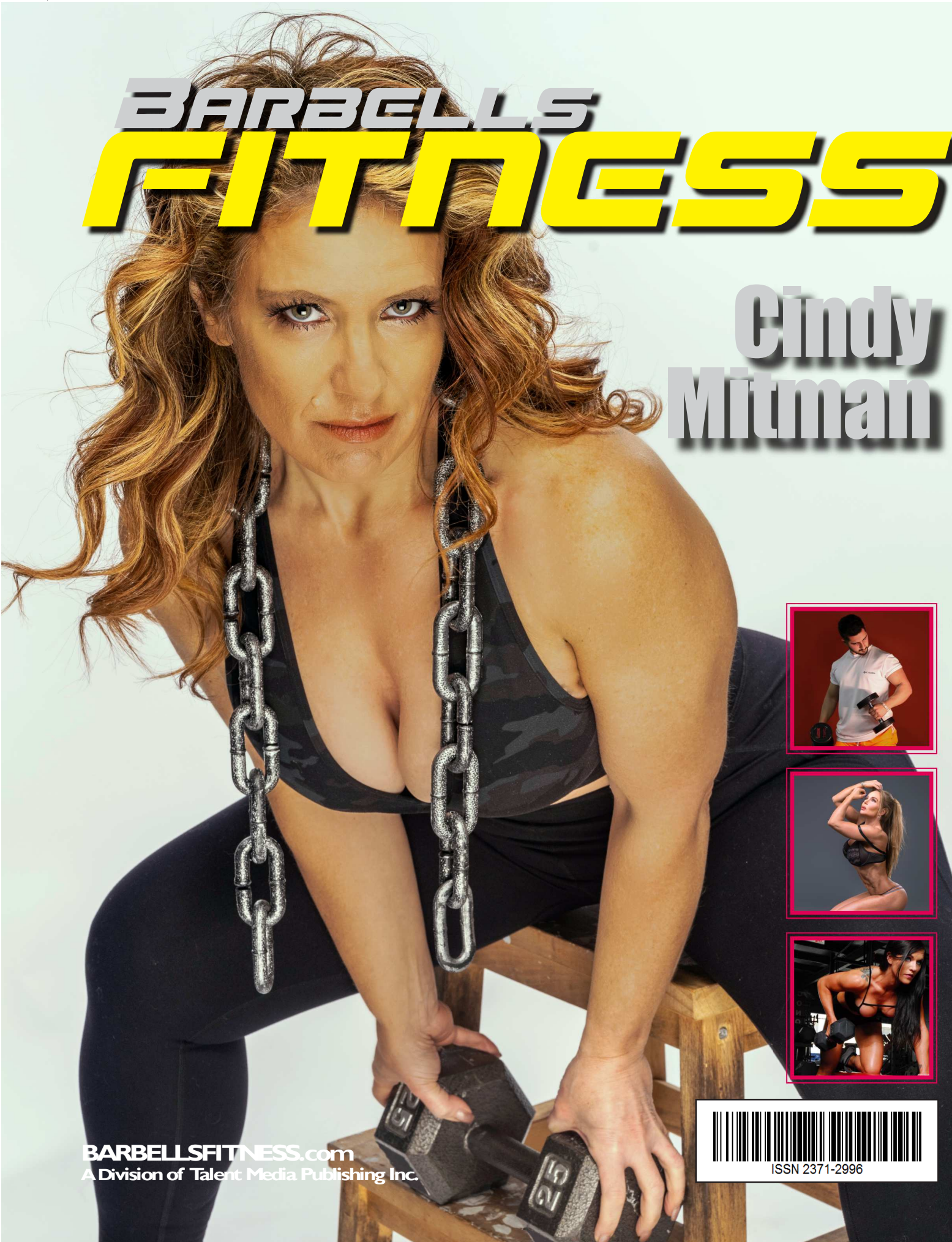


BARBELLS FITNESS

Cindy Mitman

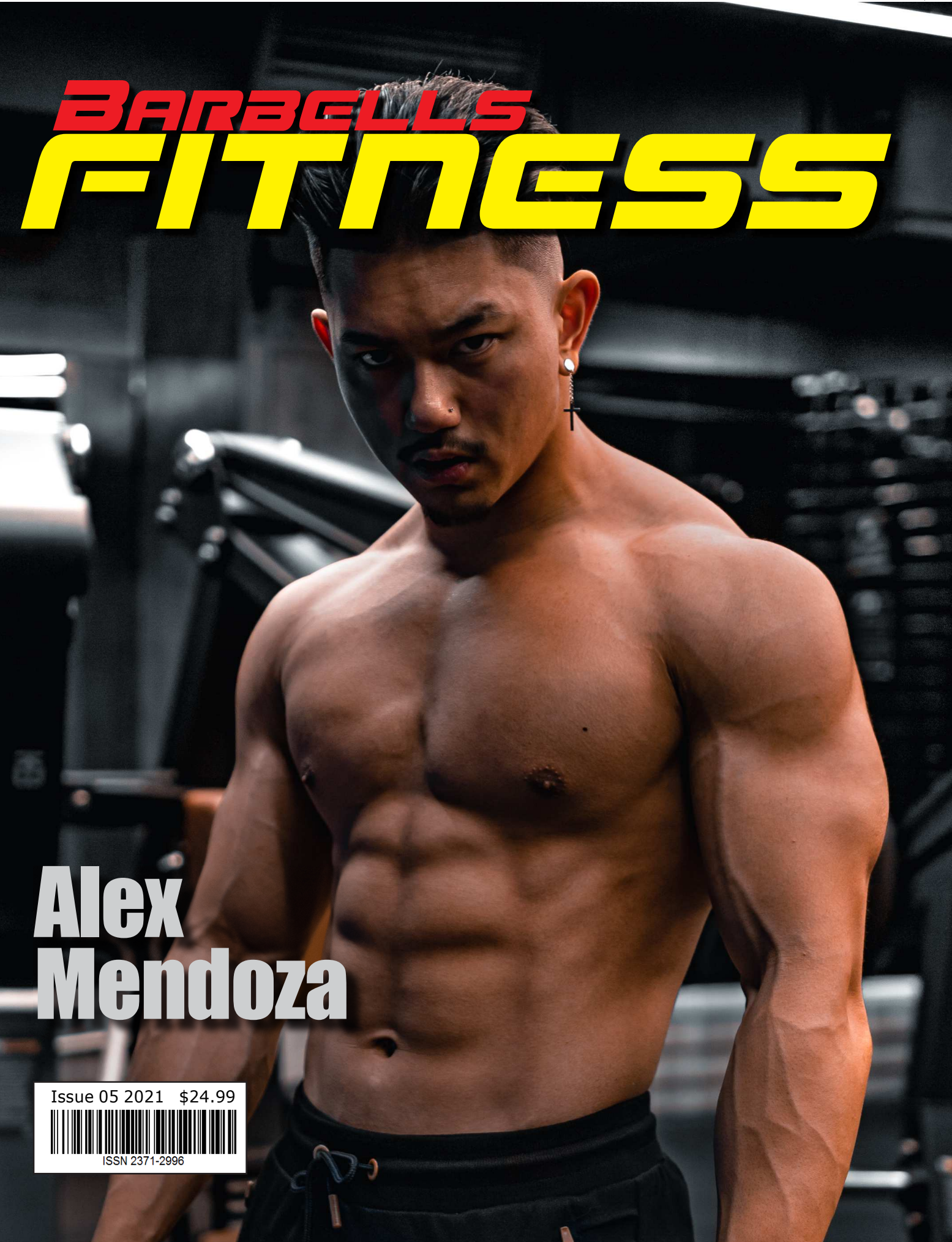


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BARBELLS FITNESS

Alex Mendoza



Issue 05 2021 \$24.99



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.

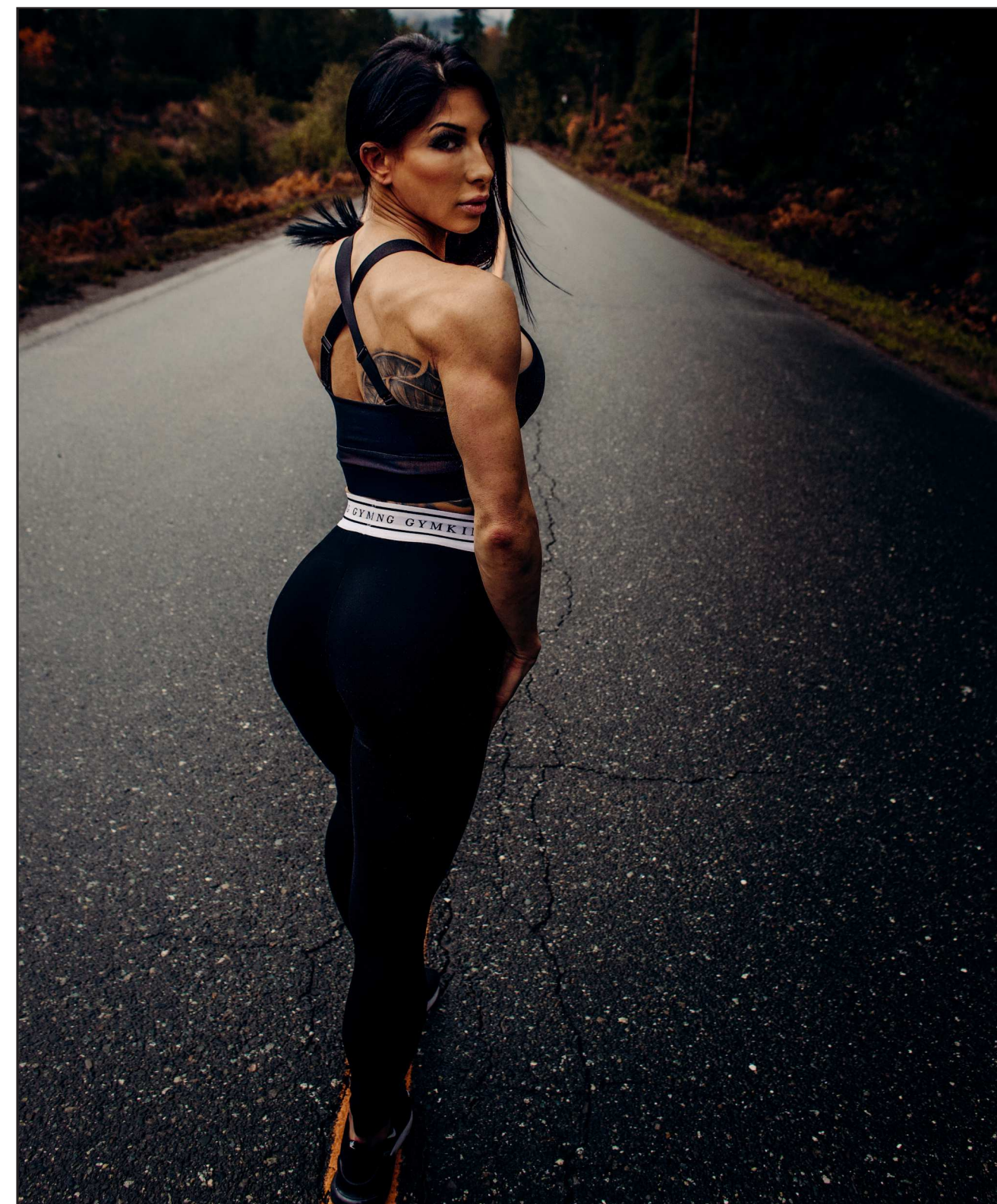
Two years after she founded Barbell's Fitness, she was killed by a drunk driver.

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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Rebecca Topol



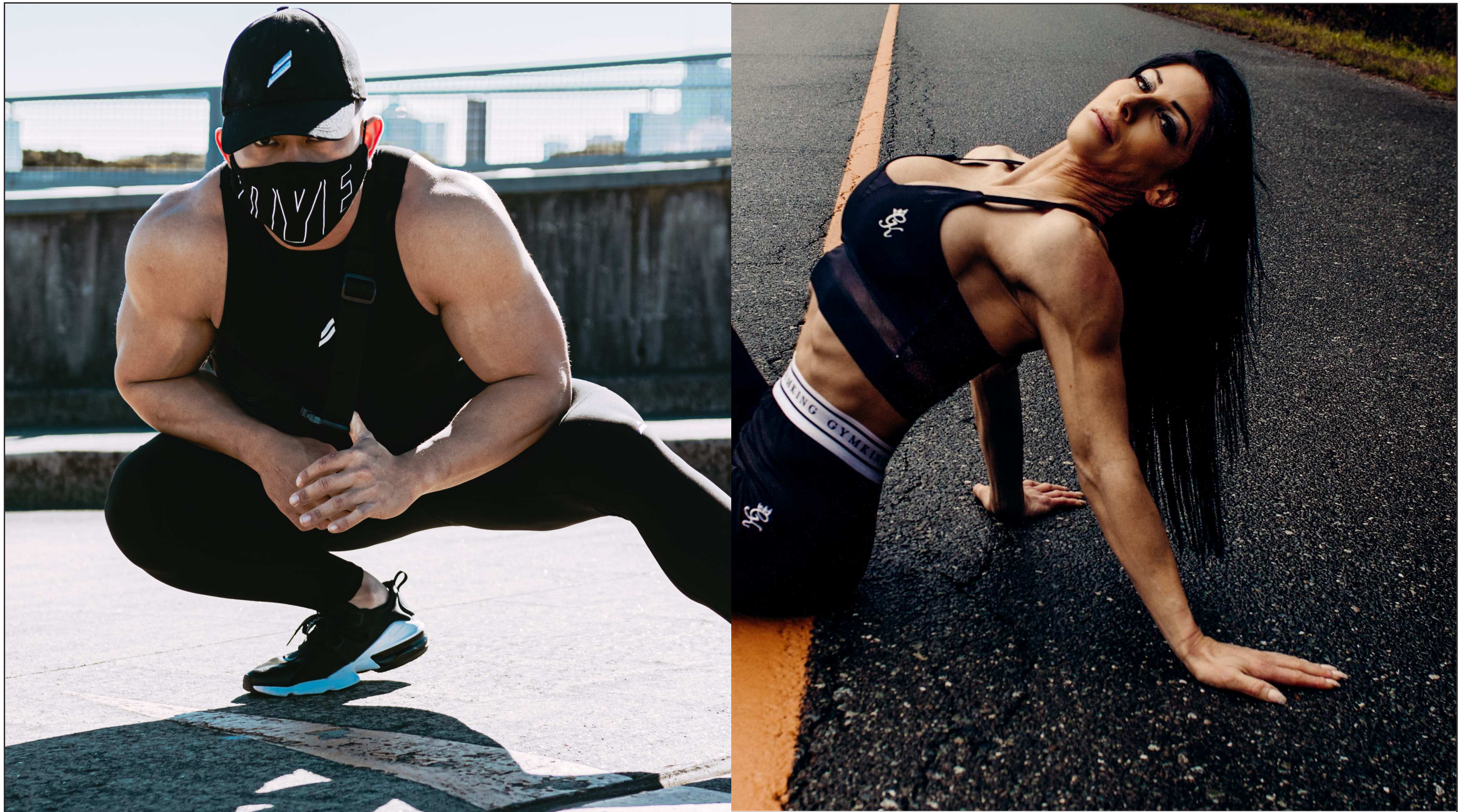
Alex Mendoza



Rebecca Topol



Alex Mendoza



Rebecca Topol

Extremely fitness enthusiast! My strongest passion is my ability to inspire and motivate others to chase and crush their fitness and health goals while I pursue mine. Nothing is more empowering than learning your own physical and mental limits and pushing to exceed them day by day. I am currently in preparation to compete and earn my IFBB Pro Bikini Athlete Title

Photographers Credits: Elite Ambitions



Alex Mendoza



Being unfairly treated like an outcast, alienated and physically abused by students at school, Alex was left struggling with self-confidence, anxiety, and feeling socially awkward.

For far too long he was even ashamed of who he was and how he looked.

He put in over six years of work on his personal development. Doing everything he could to get him out of his comfort zone as much as possible by saying yes to any challenging opportunity that came his way.

His passion and love for fitness and well-being began back in 2015, idolising the likes of Jeremy



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.



Marcus House



Buendia, Jeff Seid and Frank Zane.

After training for over the past seven years, it was August of 2020 when Alex decided to start his own online fitness coaching program called IAMFIT.

Though the path came with struggle and

sacrifices, days that would make him feel like giving up and the late and lonely evenings with emotional and physical drainage.

Alex was able to turn one passion into a full-time job alongside another in online coaching.



Alex Mendoza



Lisa G



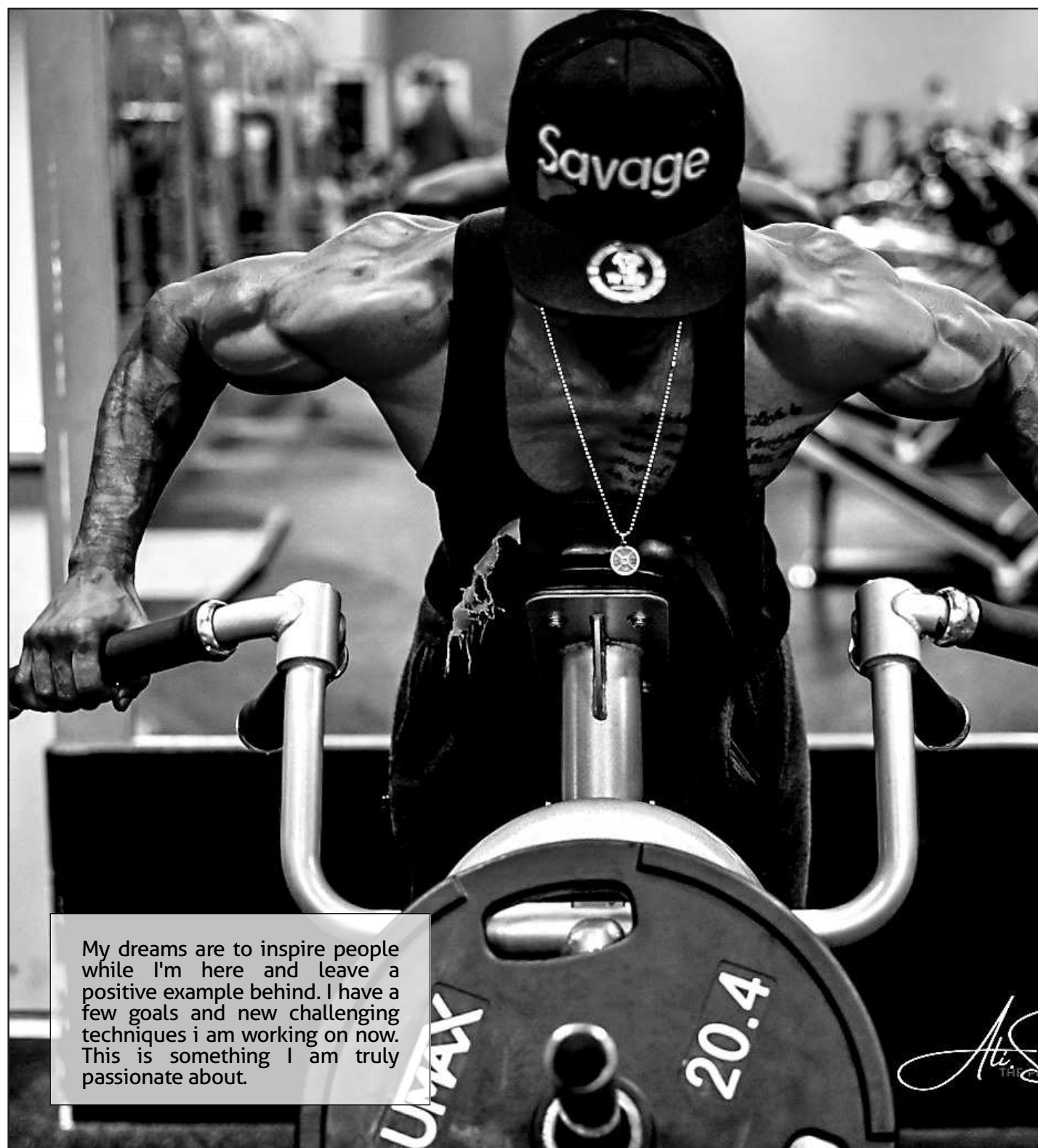
The Bumpy road to being a successful entrepreneur. I'm so excited to be the international best-selling author of "The Boss Weight Loss" voted best diet book a Los Angeles. In 2008 I launched my first fitness DVD The Skinny Jeans Workout right before the economy took a nose dive & nobody was buying DVD's anymore. Even with shady distribution deals I was featured in Target.

I began my career as an online executive wellness coach in 2016 it has taken 5 years and a pandemic

but my hard work is paying off .I know what they say is true about adversity of creating character because I've got character in spades. I think it's important for my clients to understand It's not about perfection -we all fall down, we all makes mistakes. It's about believing in yourself and learning from your past, always growing, always evolving. If you're never scared, embarrassed or hurt, it means you never take chances. And in the end what we regret at the most are the chances we never took.



Andrew Irving



My dreams are to inspire people while I'm here and leave a positive example behind. I have a few goals and new challenging techniques i am working on now. This is something I am truly passionate about.



Lisa G



Andrew Irving



Lisa G



Ali. Shaheed
THE PHOTOGRAPHER



Antonio Durham



Lisa G

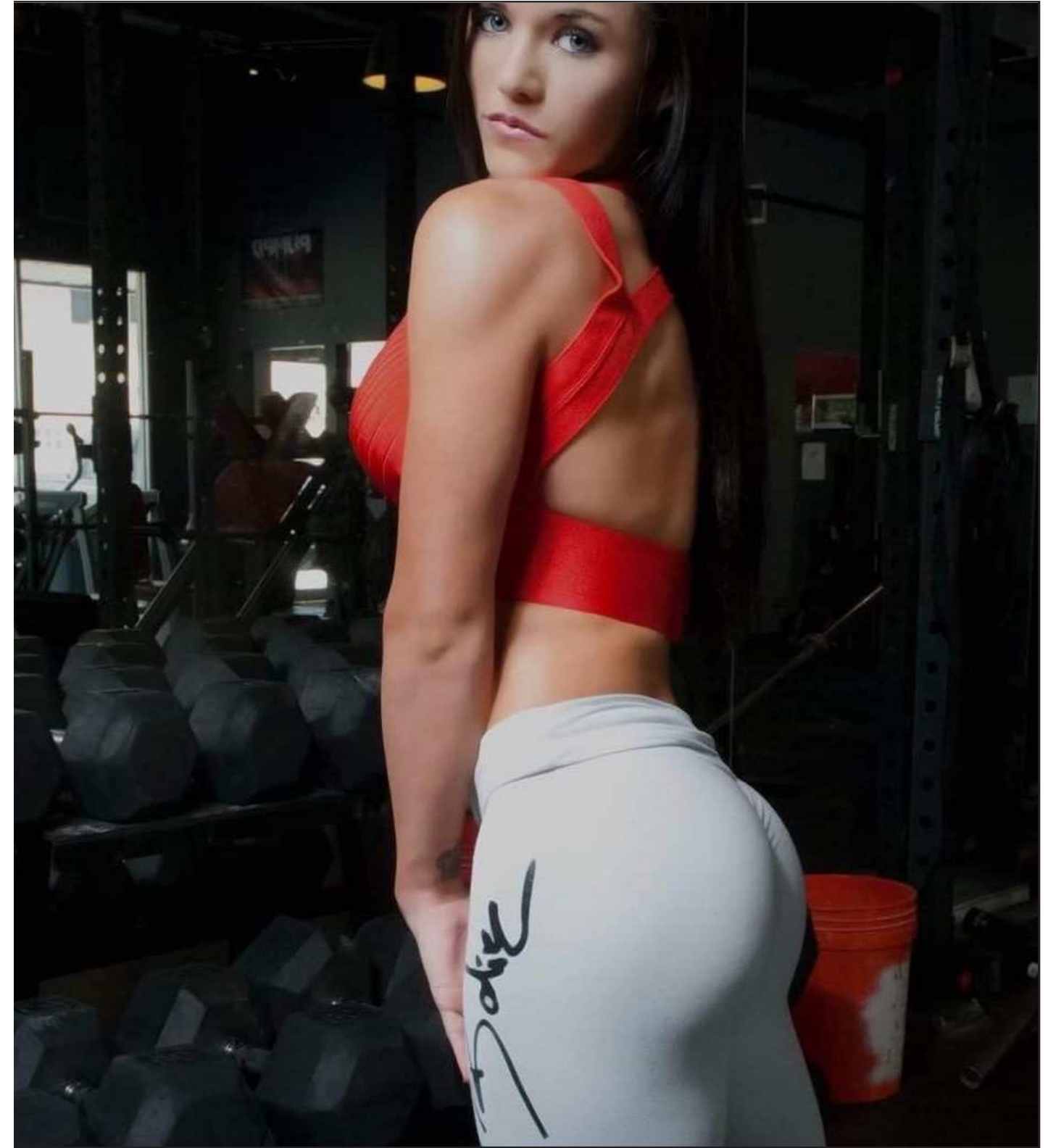


It have always been a person trying to not only change myself and learn myself daily. However, I wanted people to see my journey, my growth and my accomplishments on the way. I started my fitness company called aftamathfitnessx January 2021 and I never knew that the growth would take off. I have facebook group called aftamathfitnessx which has over 1,000 members and 20,000 viewers. I have 4 fitness company that sponsored me and

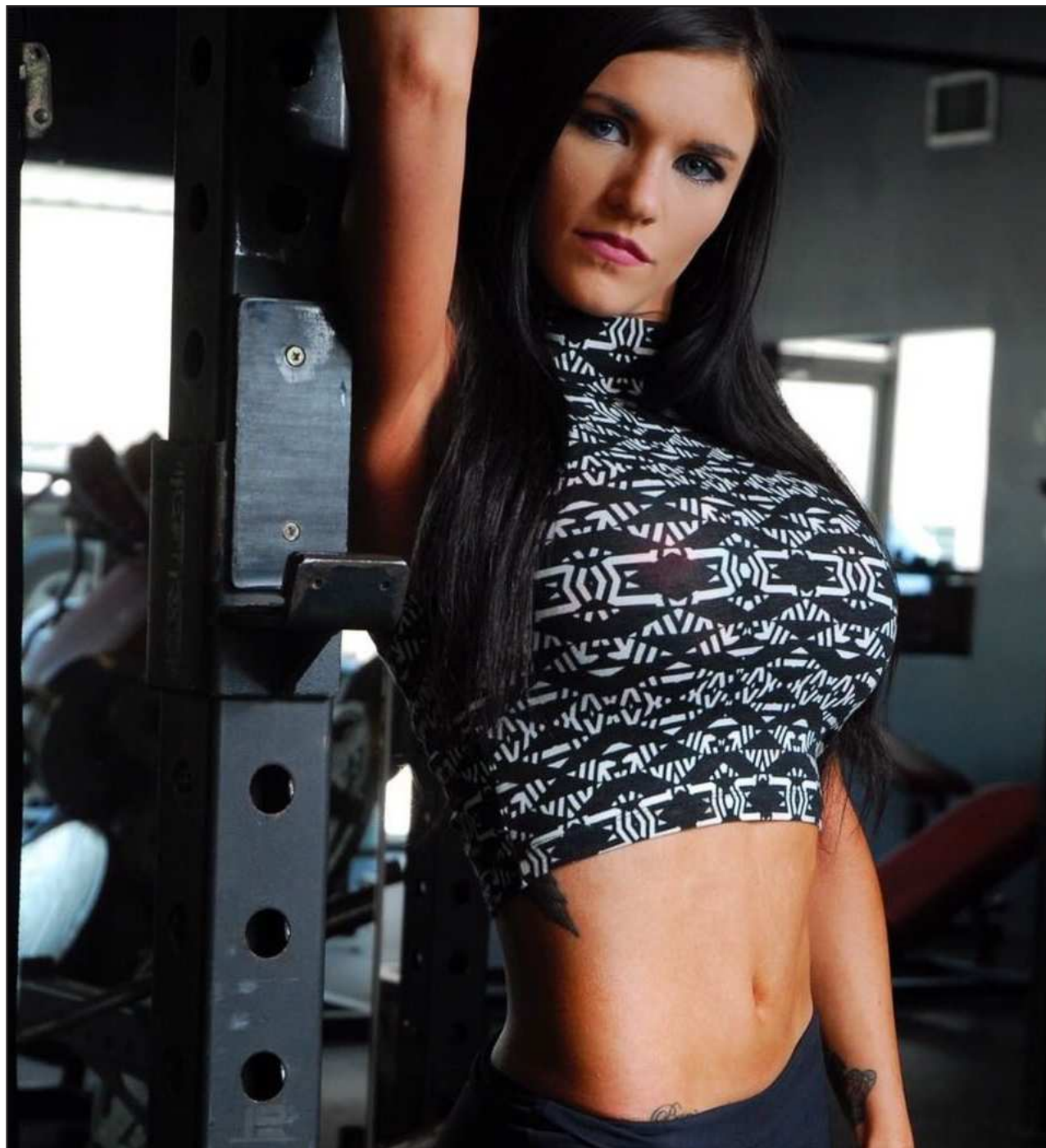
have been a huge help to career growth. My goal is not inspire others on their fitness journey as well. My fitness group on Facebook is very supportive. We encourage, post workouts, and support each other growth. Its very interactive and people get involved. Its amazing feeling people lives change before your eyes and watching their journey! Bring tears to your eyes knowing your are changing lives daily!



Antonio Durham



Leslie Moulton



Open to what ever modeling really. I want to graduate college and be a great mother to my daughter and continue to be a hard worker and my dream is to provide a amazing life for my daughter and family and to make my parents

happy. I have modeled in the past won beauty pageants and I do bodybuilding shows

Photographers Credits: Self or family



Ben Bailey

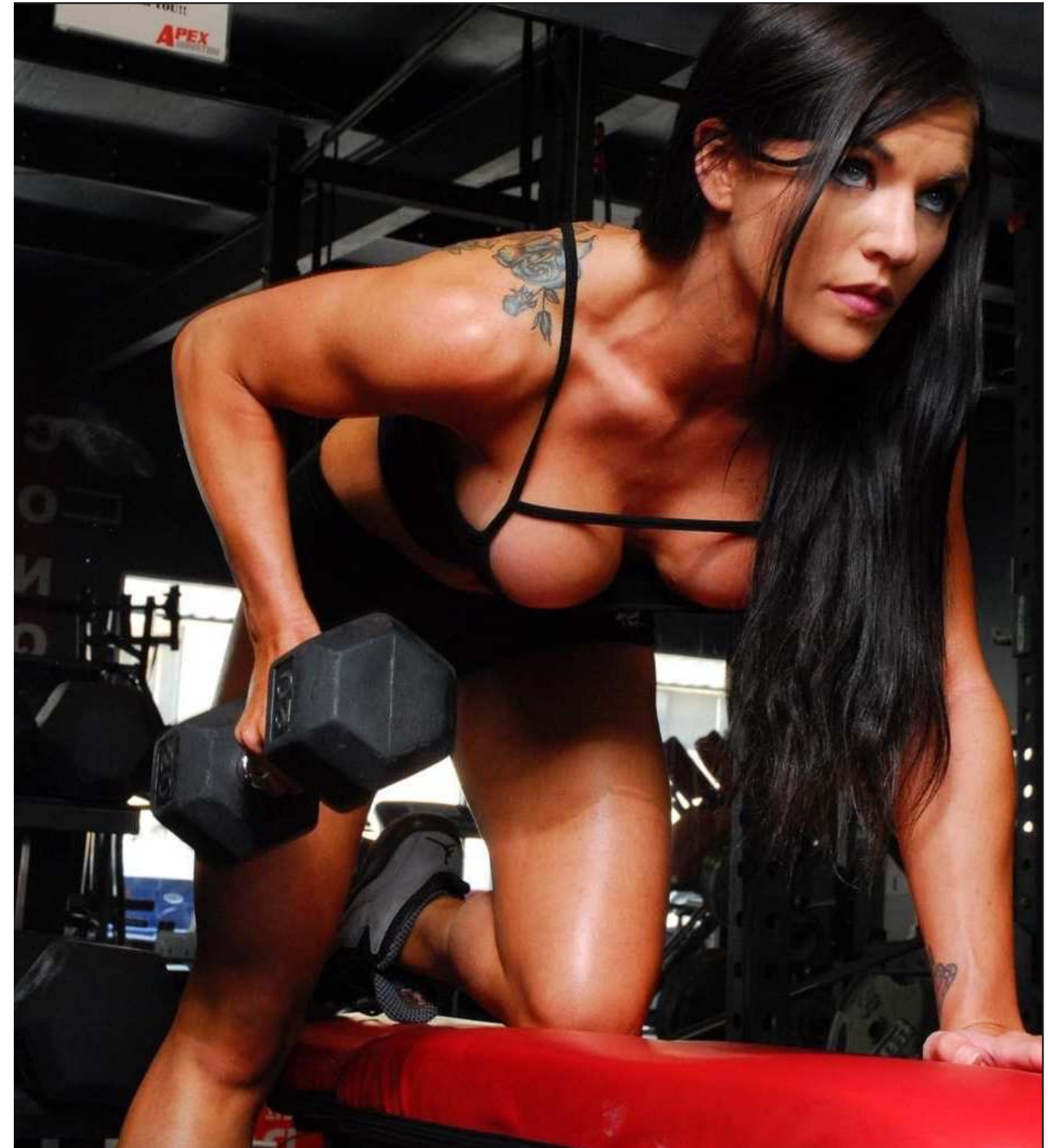


Three years ago I was introduced to bodybuilding. It was a slow start learning about the best exercises to gain quality muscle the fastest, the importance of dieting, and the dedication and time it takes to be successful in the sport. I was a very skinny kid growing up, and would get made fun of, so 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



Leslie Moulton



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



Ben Bailey



Lauren Bair



Ben Bailey

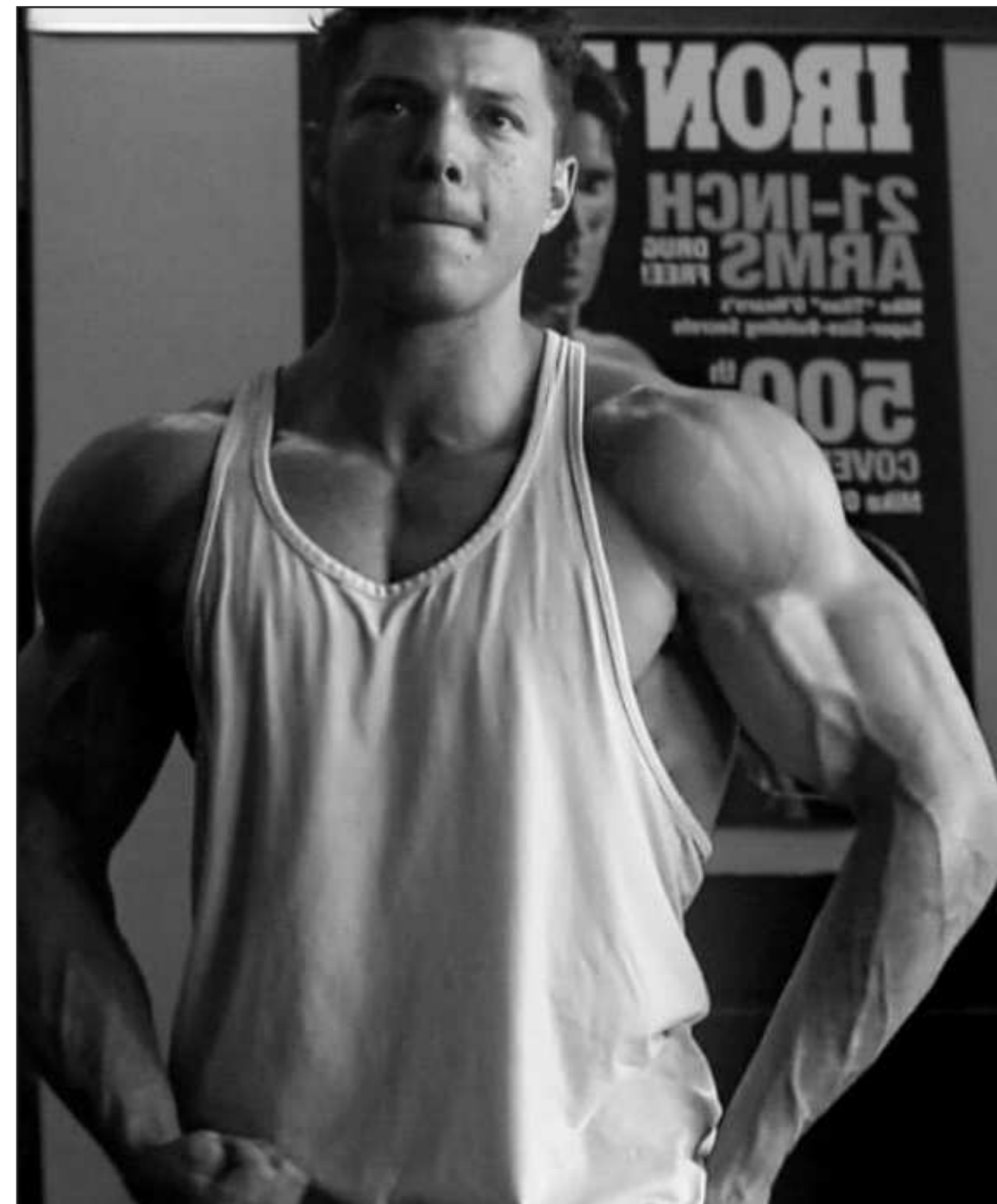


I am a Registered Nurse and competition prep coach for Bair Aesthetics! I have competed in the NPC for 6 years! As of 2021, I have been focusing on excelling in the fitness division! A big goal of mine is to go pro in the NPC! I hope to spread a positive outlook on competing and health & wellness

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



Lauren Bair



Blend Lavo Zebari



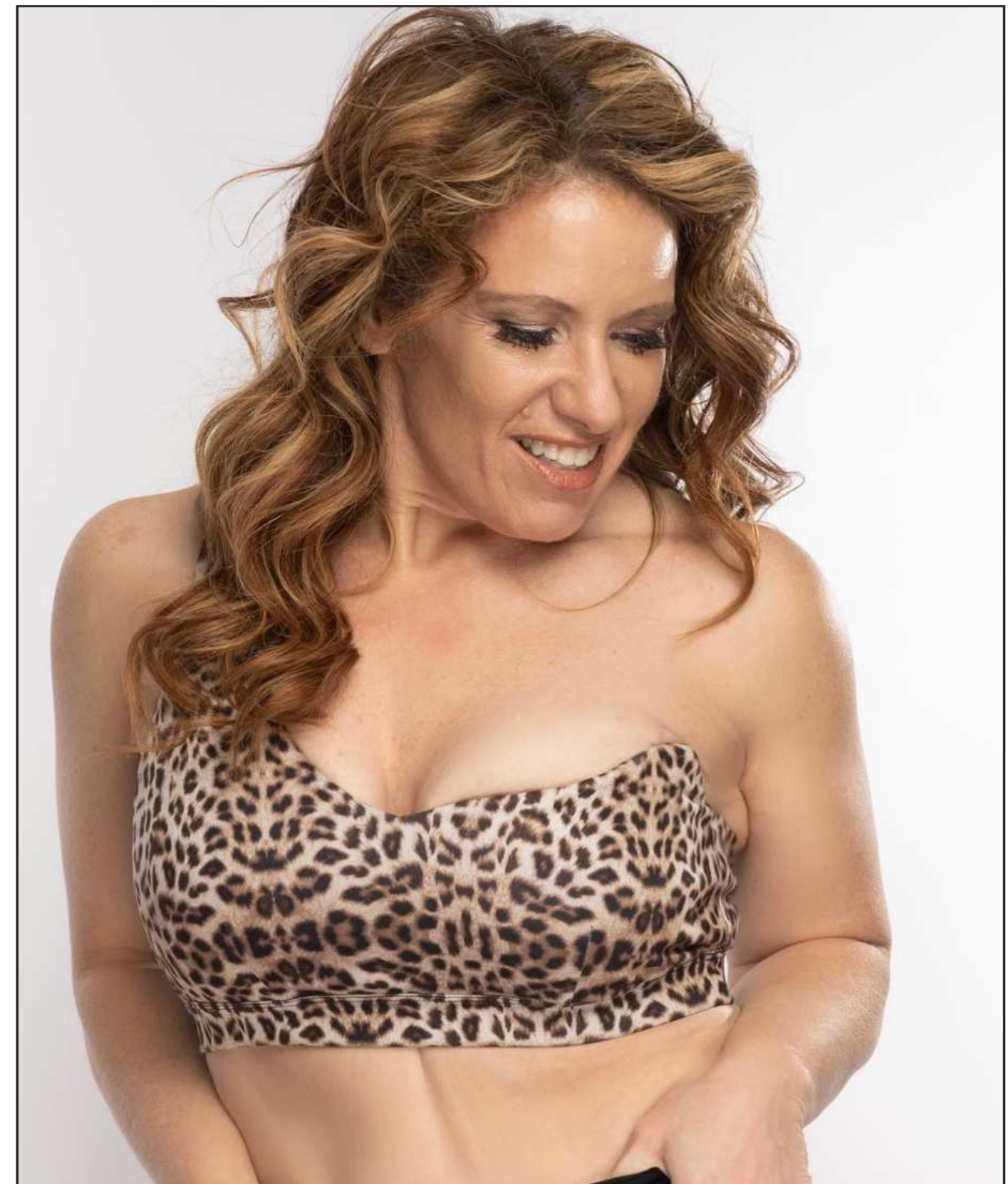
Blend Lavo Zebari, a heavyweight bodybuilder. He lives in the city of Aqrah in Iraq. He is the hero of Dohuk governorate at the local and state levels. It has an invitation to many international tournaments, but it does not have financial capabilities



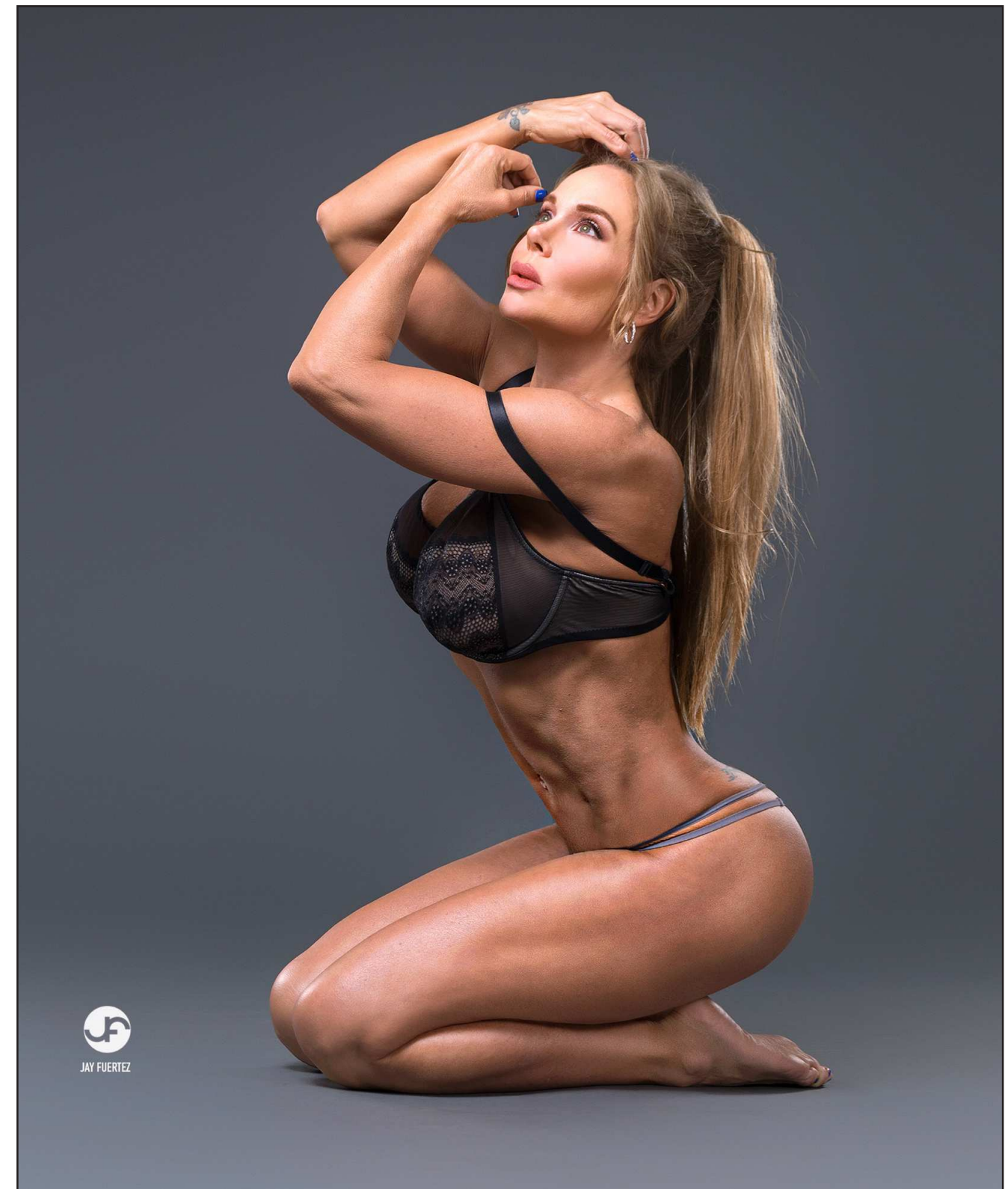
Cindy Mitman



Cheryl Jacobs



Cindy Mitman



Cheryl Jacobs



I am in competition with no one but myself. If I am better than I was yesterday I take that as a win.

Photographers Credits: Jay Furez



Photographers Credits: Pavlaki
Silva IG: @pavlaki.photos



Cindy Mitman



JF
JAY FUERTZ



Cheryl Jacobs

