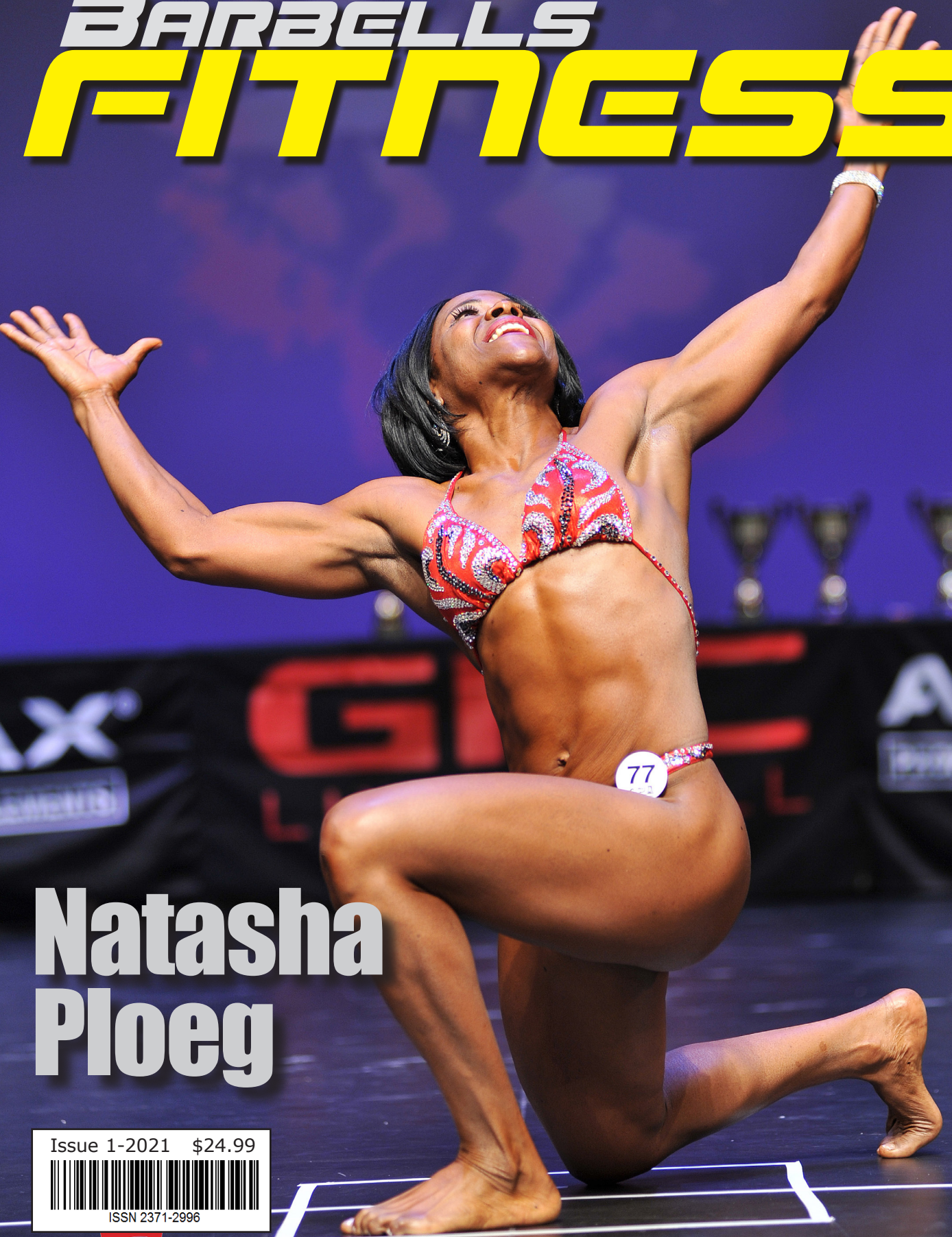


BARBELLS FITNESS



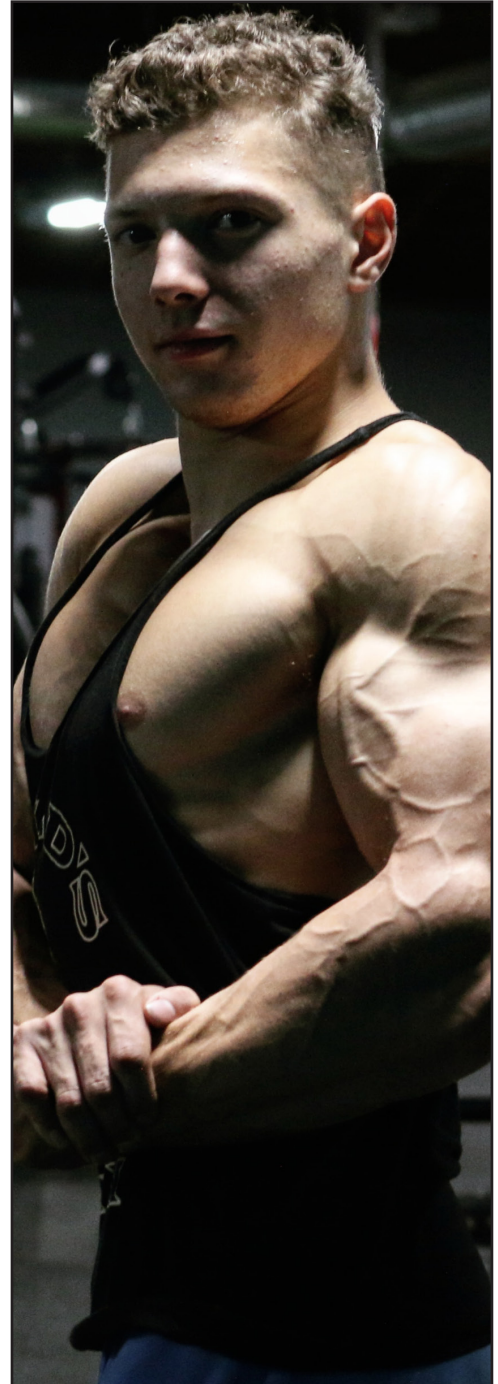
**Natasha
Ploeg**

Issue 1-2021 \$24.99

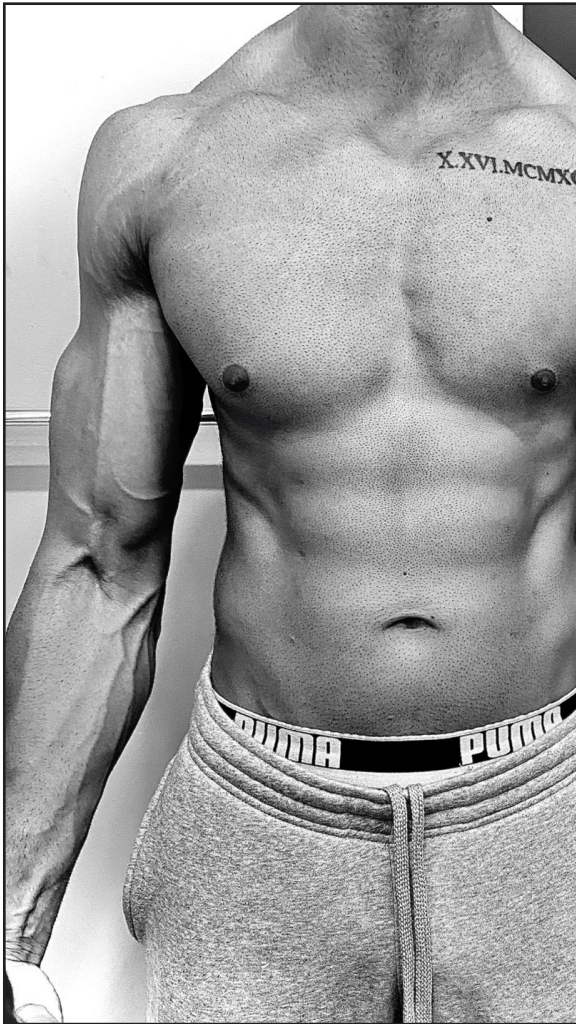


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Featured Athletes



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I am a certified personal trainer and bodybuilder i also model. Ive been in the industry for about 2 to 3 years now. I have my first bodybuilding competition comming up this August and im excited to step on stage for the first time. My goal is to qualify and become a pro and grace the stage of mr olympia one day.



Allen Holmes





Andrew Irving







Three years ago I was introduced to bodybuilding. It was a slow start learning about the best exercises to gain quality muscle the fastest, the importance of dieting, and the dedication and time it takes to be successful in the sport. I was a very skinny kid growing up, and would get made fun of, so the idea of putting on size really stood out to me. After my first year of training, I began to see the potential I had to really make it in the sport, and others saw it as well. I put on 30 pounds of muscle while also getting much leaner and stronger. The next year was even better since I was able to apply more of what I had learned about training and dieting to my everyday routine that I had set for myself, and once again I put on 30 more pounds. I told myself,

"I don't want to just train to look and feel good anymore. I want to be the best in the world. I want to see just how good I can really be at this if I put everything I have into it."

My dream is to make it the the Olympia stage one day and compete against the best of the best. Each day is another step closer to that goal. I wake up early in the morning to make and measure out my meals for the day, and then I'll train in the gym for two to three hours. With my first competition in early 2022, I can just trust the process and stick to what I have learned over the past three years.

The main thing I have learned, that I feel like causes many to fail at this, is taking criticism the wrong way. Don't listen when anyone tells you that you'll never be great, you'll never win, or your physique isn't good enough. Take that criticism, and use it to go out and prove them wrong, know what you need to improve, and most importantly, prove your supporters right. There's a lot of bumps in the road and the sport of bodybuilding is easily one of the most difficult out there, but if this is the route that you want, you need to set



your goal, focus on purely yourself, and never ever give up. Photographers Credits: Styrke Studio

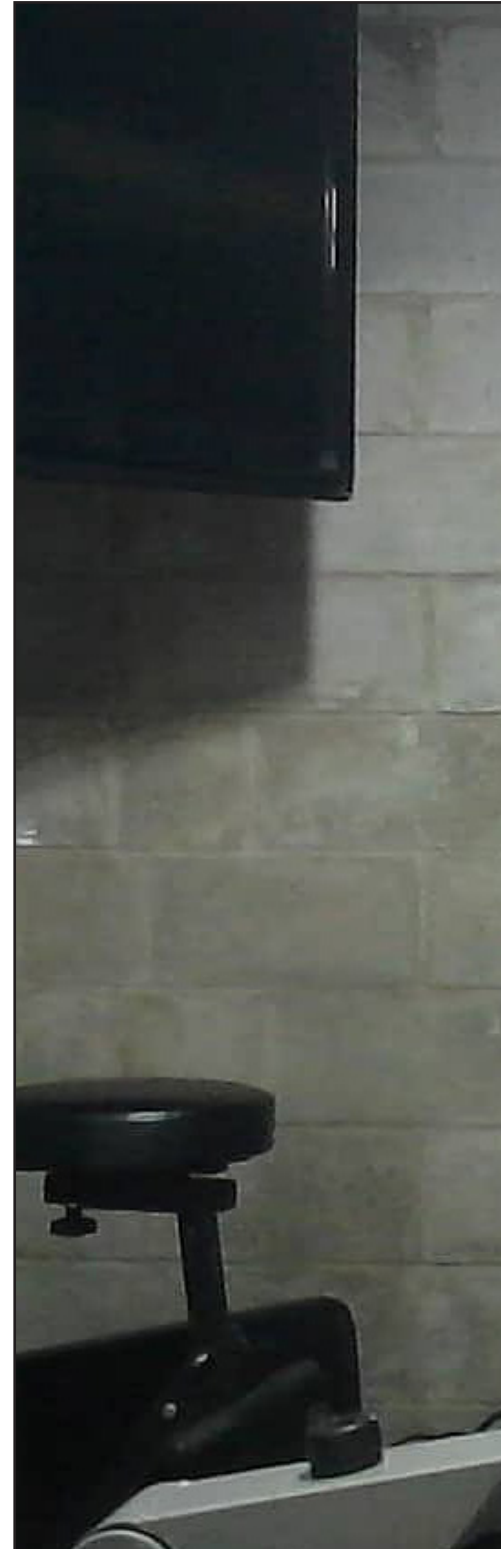








Bill Goulah





Bill Goulah



At 44 year's old. I am ready. Recently seperated, my son now 19. I am ready to stop living in my head, dreaming of goals. And to start pursuing them. I want to get into bodybuilding, I have been traing to be a pro wrestler. I am 5'1 I have always been the little guy in the room. Now I want to be the biggest, little guy in the room. Never too old
Never too small
Never hold yourself back.
From living your dream's.







My overall dreams and goals are to be able to get my NASM certification as well as one day open up my own fitness facility. I also would like to open up multiple business franchises after im able to rebuild my credit score. Also one day have the money and time to work less to be able to spend more time with my daughter.



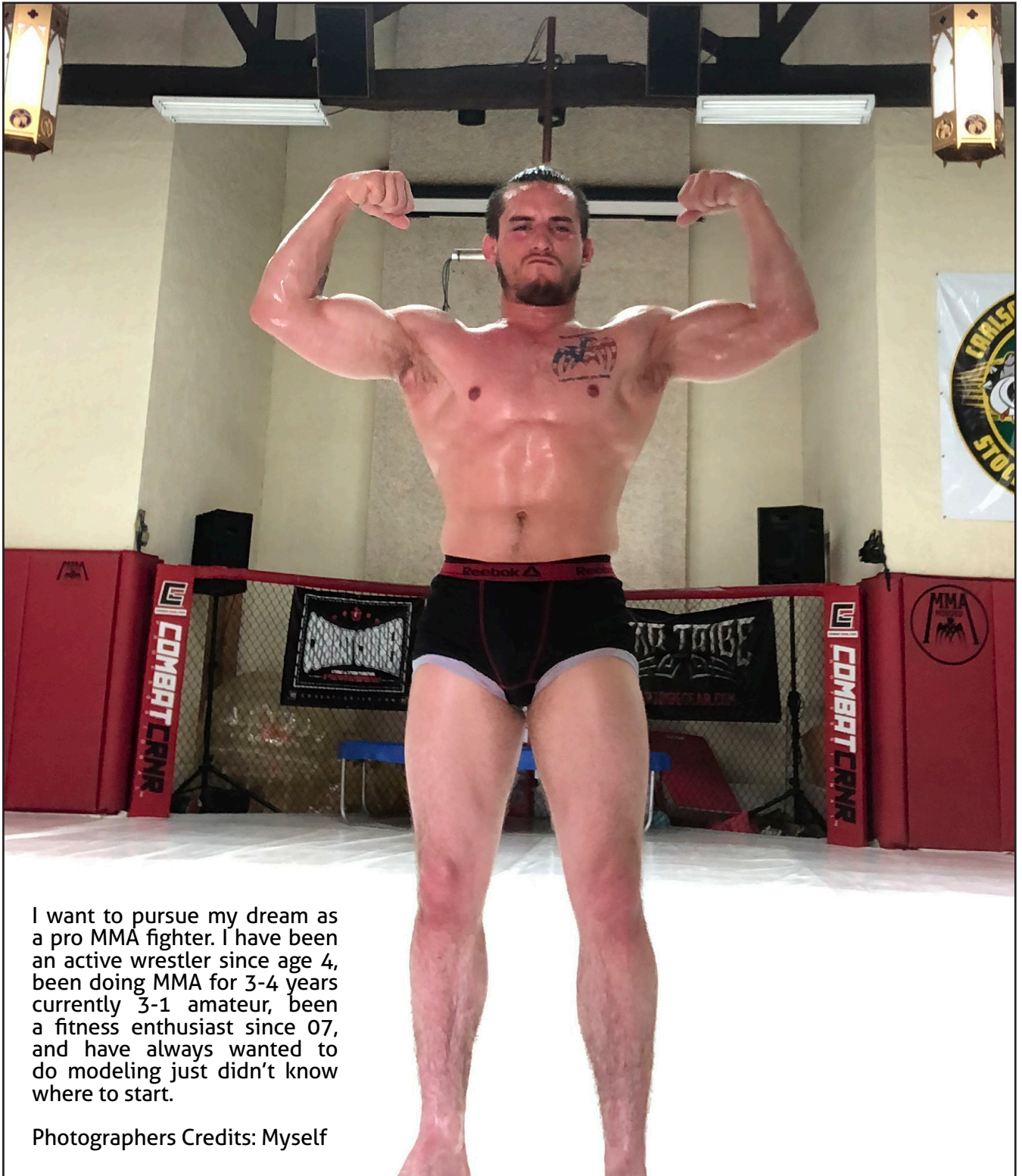


Brennan France





Brennan France

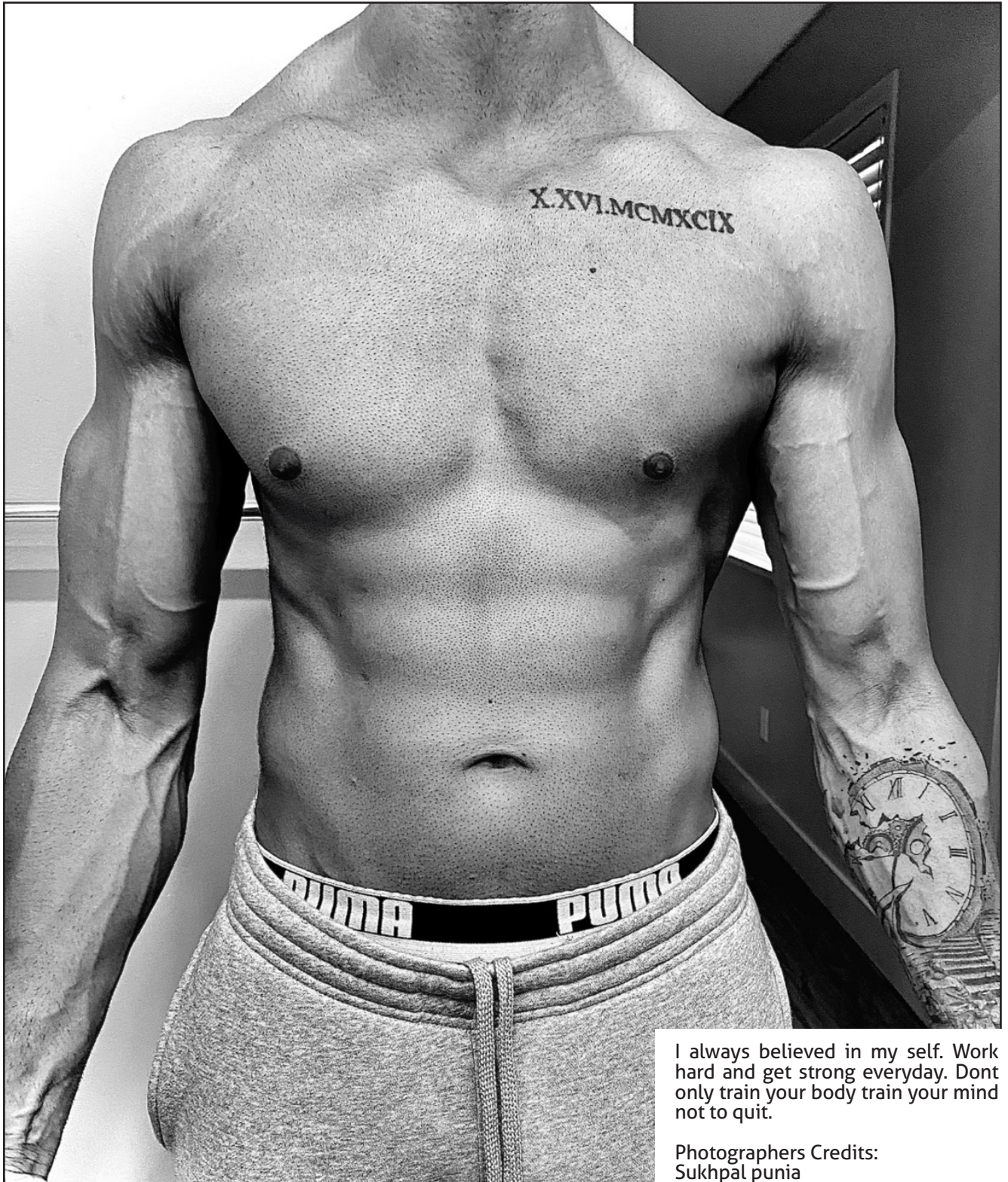


I want to pursue my dream as a pro MMA fighter. I have been an active wrestler since age 4, been doing MMA for 3-4 years currently 3-1 amateur, been a fitness enthusiast since 07, and have always wanted to do modeling just didn't know where to start.

Photographers Credits: Myself







I always believed in my self. Work hard and get strong everyday. Dont only train your body train your mind not to quit.

Photographers Credits:
Sukhpal punia





Kie Kennedy

My goal is simply to push my body to the limits of its fitness. Explore unlimited progression. Nurture through training, and nourish through nutrition. I am a 20 year old, natural aspiring bodybuilding interested in bodybuilding, general fitness, sports, and sports nutrition. My further goals in fitness are to go into bodybuilding coaching In order to help others get into the shape to compete, or to compete myself. Training since I was 16, these past 4 years have been a large learning curve, learning the best training methods, rest, and nutrition to best suit my body. Although 4 years seems like a long time, this is only the beginning

of my journey and I hope in future I can grow an audience socially and help others achieve their goals. To anyone wanting to get into fitness or bodybuilding I'd say do the adequate research and begin immediately, make use of whatever you have, and begin pushing your body with training and adequate nutrition with the sole goal of improvement - whether it be through increased fitness, a better looking physique, or a better diet to achieve a longer, happier, healthier and more sustained life.

Photographers Credits: Myself









Lauren Bair





Lauren Bair



I am a Registered Nurse and competition prep coach for Bair Aesthetics! I have competed in the NPC for 6 years! As of 2021, I have been focusing on excelling in the fitness division! A big goal of mine is to go pro in the NPC! I hope to spread a positive outlook on competing and health & wellness

Photographers Credits: Dollhouse Studios- Bri Garcia ; 1Morevision- Chase





Started my fitness journey in 2010 as a way to relieve stress. Fell in love and started competing in 2011 in benchpress competitions. Competed 2011-2015 all 1st place in lightweight class. 7-0. Best on record lift of 360 and 163-164lbs bw. Personal best bench lift of 405 @ 164lbs bw. Personal best on deadlift is 505 @ 164lbs bw. Squat pb 415@ 164lbs bw. Currently pressing 410@ 170lbs bw. 2 car accidents set me back a little, but I'm stronger than ever now. Also won

1st and overall in a non-sanctioned physique competition. Early on, being a single parent was sort of a setback. Financially I couldn't pay the expenses for the shows, but I never stopped training. Still in phenomenal shape and want to show the world that setbacks only builds character and it's possible to stay fit. Sometimes patience is your best friend.

Photographers Credits: Myself



Marcus House





Maurice Igims





Im a hard working father of 4 and at age 46 i want to teach my kids that no matter what age you are anything is possible.. my dream is to spread the work and help as many people i can with my story .i have many achievements over the course of my

fitness journey gained and list muscle it was hard for me with my body type .. i am finally getting the results i was looking for now i want to push myself as far as i can







I am a 52 years old and a mother of 4.

I recently transformed and now promoting a healthy lifestyle that includes healthy nutrition and intense exercise routines.

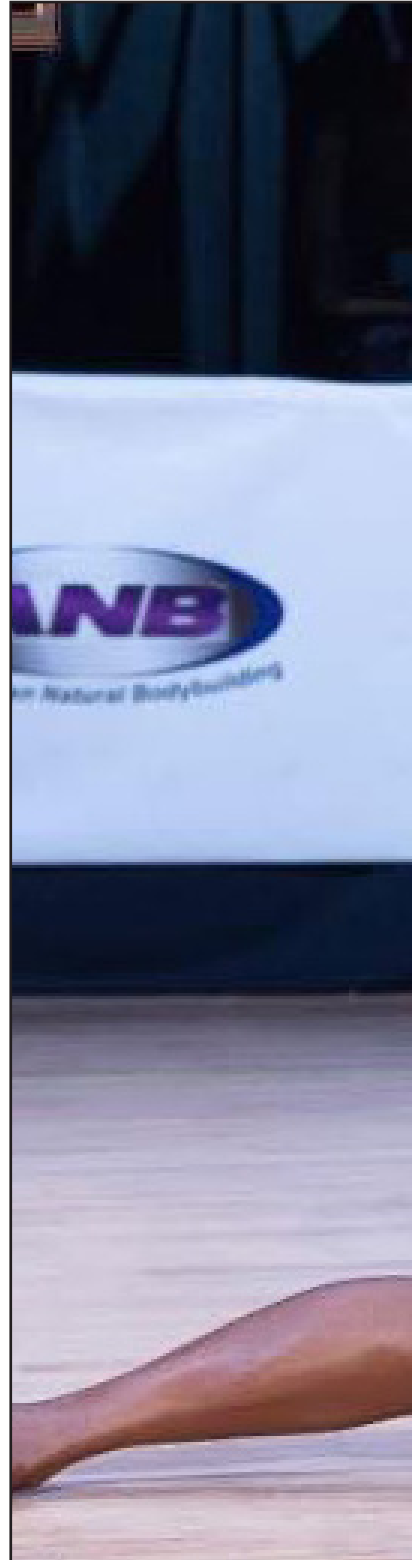
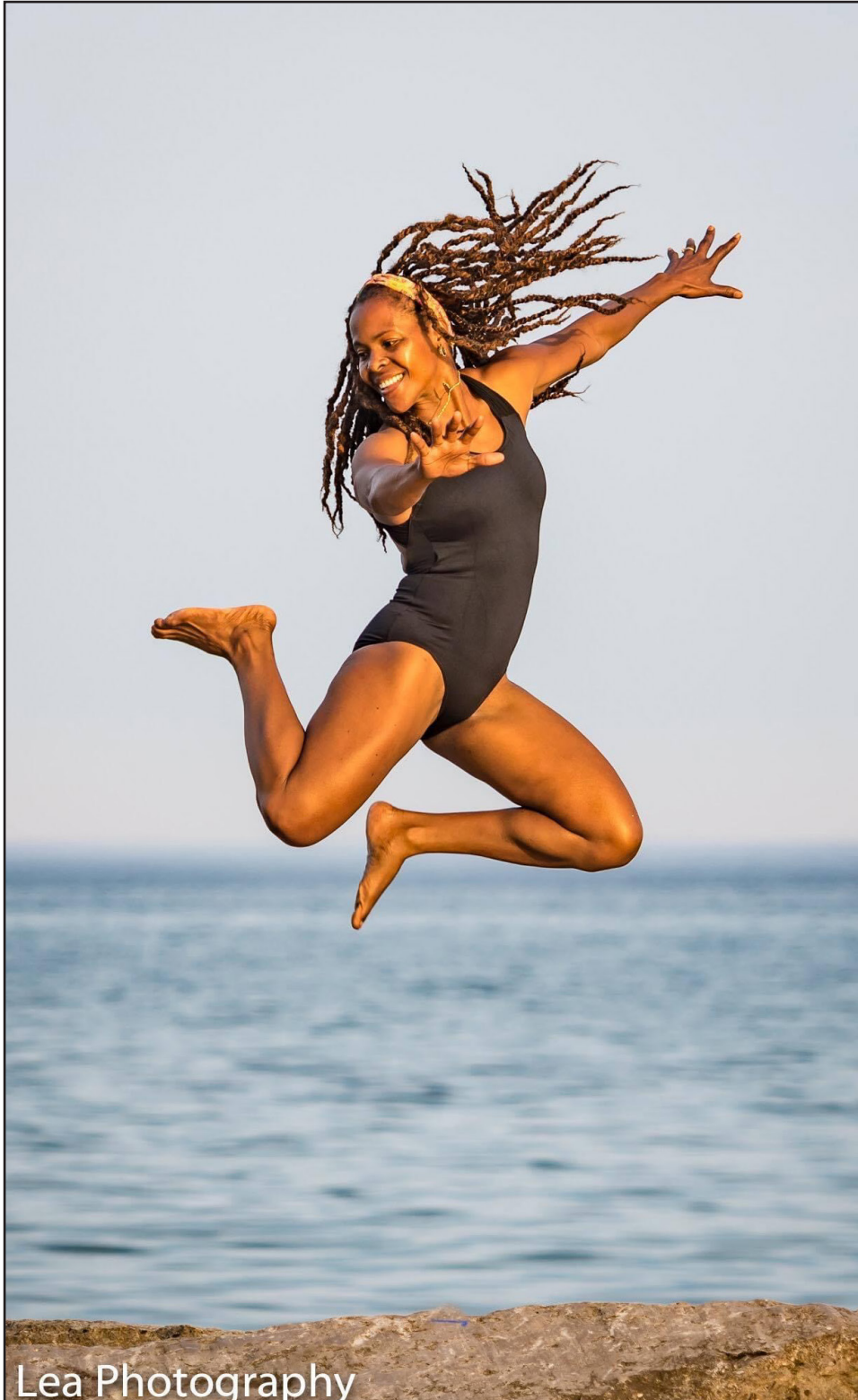


Michelle Gutzait

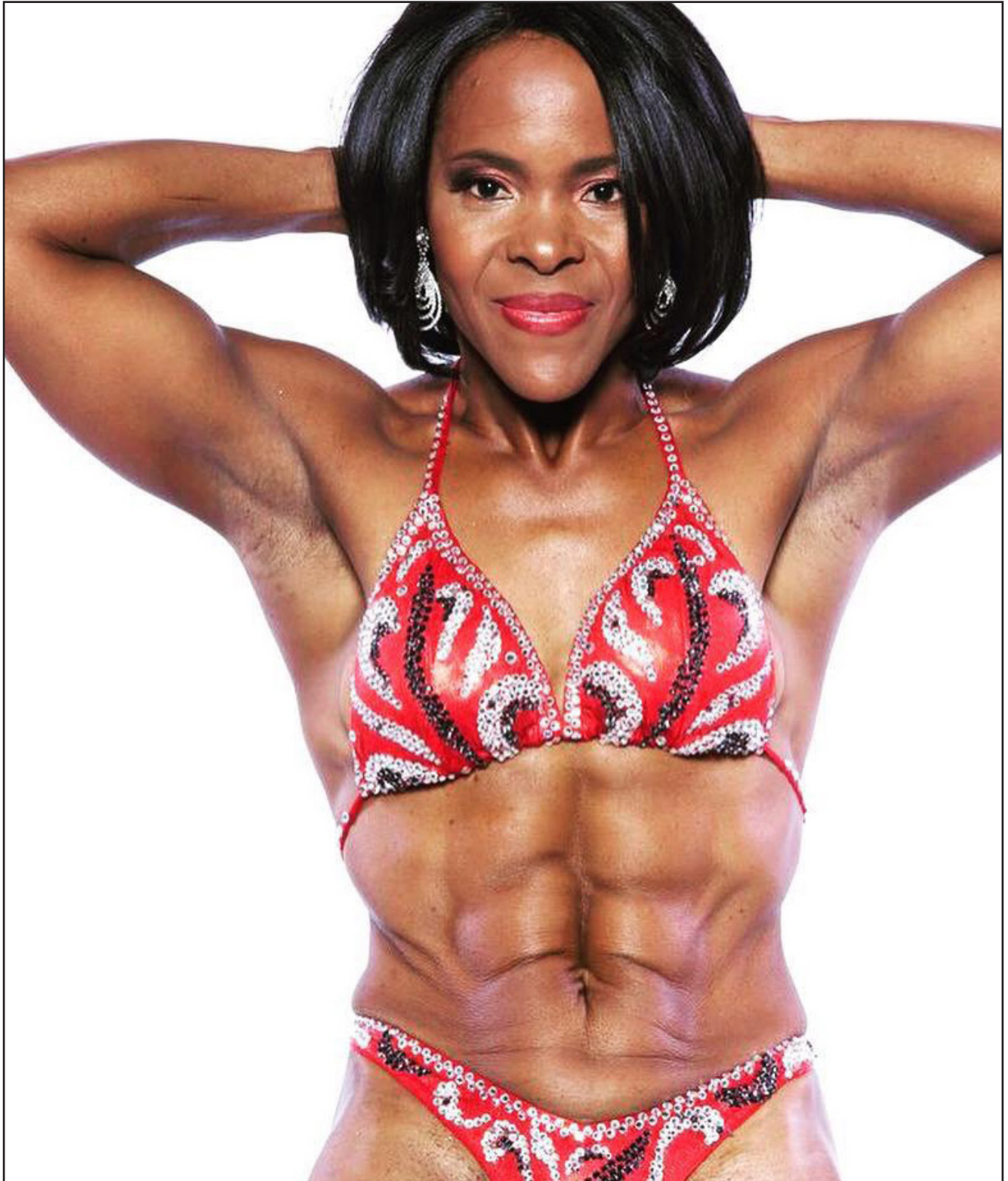




Natasha Ploeg





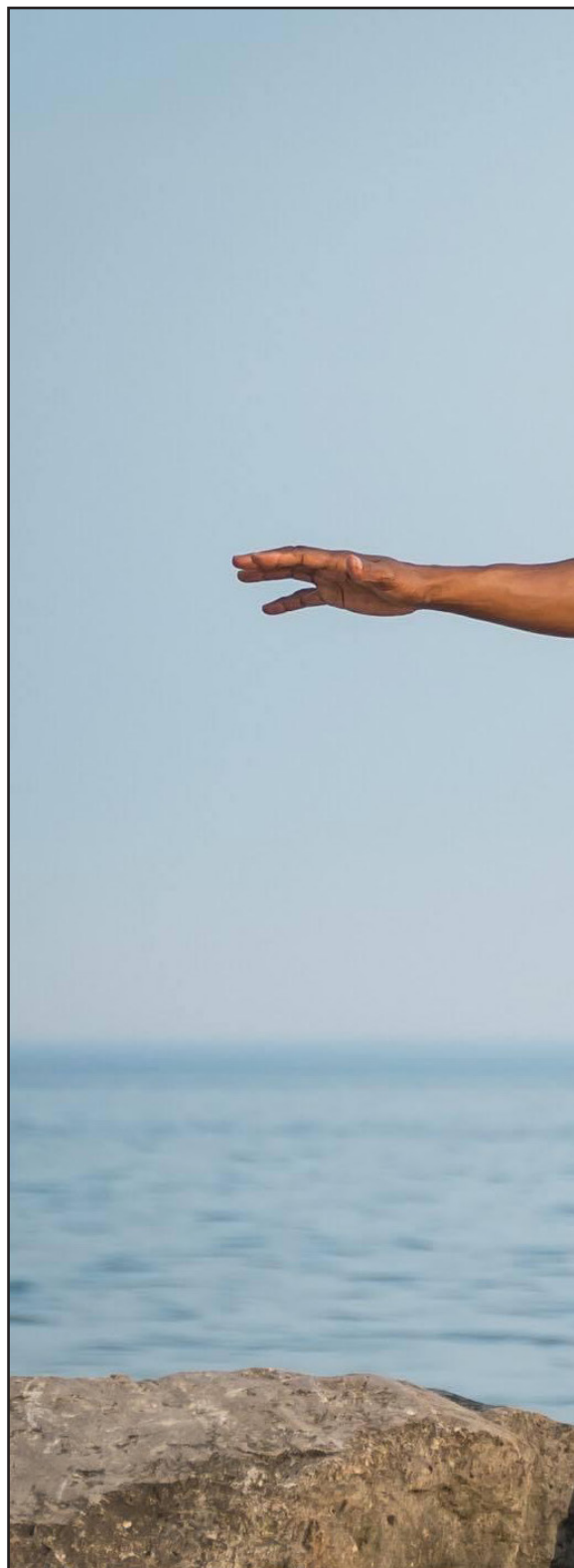
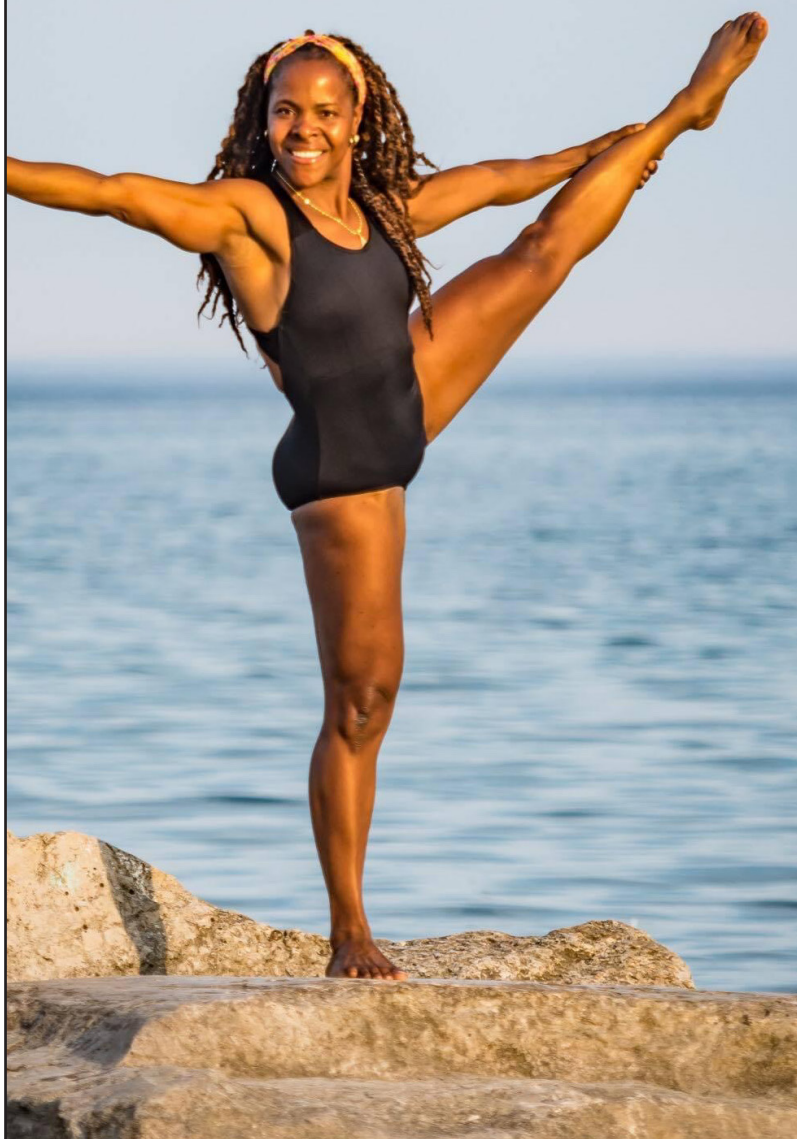




Natasha Ploeg

My goal is to win the Pro Champion. I'd like to continue competing in the fields of dancing and bodybuilding. I'd like to inspire women my age group. Hang on to that dream and reach for it. There have been a few obstacles along the way. The road to achieving one's goals isn't always easy. Be patient and kind with/to yourselves.

Photos Credits : Kelly Lea Photography







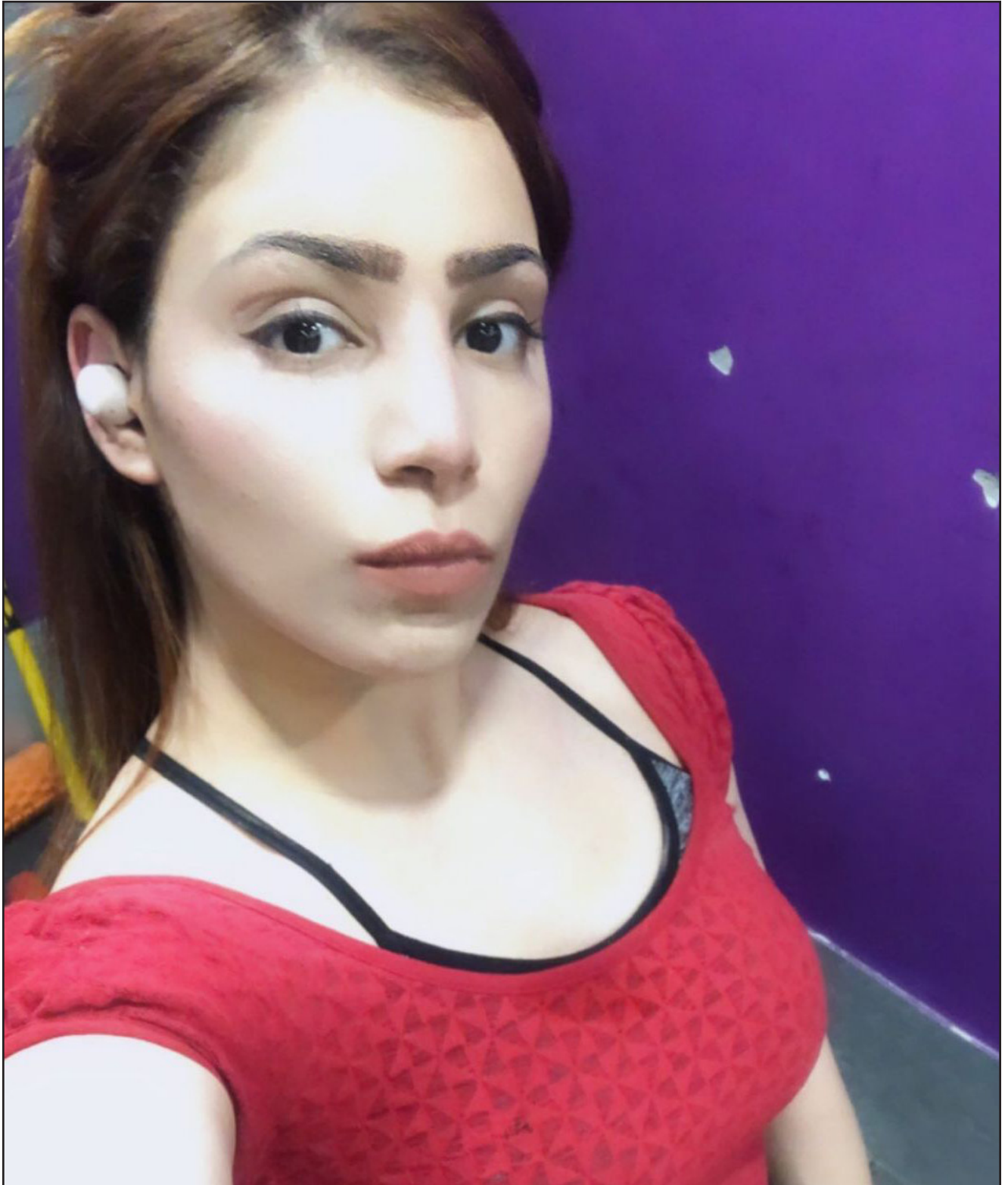


Looking forward to become successful fitness model so that I can encourage young girls to work on their fitness
Photographers
Credits: Myself

Shipra Singh









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Ben Bailey



Styrke Studio



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