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#mystrong MOMENT



OUR FAVORITE MOMENT

Diondra Fryer, *STERLING, VIRGINIA*

From the moment she witnessed her first strongwoman competition hosted by women's weight lifting community Ladies Lift Here, Diondra (known to friends as "Dee Dee") was hooked. In a little over a year, she has competed in three strongman events, and has at least five more on the horizon. In addition to lifting like a boss, Dee Dee is club manager as well as a strength and conditioning coach at BlackBench Fit training facility. "I work with some of the best and most hardworking athletes," she says. "I couldn't imagine a better job."

@coachdee_dee
Photo Amanda Kulik



@BEAUTYTHEFITNESSBEAST PHOTO SHOT ON LOCATION AT GOLDS GYM, LARGO, MARYLAND
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