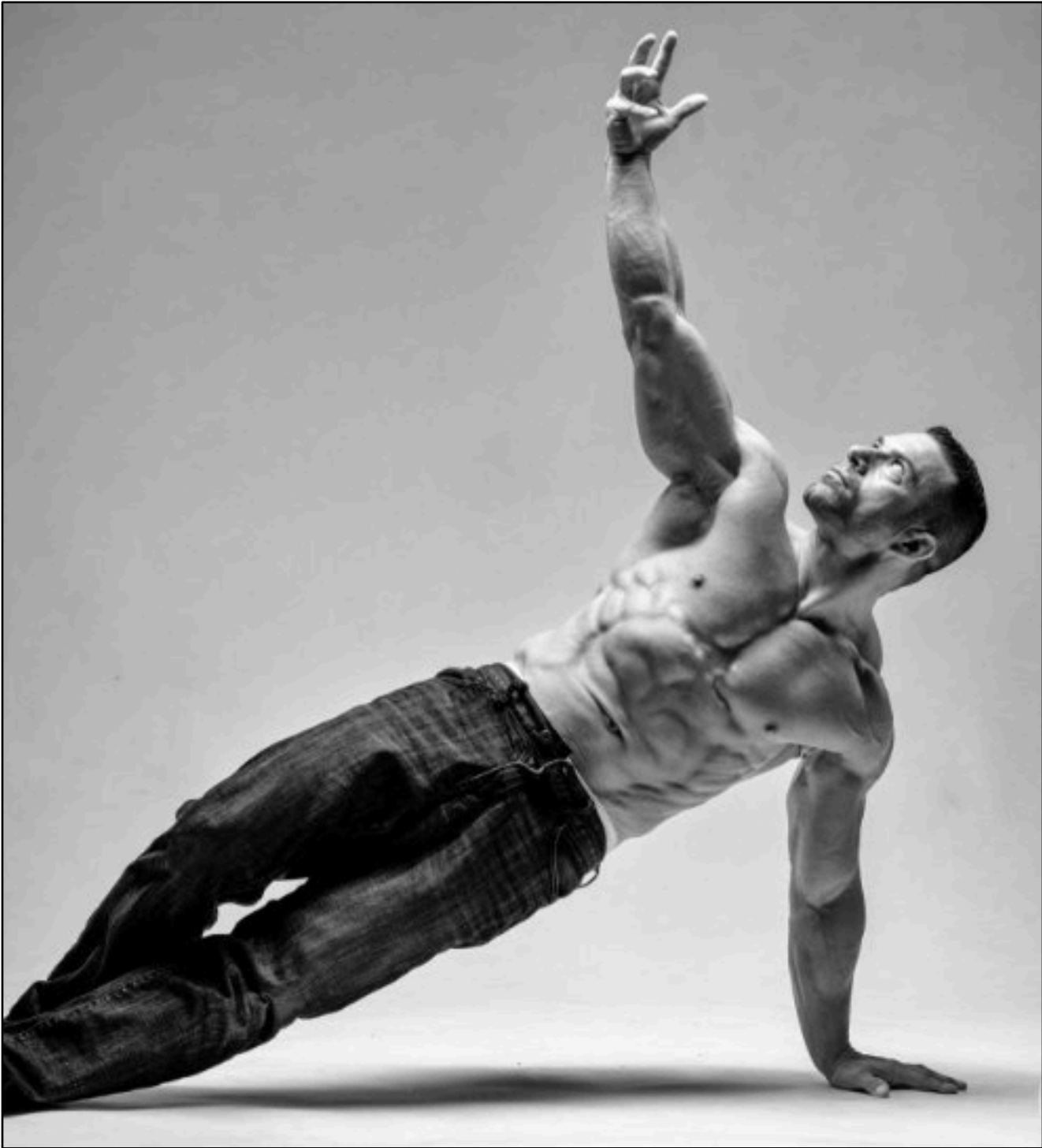
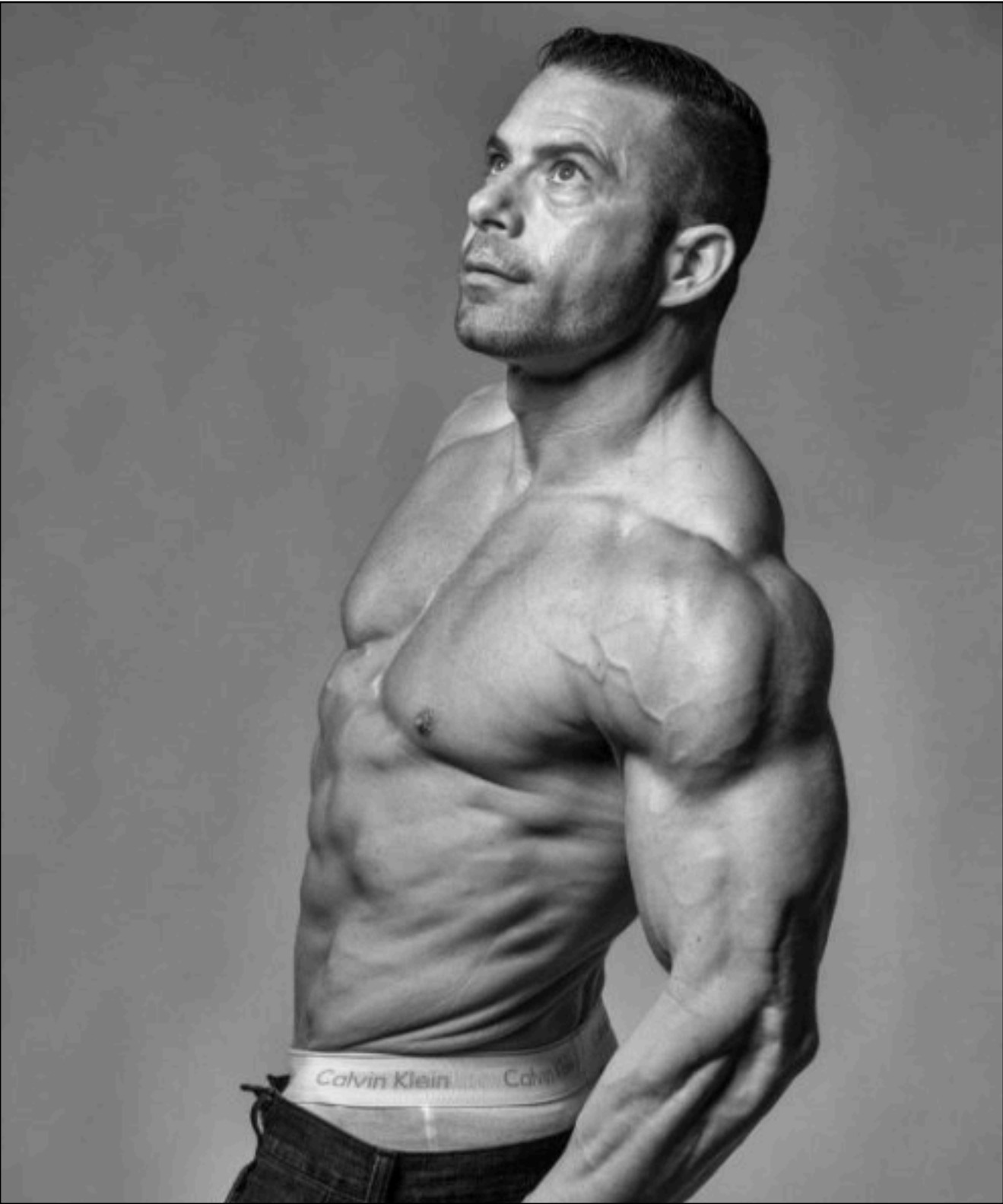
Hector has collaborated on developing set designs, costumes, and design materials that connect his artistic abilities, his sensitivity to communicate with others without words, and the opportunity to create breathtaking visuals that allow people to travel without leaving their homes.

Photographers Credits (If Any): Huck Beard, self









My name is Kevin Sean-Ryan Marcoux, I go by Sean Ryan. I'm a Master Fitness Instructor, model, actor and Life Coach. It's my passion in life to help others achieve success in life through health and positive energy.





Marie Håkansson



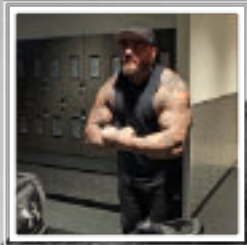
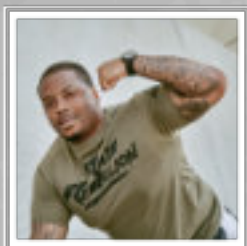
Hello i am Marie
Håkansson from Sweden
my dreams and goals is
to be a good person
every day

Photographers Credits (If
Any): Prime lens photo



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**Kevin Sean
Ryan Marcoux**



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