

# BARBELLS FITNESS

Cheryl  
Jacobs



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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. organization

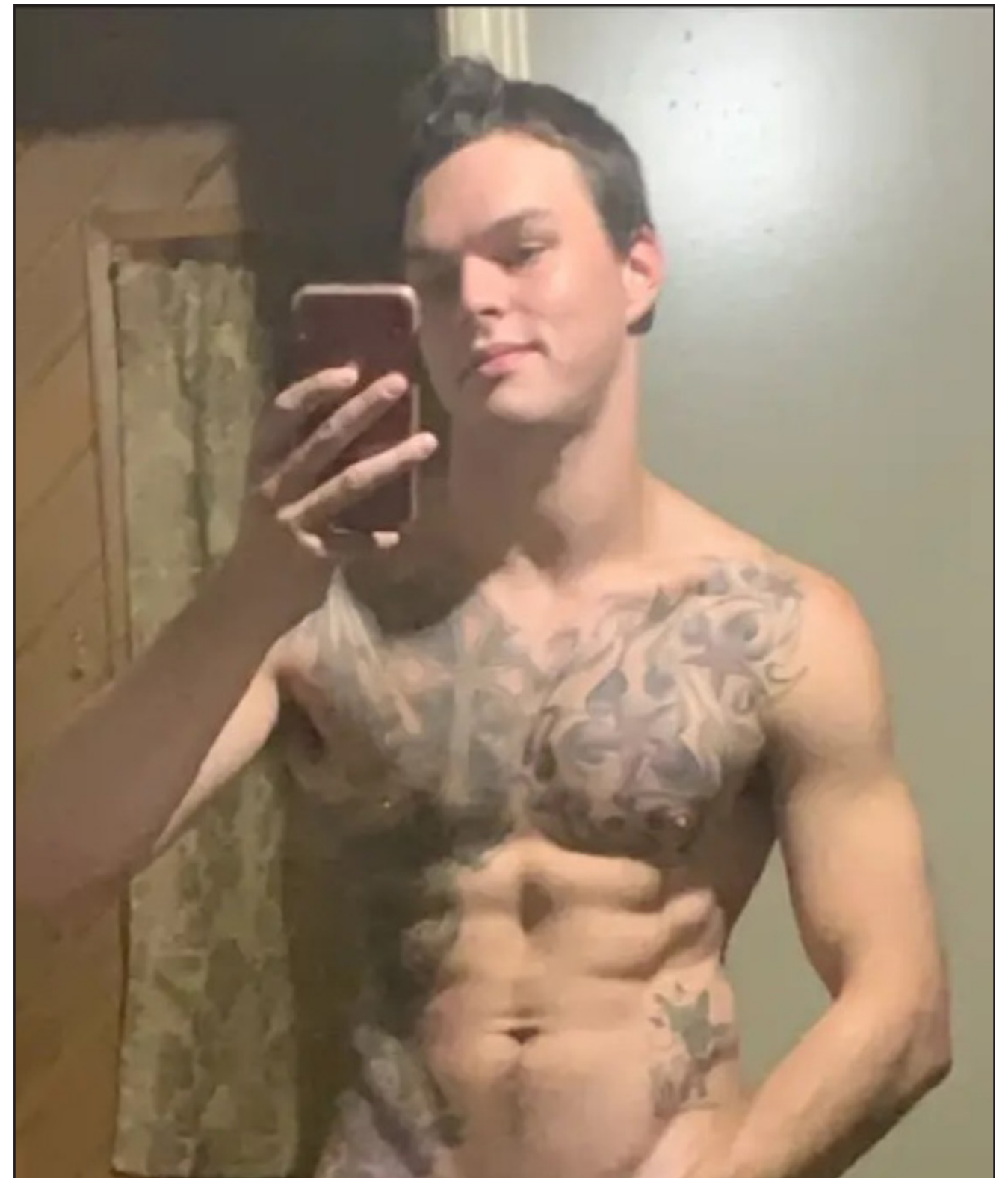


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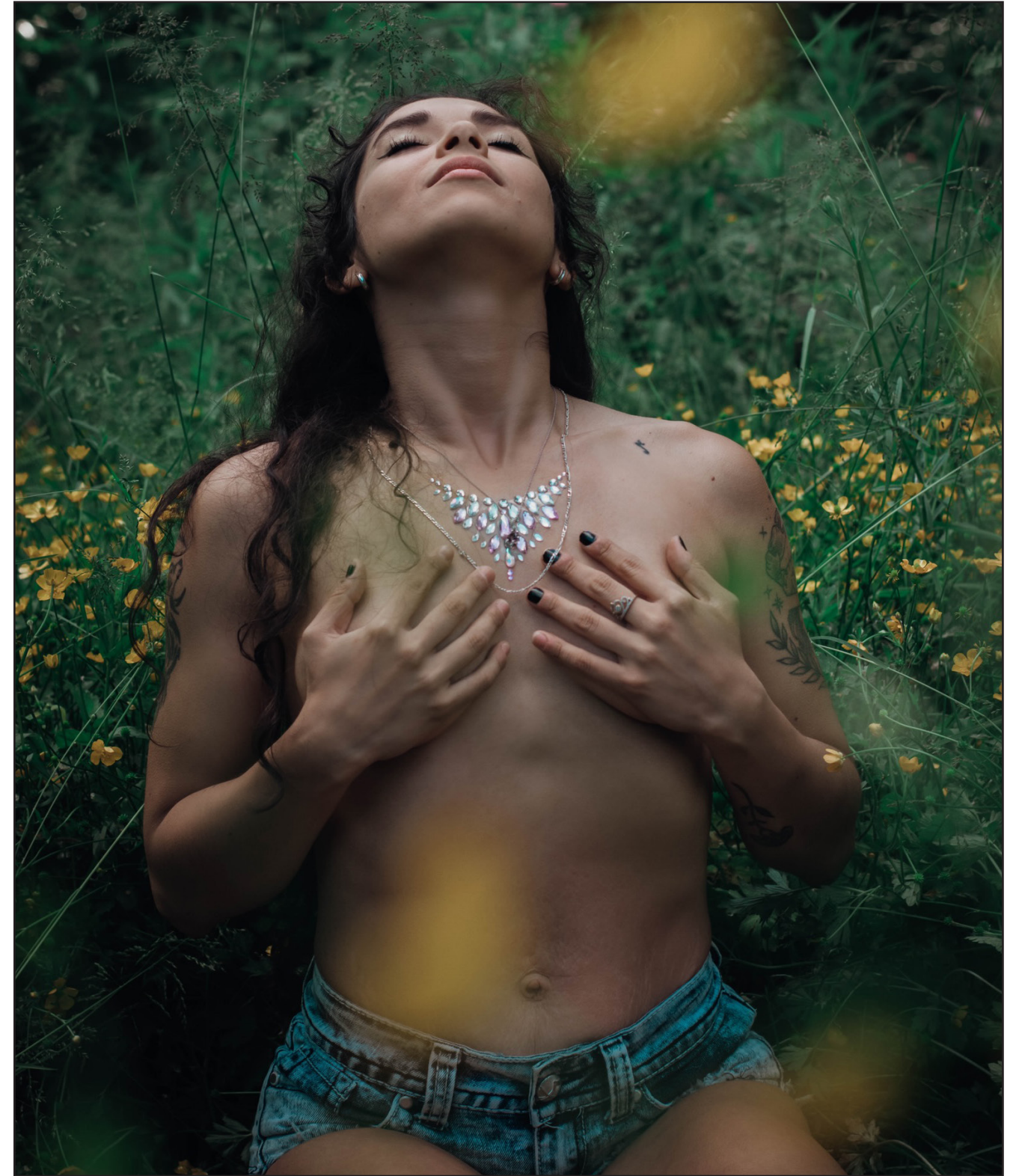


I have always been athletic in nature. I found my true passion for lifting 7 years ago. Fitness became my outlet and a form of stress relief. I quickly found that I wanted to help others reach their goals and introduce them to the world of fitness so I became a certified personal trainer. When the pandemic hit I had to get creative with my own workouts and use what equipment I had available. With so many struggling with the lack of available fitness equipment I started teaching virtual fitness classes using mostly body weight based exercises. My goal is to make fitness available to everyone at an affordable level and with minimal equipment needed. There never seems to be enough time in a day.. but if you truly want to reach your goals you make it happen!













My fitness journey started about 3 years ago. I got a job at a local gym with zero knowledge of anything fitness or health! I slowly started learning about it but still wasn't very interested in it until a year after, I had just got out of a relationship and was in a very depressed state, was barely eating, barely doing anything and one day I weighed myself and my weight came up to around 92-95lbs which was the lowest I've ever been! That's when I knew it was time for a change! I began to follow fitness competitors on social media, visited my local supplement store and started learning and doing research and learning the equipments etc. Throughout all of this I became friends on social media with a few trainers and would ask about their workouts or what was the purpose of them and how I could do them and implement them into my life ... I began to eat lots! Steak and eggs and rice for breakfast! Mass gainers in between meals ...all that good stuff!

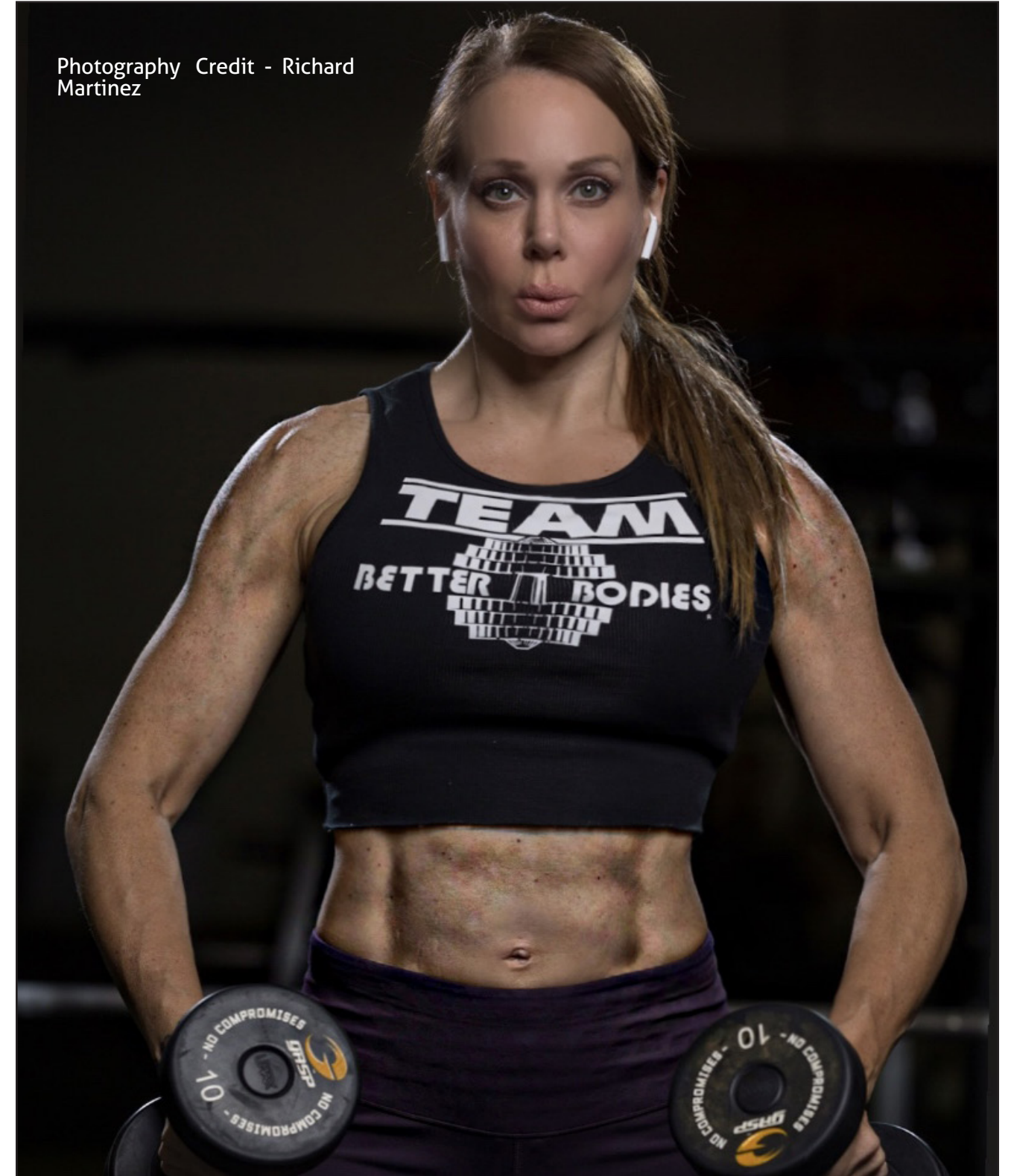
It was hard to eat so much at times as my body couldn't ingest it so I'd have to almost force myself to eat as I knew it was what my body needed in order to gain healthy weight... started working out about 5 days a week. Was blessed by having a couple friends who were trainers and would give me some programs to try out and learn about. As time went on I became more confident on myself, I'm how my body look but more specific how my naked body looked as that was always a struggle and felt self conscious about my naked body, which is why I wouldn't even wear a bikini... but that all changed! I grew! I gained weight and confidence... enough confidence to find a coach to train me to compete as a bikini athlete . I trained during the pandemic and placed 3rd on my very first show on both my categories that I had signed up for. It was the only show that happened in Bc I believe .. I might be wrong but it was an amazing experience and I'm still hooked! Still learning, embracing all the ups and downs that come with this lifestyle. Learning about health and fitness and the human body has been amazing. At this point I plan to get to an IFBBPRO level and currently working towards a nutrition coach certification and after that the goal is to become a trainer ! But there's no limit to my dreams and hopes for my future <3

Photographers Credits: Ally Bianca





Photography Credit - Alex



Photography Credit - Richard Martinez



Photos by Jay Fuertez





Photos by Jay Fuertez



# Cheryl Jacobs

I began my fitness journey in the 7th grade as a runner in JR High cross country & track which I carried through to college on a scholarship at Kent State, Ohio.

I also began bodybuilding around that age as well but it wasn't until about 3 years ago I took bodybuilding seriously.

It all came about when I found myself sitting at a desk for several hours I started to gain weight, felt depressed & sluggish all the time.

I hired 4 trainers & a nutritionist to get me back into shape. When I started seeing results I was hooked.

Many noticed the change & asked me to help them how to achieve the same results. I created workout videos found on my Instagram.com/ cheryljacobs\_fitness teaching others what my trainers had taught me.

I began modeling at the age of 17 when I was scouted by an agent. Traveling the world from LA, to NYC to Italy to London & back.

I gained much experience in print modeling for romance book covers, catalogs, magazine covers, a billboard in Times Square & a few runway shows.

Today I am mostly interested in fitness modeling & helping others achieve their fitness goals.

Being that I am over 40 & belong to several over 40 fitness groups on Facebook I feel I could be a great inspiration that if I can do it so can you.

No matter what your fitness goals I believe when you make your determination bigger than your excuses anything is possible.

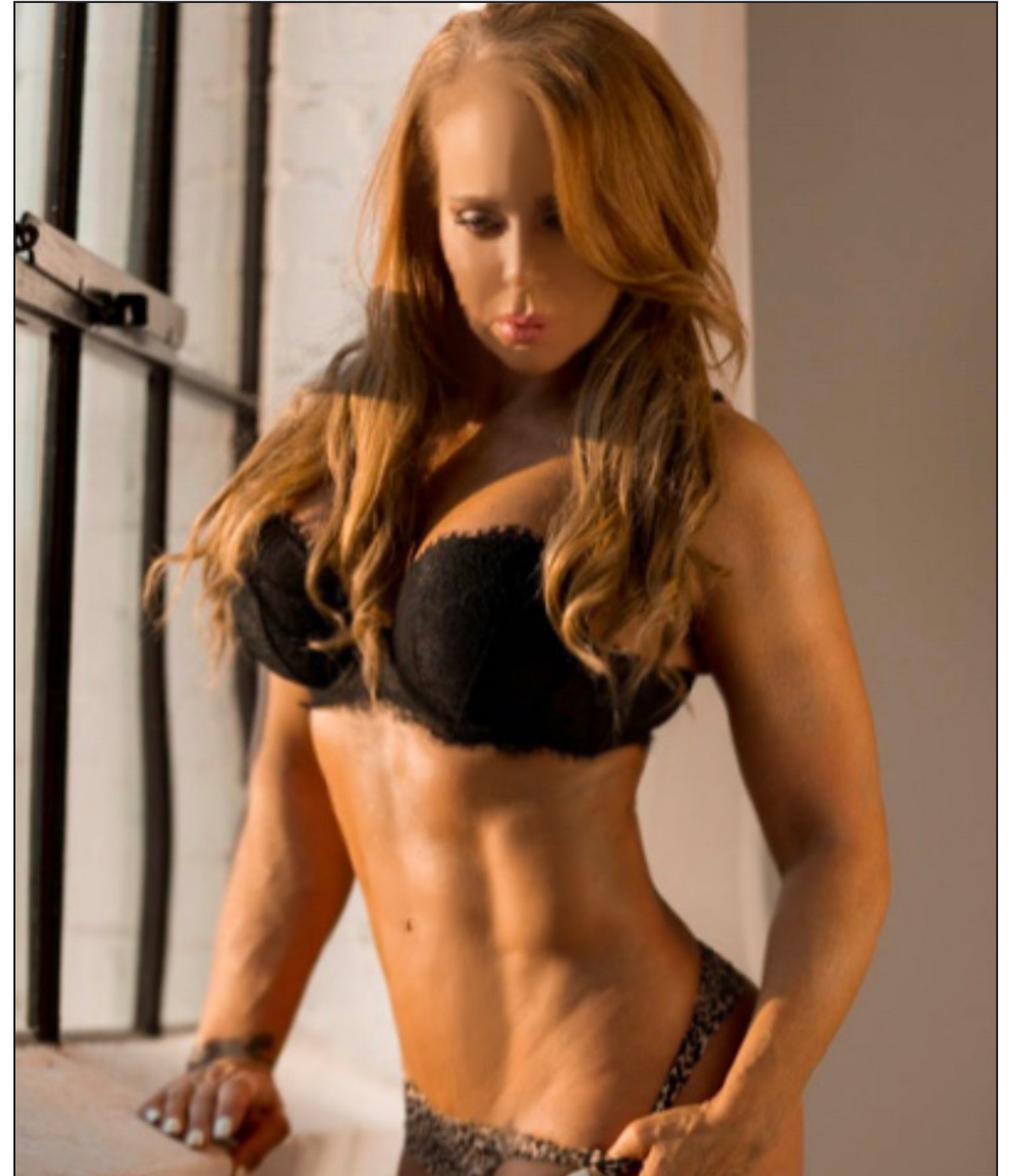
Miss Cheryl Jacobs

Photography Credit - Jay Fierrez





Photos by Richard Martinez





Photography Credit -  
Richard Martinez



Photography Credit -  
Surraca







# Danielle Rose

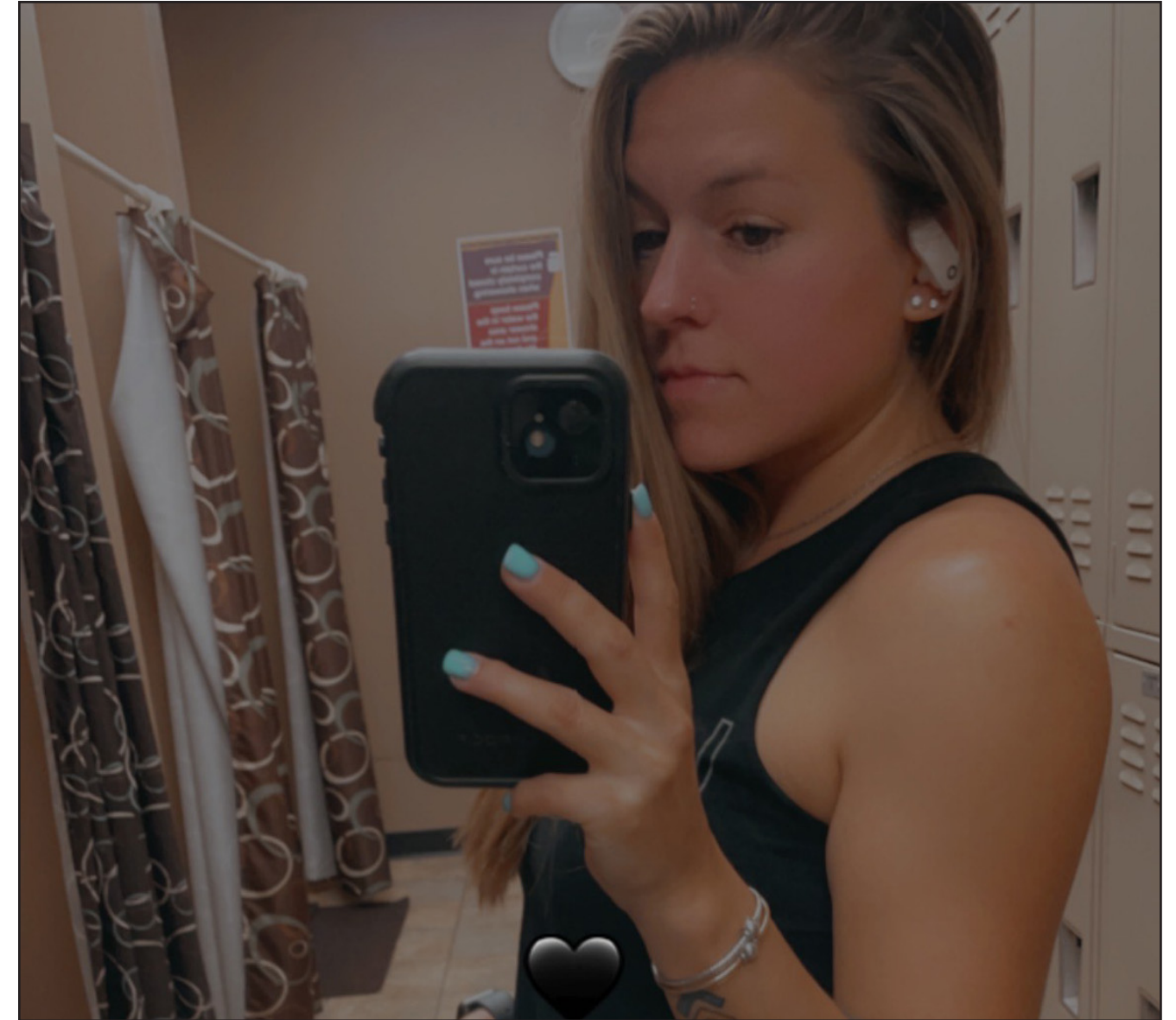
I am a 44 year old mother and wife, with a full time career in surgical device sales, and an IFBB Figure Pro. I started my journey 7 years ago with one goal in mind, to turn pro, and to get on the Olympia stage. After my best friend and I were hit by a drunk driver at 20 years old, she unfortunately did not make it, I fell into a coma, and in the hospital for several months, I woke from that with a zest for life that can not be stopped. I've always worked out, crossfit, etc, but 7 years ago when I decided on the sport of bodybuilding, my goal was to turn pro, and then get on the Olympia stage with the best in the world. After engaging in the hard work, and discipline I didnt know I had, 7 national shows, I am proud to say I turned pro 2 years ago. Since then I've had an unbelievable journey in the top 10, top 5, and top 3 working my way to qualify for the Olympia stage. With Covid this year season got crunched with many shows canceled and the qualification time frame being from the first show that was held August, 1st, to the last qualifier October, 16th. I am proud to say at the first show, Tampa Pro, an extremely prestigious show, I had the honor of placing 4th, and collecting 6 points towards qualifying. 1st place gets automatic qualification, 2nd-5th get points with top 3 on points in October going. So now I get ready to compete Aug, 29th, Sept, 5th, and however many more times I need to with the goal to take 1st, the ability to take 1st, but the hope's to keep collecting points. I know I can do it, have an unbelievable coach, and an amazing support system with both my husband and son all believing in me, and knowing I belong up there December, 15th in Vegas.

Sincerely,  
Danielle Rose

Photos Credits:  
J.M.Manion







Hi, my name is Eva Landry! I'm 25 years old and my life hasn't always been so simple. In 2014 I got into a serious car accident where it left me in a coma and many broken bones. I also had two collapsed lungs and a hole in my kidney. I wasn't supposed to make it but with the amazing team I had at UMASS in Worcester MA I can say I'm still here and kicking ass. At the time of the accident I was not motivated and wanted nothing to do with fitness. I couldn't stand to even look at weights or hear people talk about the gym it wasn't me. Around 2018 my grandfather got sick and I needed to find some

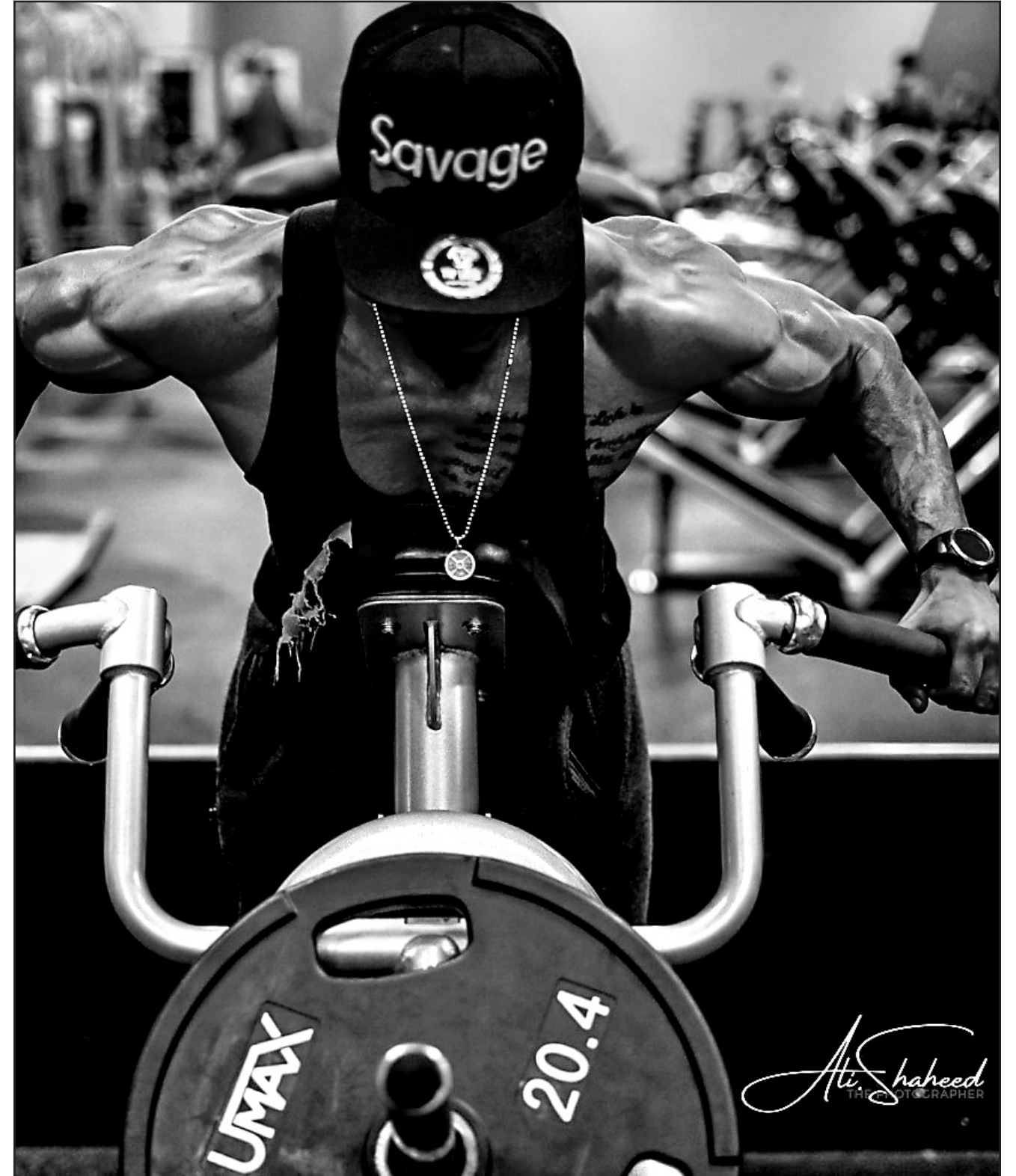
kind of outlet. I thought one day, let's workout and see what it's all about. I ended up falling in love with everything to do with fitness. The gym is now my second home. I am currently working on my nutrition as it's not the greatest. But I have a personal trainer who is helping me with that and she's making my workout plans for me as well. Since I started with her just 3 months ago I've seen tremendous amounts of progress made, I also became a sponsored athlete for EPNSupplements. I can't wait to see where my journey ends up and I love every single one of my fans who root me on.

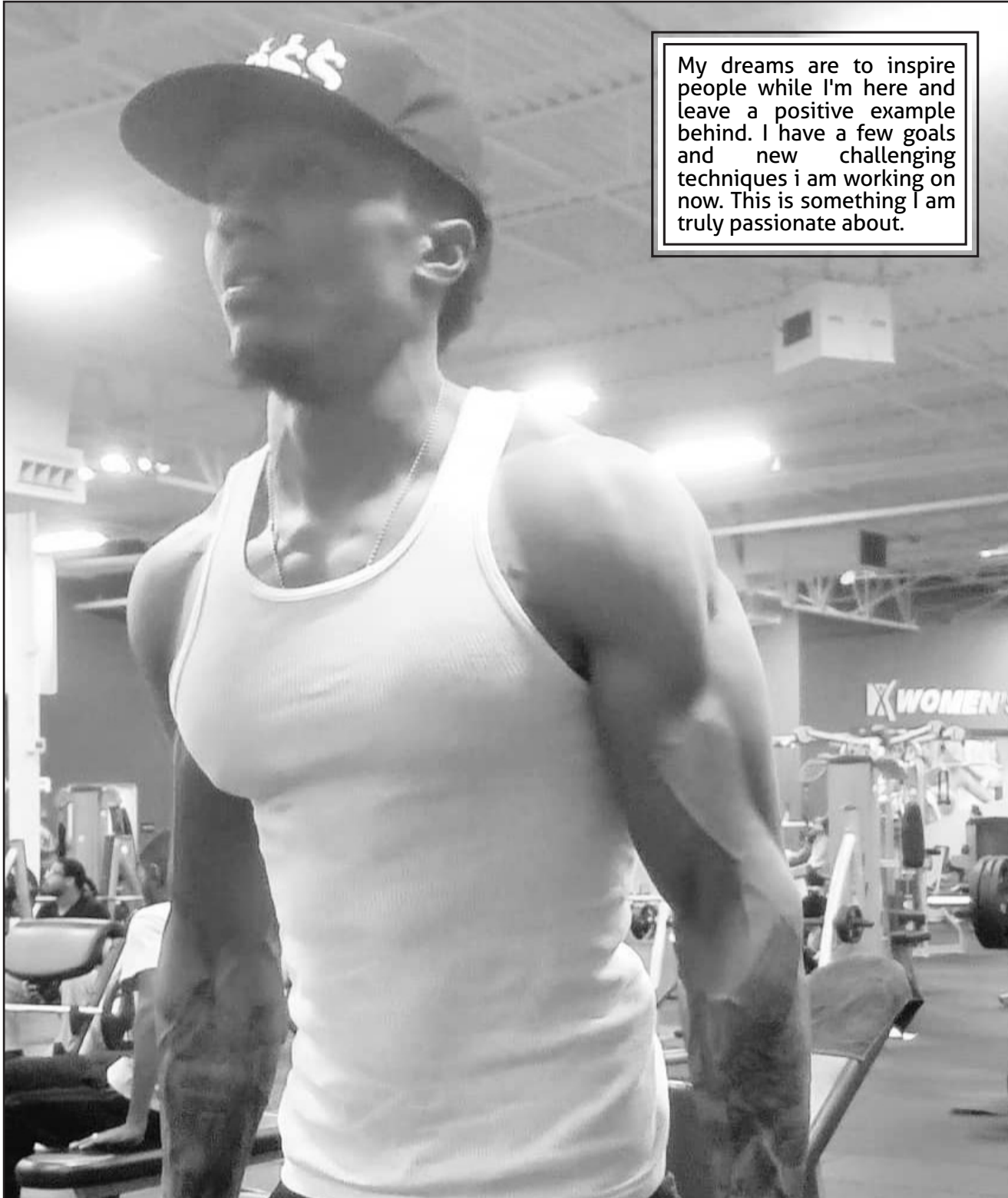














Hey everyone my name is nick and I want to introduce myself to the fitness world. Follow me on Instagram @fit\_nick\_150 if you want inspiration, training tips , info on health and entertainment all in one.

**DREAMS:** I've always dreamed of being the best athlete, fitness trainer, men's physique competitor, fitness model and a health and wellness motivational speaker. Quite simply to help those that feel like their undeserved or can't make it, the elderly who want and need to get fit and those who are injured and want recovery.

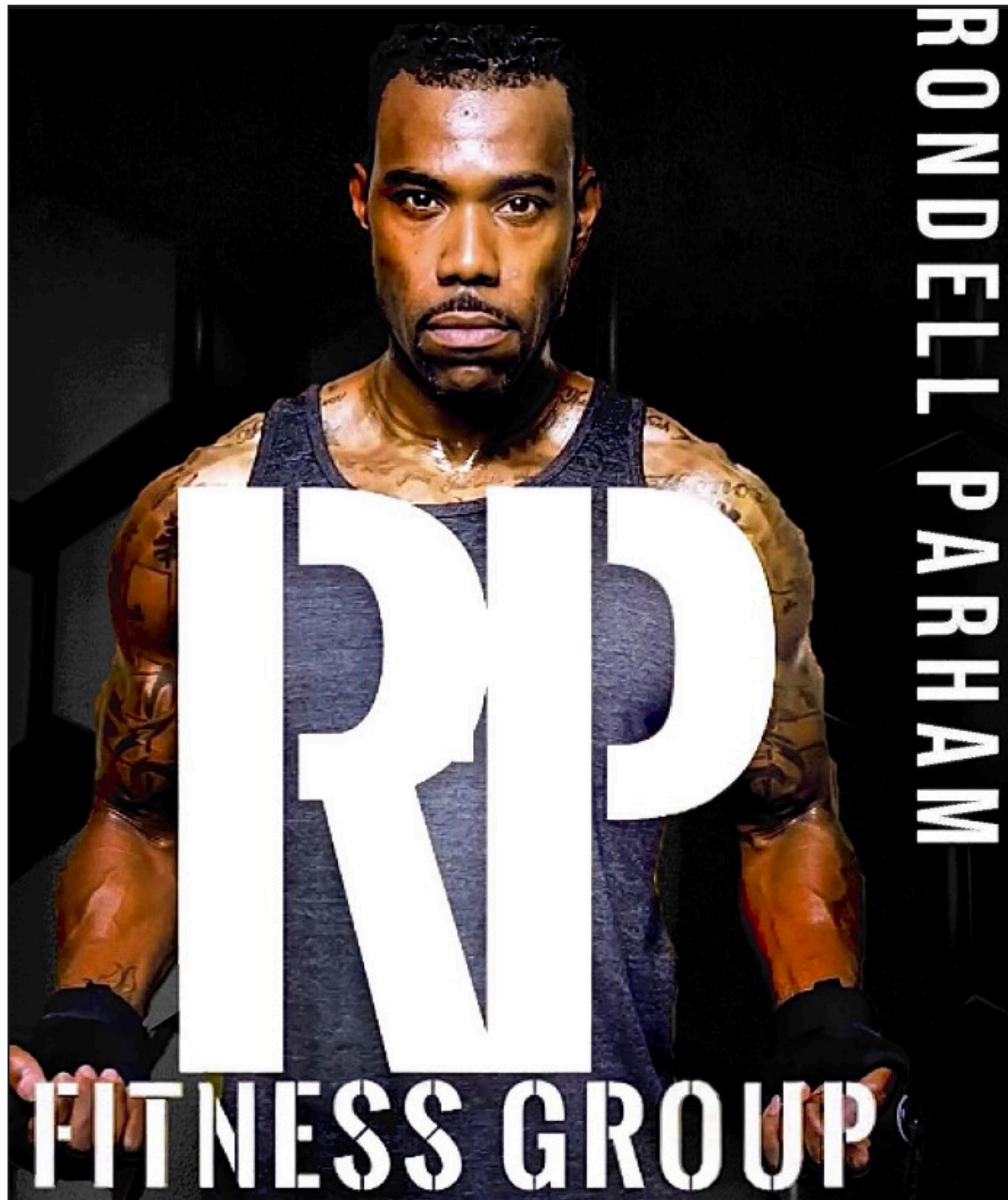
**GOALS:** My goal is to train harder and win and continue to win men's physique competitions. Also to aquire all fitness certifications that are needed to help me become one of the best fitness trainers to help all those out there who want to become their best selves and help with physical therapy too. I definitely want to use my voice for voice acting in fitness and more.

**CHALLENGES:** I've had challenges throughout my

life and I've never had it easy . I have always had to put in the work and work hard for what I want to achieve. I go through rigorous hrs at work but i find time to train, I have had very little opportunities presented to me throughout my life but I never give up and I still push forward. I have health issues like we all do but I make no excuses and I fight through them and do best I can with what I got. I also have little to no support from family who say I should quit and they sometimes try to deter me but I always say I'm living for me and they want me to live how they live feeling insecure and I DONT want that. I will continue to fight forever and STAY FOREVER FIT.

**ACHEIVEMENTS:** I am drug free, never been arrested, have stable employment, I contribute to being a stable role model and 2nd father to my nephew who is 7 now. I also am proud that I have transformed my skinny body to muscle .

**Photographers Credits:** Me myself , I have done all my shots on my own



It has always been a life long dream to be an athlete/competitor and fitness trainer. As I early on earned a basketball scholarship I really wasn't introduced into the bodybuilding training aspect of my endeavors until closely finishing school. I knew I had to get stronger on the court and as my basketball career came to a close that's when I developed a love to just stay fit and eventually I jumped into competition and personal training. My dream to open my own facility is in the near future. Before the pandemic I was ready but have had to make so financial adjustments but nevertheless I am on track again. Getting on the physique stage years back was one of my greatest accomplishments to break out of fear that I needed to start somewhere and it was all exhilarating. My goal of getting back on stage is very close and to make a statement in the sport and walk out my dreams, long term goals and plans. Thanks for all support now and moving forward.  
RPFitness Group  
Photographers Credits:  
RPmediaEnt





It have always been a person trying to not only change myself and learn myself daily. However, I wanted people to see my journey, my growth and my accomplishments on the way. I started my fitness company called aftamathfitnessx January 2021 and I never knew that the growth would take off. I have facebook group called aftamathfitnessx which has over 1,000 members and 20,000 viewers. I have 4 fitness company that sponsored me and have been a huge help to career growth. My goal is not inspire others on their fitness journey as well. My fitness group on Facebook is very supportive. We encourage, post workouts, and support each other growth. Its very interactive and people get involved. Its amazing feeling people lives change before your eyes and watching their journey! Bring tears to your eyes knowing your are changing lives daily! Photographers Credits: Myself





# BARBELLS FITNESS

## Cheryl Jacobs



JAY FUERTZ

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