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**SOUTHERN MUSCLE GUIDE**

2019



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Behind the Muscle with  
**Hunter Labrada**

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## SOUTHERN MUSCLE GUIDE

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Photo by Michael Brewer, Nvision Photography



**Rachel Payne**  
*Publisher,  
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## Letter From the Publisher

One of the most exciting parts of putting this publication together is getting to meet all of the athletes competing in the sport. From first timers to seasoned pros, I have real appreciation for athletic accomplishments, I enjoy capturing the smiles, laughs, pride of "Yes, I did it!" to the victories of the overall winners.

This year Southern Muscle Guide will be expanding its reach into health expos, retail facilities, gyms, 40+ shows and much more! Adding more video content to our website to help educate, inform and encourage our readers will also be a focus for 2019.

Check out the articles on training and nutrition for staying on prep while you are on the road. IFBB Pro Bree Marsh provides some easy and delicious recipes and don't miss the article on ways you can Crush Your Prep. Helpful tips for training at hotels means you'll never have to miss a workout and Ashley Kaltwasser shares her secrets to a happy and healthy life in our feature article Getting Comfortable with Ashley Kaltwasser. Hear what Hunter Labrada has to say about the lessons he's learned, what motivates him, and his ultimate goal in our Behind the Muscle interview. You won't believe the strength of the athletes who have persevered in the Liquid Sun Rayz Inspirational Story section and our calendars and ads include an exciting new feature for those that advertise with us - click through straight to their website directly from the digital version of SMG!

Finally, check out our website southernmuscleguide.com, to see the Backstage Photos & Videos from the shows and Inspirational stories. We moved our Tips from the Pros section to the website and filled it with over 25 pros from across the southeast and some even beyond. Read their testimony on how they became pros and what they learned along the way.

I look forward to seeing you all at the shows, and as always, wishing you Health, Happiness and Good Training!

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# Behind The Muscle

## HUNTER LABRADA

### IFBB Pro Bodybuilder

- Son of IFBB/ Hall of Famer Lee Labrada
- Resides in Houston, Texas
- Works for Labrada Nutrition
- Personal Trainer & Coach, HunterLabrada.com & Hypertrophy.com
- Studied economics at Texas A & M
- Contributing writer for Bodybuilding.com and Labrada Nutrition

#### Stats:

- Weight: 235-245lbs
- Height: 5'9"
- Age: 26

#### Competition Highlights:

- Began as a heavyweight bodybuilder his first year and then moved up to Super Heavy in 2017.
- Hunter has placed 1st in all five shows he's competed in.
- 2018 NPC Nationals, Men's Bodybuilding, Super Heavyweight, Overall winner & earned Pro Card

#### Background:

Hunter started lifting so he could play football. Methodically, he made the switch from football to bodybuilding. "Over the years I've come to admire & appreciate the sport of bodybuilding, and my dad's role in it." It was an injury during football that led to the changes in training and eventually the decision to switch sports.

A couple of months after turning Pro, Hunter was kind enough to take time for me to interview him. Being the son of Lee Labrada are big shoes to fill. In a sport that's evolving, he's finding his way. With a great team of people to coach, support and encourage him, Hunter Labrada is one to watch.

#### What bodybuilding lessons have you learned and how have you applied them to your life?

I love this question, people always like to make allusion to sport in general. The discipline you learn in football has definitely carried over to bodybuilding, which is one of the few sports you have to stick out for an extended period of time being generally uncomfortable (it's both physically and mentally tough) to achieve the goal you've set. I feel like that carries over to any aspect of life. "Get comfortable being uncomfortable" to pursue a goal you've set; that's one of the biggest lessons I've learned in bodybuilding that carries over into all aspects of my life.



#### Besides your dad, is there anyone who has influenced or inspired you in your journey?

Outside of football and bodybuilding, my grandmother on my mom's side had the biggest influence on me. She helped me learn how to manage life. In the early years of Labrada Nutrition, I spent a lot of time with her. To me, she is a saint. Rooted in her faith and very soft spoken, she instilled kindness and humility in me in a way I wouldn't have gotten from anyone else. Even now, I will still seek out her perspective on things. Another early influence would be my high school strength and conditioning coach, Steve Swanson. He insisted good form in all of my three big lifts and helped develop a solid base. He was one of those people who wasn't ok with giving anything less your best. Even when I left high school, whenever I walked into a weight room it was - the best I could possibly do or don't even do it. On this last prep leading up to Nationals, when I earned my pro card, I had pretty close regular contact with two of today's biggest motivators, Branch Warren and Flex Lewis. Sending pictures, getting feedback, in-person evaluation, posing, from 10 weeks out til the day of show, these guys were in my corner. There are a number of great pros out there; they are who motivate me.

#### People don't realize how tough bodybuilding can be; do you ever get in a "slump"? And what gets you out of it?

Absolutely. As much as I'd like to think that I am a machine, it couldn't be farther from the truth. Everyday is different. There are ups and downs when it comes to training. Like everyone else, I have family & friends, responsibilities, hobbies I enjoy. Being able to balance that with my training is a challenge. I think that the cyclical ups and downs, back and forth is just part of the human experience. It's not something that's lost on bodybuilding. In a slump, I might I get down and find myself eating my feelings, or not really training hard. What typically gets me out of a slump? It basically comes down to a mindset. There may be a few days or weeks where you may not really feel like training or eating but you just got to get it done. After a while just getting it done becomes fun again and if it doesn't get fun at least you know you're getting your work done. The thing I like most about bodybuilding is the training and the process but when it comes to a slump, everyone has them and you still just have to get your work done. Like Nike says - just do it.

#### Tell me one of your funniest moments in bodybuilding?

About three weeks before Junior USA's, I was guest posing. We utilized the opportunity to experiment with my sodium, by drinking pickle juice before I stepped on stage just to fill out for a pump. My coach Andrew Vu wasn't with me but

suggested I drink just a little. I love spicy pickles so I thought - so I drank about 1/3 of the jar. For about the first 2 minutes my stomach was pretty decent. I got on my trunks, got oiled up, and was sitting there waiting to go on stage. I had pre-stage adrenaline going but now I also had a new feeling; my stomach was feeling off! As I started going through my routine, my girlfriend said she noticed something wasn't right from my face. From about 10 seconds in until 2-1/2 minutes later when I waded to everyone, I was gagging in my mouth and swallowing vomit. I ended up doing a lot of my routine with my back to the audience so I could hide my face, but when I was done I ran offstage to the first trash can I could find. At first everyone was really scared I had done something to mess up my electrolytes or messed around with too much diuretics but we got a good laugh knowing I had just drank some spicy pickle juice! To be honest, it wasn't really funny at the time but looking back I can laugh now.

#### What do you enjoy doing outside the gym?

Outside of the gym, I'm into firearms and sport shooting. I've built several AR15's for myself and family members and recently presented both my dad and my coach custom Glocks that I had done for them for the national championship win. I also like diesel trucks and lifted trucks. I have a girlfriend and a daughter that's 3-1/2 years old going on 20, LOL. She is a true blessing. I have an 8 year old pit bull and my girlfriend has a doberman; they are two peas in a pod - inseparable and pretty funny to watch.

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### How have things changed, since turning pro?

Since earning my pro card, my schedule is busier than ever. I'm traveling 3-4 times a month, to 5-6 different countries for trips, engagements or appearances. Right now I'm working on keeping up with the responsibilities of new sponsorships and the obligations involved with them from a travel and time standpoint, including doing content for them. I not only want to satisfy the requirements of my sponsorships, but I want to exceed them. Any company I am with, is one that I truly believe in and want to help elevate. That's BIG for me, taking care of those that take care of you. I am so very blessed to be in a position to be able to say I love doing what I do for a living and in the long run, my hope is that all of these things will lead me to having a full blown career.

### What is the biggest misconception you see amongst clients?

The biggest misconception I see for the uneducated competitor is that there is no magic pill or shortcut. They want to put on 25lbs in the off season or want to win a pro card that in my opinion is 2-3 years off. You have to have a blunt talk with them. People see me, but they don't see the eight years of hard work I've put in. I always tell people, especially for bodybuilders, to be a good professional bodybuilder it's at least 10 years. It's a simple time thing and that's with good genetics, that's not pissing in the wind when you're in the gym, and barring any major catastrophic injury or major life issue that would keep you out of the gym for an extended period of time.



### Tell us about your new sponsorships?

My newest sponsorship is a bodybuilding clothing brand called GASP. Their sister company is Better Bodies which has clothing for women and men's physique athletes. I have also signed on with Joe Bennett who runs a website called Hyper-tophycoach.com where we offer training, keep up with daily training logs, and upload regular video footage giving biomechanical cues on how to actually train correctly. Beyond just providing training programs, we want to show the mechanics of what you are doing and give cues that really cement those points home.

### What is your ultimate goal?

My passion lies in the gym but I have two main goals; win the Olympia title and for people to say I was a good human being before they say how good of a bodybuilder I am/was.

### What message do you want to share with our readers?

First, whatever you choose to do, not just in physique sports but in anything and everything you do, do it to the best of your ability. Even when you don't want to, even when you're tired or even when you don't feel like it or even when you have a million other things you'd rather be doing. Do everything to the best of your ability A) you owe it to yourself and B) someone's always watching. Set the example of what I consider to be excellence. Excellent meaning you are doing Your best. You are being excellent at what you are trying to do. Second, surround yourself with those people who demand excellence from you and then demand it from those people. It's like one of those cliches - you are the sum total of the five people you spend the most time with or you can't soar with eagles if you hang with chickens. You are what you surround yourself with, so surround yourself with people who'll bring out the best in you and expect to do the same for them. Expect them to call you out when you're not being excellent, expect them to call you out when you're not giving your best effort, not just in the gym or when you're eating, but in life in general. These are the kinds of people that should be in your life. These are the people that are going to make you better.

### 9 things you didn't know about Hunter Labrada:

1. **Cheat meal?** Sushi or burgers
2. **Music to listen to during training?** Metal; Parkway Drive, All That Remains, Architect
3. **Body part to train?** Legs
4. **How long is your prep?** It's 16 weeks, but I stay sub 10% body fat almost year round
5. **How much and what type cardio do you do?** Never more than 30 minutes, intervals on the stairs, never more than 1x per day
6. **How much time do you spend posing?** 15-20 min per day in prep; off season I need to do more
7. **Quote?** "Win the day"
8. **Book?** Eragon series
9. **Movie?** Batman trilogy



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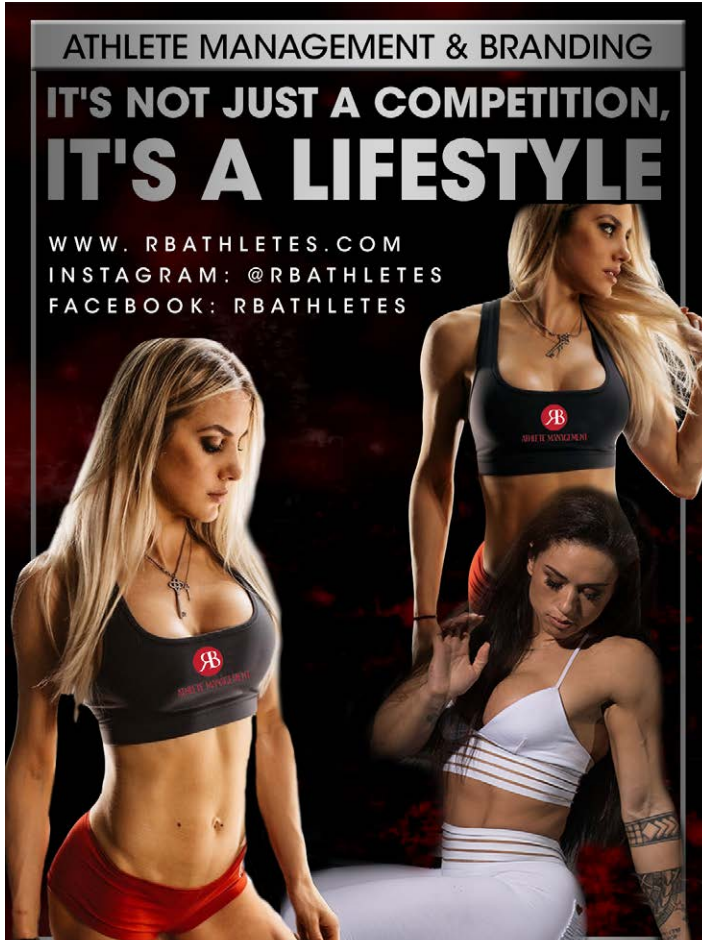
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**B**odybuilding is a community of individuals that aspire to be stronger mentally and physically, aspire to be self confident, aspire to achieve goals, aspire to be MORE. The industry is evolving on stage and in the fast pace social media world however, the fundamentals of bodybuilding are consistent to hard work and dedication that ultimately equals something great or a high value reward.

Overcoming obstacles, persevering, and surviving can be seen in so many stories. If you are inspired by someone and become your best, then you in turn, can be the inspiration for the next person. Each of us has a story to share.

“Rayz Above” is the philosophy of Liquid Sun Rayz, to aspire or to rise above is what led them to become our Inspirational Stories Sponsor.

As you read the stories of IFBB Pro’s Xavisus and Sarah Gayden, Hoda Jarrah, Matthias Maines and Ashley Futo, the 2018 Courage Award Winners, realize that we all possess the ability to rise above any and all challenges in our lives to become an INSPIRATION to others.

## XAVISUS GAYDEN

IFBB Men’s Physique Pro and 2X Olympian

Age:39

*Occupation: United States Marine Corp Career Planner, IFBB Men’s Physique Pro, CEO, XGFit Boardshorts, Online Coach, Heatrock Recording Studio, LLC and Father*

*Sponsorships: Liquid Sun Rayz, Evolife Apparel*

## SARAH GAYDEN

IFBB Bikini Pro

Age:35

*Occupation: Founder/Owner of Sarifitness LLC, Owner/Chef of Fit Fusion Nutrition and Meal Prep, IFBB Bikini Pro and Mother*

*Sponsorships: Liquid Sun Rayz, Body by O*



**24** hours to a day, right? Have you ever felt like there just aren’t enough hours in the day or wondered how in the world you could get through the day, much less have the time to get to the gym for weight training, cardio, eating healthy and even prepping for a show? Not to mention; they are married, parents to an active toddler, IFBB Pros, Entrepreneurs, live healthy and have discovered that sharing the things they are passionate about makes them stronger. Sarah & Xavisus Gayden have found a way to have it all and it is our hope that after reading their story, you will too.

## WHO THEY ARE

Xavisus Gayden became a United States Marine in 1998. After his first deployment, he turned to fitness as a way to overcome a divorce. While he began competing in bodybuilding in the natural organizations in 2009, he soon switched to the NPC. “Everyone was so welcoming and I developed some really strong relationships my first year of competing, including some influential words of wisdom from Jay Cutler. When Men’s Physique was introduced in 2011, I found it suited me well and in 2013, I earned my pro card at the NPC USA Championships.” A few years later with the popularity of the Men’s Physique category, he saw an opportunity for customized board shorts for the competitors and it led Xavisus to create his company, XGFIT. As a sponsor of Joe Pishkula’s NPC Border Klash 2019, Xavisus is providing boardshorts to the Men’s Physique overall winner. Currently, Xavisus is a Career Planning Officer with the Marines, and enjoys coaching his fellow servicemen and women from all over the world online.



Sarah Gayden was a certified flight attendant from Venezuela prior to coming to the United States. Once arriving, she chose a different path and enrolled in culinary school with dreams of beginning a meal prep company, now known as Fit Fusion Nutrition. Now living in San Diego, she began her own business in 2012, SariFitness.com, a fitness apparel line for women. In 2013, she starting training with Kim Oddo and turned pro in 2015 at the NPC USA Championships. Most recently, Sarah was signed as the first Body By O sponsored athlete.

## HOW THEY MET

By 2013, Xavisus had also moved to San Diego. He knew everybody at the shows and was always there to help out and support the NPC, the promoters, the shows and the competitors. So anybody that needed help, he was available. That’s how he met Sarah; offering to help her with her vendor booth at the shows. Eventually, he shared his idea for customized board shorts with Sarah and asked for her advice and assistance in starting his business. It led to dinner and margaritas and they have been together ever since.

## AND THEN THERE WERE THREE

Xavisus was deployed in 2015. When he returned, Sarah put her competition career on hold so they could begin building the family they dreamed of, and Baby X (Xander) was born. “Having Xander has brought us closer together. We both agree, family is everything to us. Date nights have become family time. Making memories and doing fun things together like hiking, the trampoline park, or jogging with Xander is what we want. We work hard and

put in long days to make our relationship work, provide for our family, build our businesses, and work towards our dreams. There are times when life is challenging but nothing we can’t overcome. When you believe that God has a reason, it makes you stronger. Family, friends and fans can see how our lives have changed and how we have grown and will continue to grow together.”

Encouraging Sarah to compete again, Xavisus would say “just because you had a baby doesn’t mean you can’t go after your competition dreams.” Sarah says, “It was an adjustment and a challenge but with husband and my mom’s help we have managed.” Grateful for where I’m at, but even more excited for where I’m going.” Sarah states, “Everyone has their own strategy when it comes to reaching their goals, mine is blocking distractions. That includes people who don’t add anything positive to your grind! Scheduling and mentally organizing my day/week is key for me. I am a Virgo, so organization and attention to detail means the world to me.”

## THE FUTURE

“Our goal is simple, we want to compete at the Olympia as a family. We want to set an example for Xander, show him that his mom and dad are committed to him and to each other and to living a healthy lifestyle. Leaving this legacy is important to us. When asked, “how do they manage to make it all work - marriage, family, competition and business, they respond by saying, “challenges come and go and the biggest challenge with this competitor lifestyle is having a partner on the same page. We learn a lot about ourselves and each other. There are no limits, if you want the dream you have to LIVE the dream.” They are truly inspiring.

**HODA JARRAH**

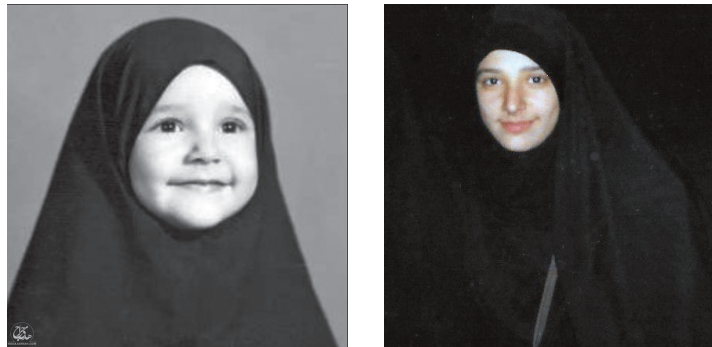
Female Bikini Competitor, Fitness Model, Role Model, and Social Media Influencer

**H**oda was born in 1980 in Tehran, Iran, at the start of the Iran - Iraq war. She fell in love with the muscular tone of the body when she first saw Arnold's movie, "Pumping Iron". She began exercising at age 11 with a combination of very basic equipment and martial arts. Her father was opposed to bodybuilding for his daughter. She was scared but pushed forward. Her goals went against her religion and traditions, but she had a dream.

Armed with a bodybuilding book and YouTube videos, Hoda began her journey. Occasionally she would ask for help but was met with sexual pressure, the suggestion of steroid use, or ego-inflated trainers. It almost made her quit. To continue her journey, Hoda realized she would have to emigrate to the U.S. She finally entered her first NPC bikini competition in 2015. Over the past 4 years, she has competed in six shows, qualified for a national level show and finished in the top 10 in her class against people from across the nation.

On a visit to her home country, Hoda was forced to spend time in the Islamic regime cold dungeon for the crime of representing the country of Iran during her competition and flying the flag. She was tortured and threatened with life imprisonment and it took time to recover. But having endured that experience, she says, "I feel there is nothing I can't face; nothing that can keep me from achieving my dreams. It has made me stronger. One day I hope that I can return home."

When asked what inspired her to live a lifestyle that is "taboo" in her country, Hoda responded by saying, "I decided at a young age that I wanted to fight to live for myself. I was a female raised in a traditional Muslim family and felt blamed and bullied for everything I did. In my heart, I knew the old ways are not the way of my generation. I wasn't going to be intimidated by what others think or say. It's a fact, I am an immigrant woman from a Muslim country. I have struggled and fought alone and on my own and paid my own way. It is important for me to live happy and whether Iran is proud of me or not does not matter to me. What does matter to me is



the story of my fight and journey to achieve my dreams, so that I may inspire others.

"For the past four years, training has been my lifestyle and I look forward to stepping on the stage again. In the meantime, I am sharing my journey on social media because I want to have a positive impact on all females." It is no doubt that this social media influencer with over 200,000 followers will be making a difference for the female competitors in this industry. Hoda was shocked at the insults she initially received on social media from both people who oppose women in bodybuilding and women who wish to succeed. It was stressful but once again, she persevered.

**I encourage women to:**

1. Follow your dreams
2. Be aware of where you are and where you want to go
3. Have a detailed plan
4. Know that anything worth having, doesn't come easy.
5. There will be distractions and setbacks but keep moving forward until you reach your goals."



**MATTIAS MAINES**

2018 Courage Award Winner

**T**rust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." (John 16:33 ESV)

These are words of courage that I grew up hearing in church. And, I always thought I understood this verse until I had to opportunity to really put my faith into action.

My story of courage begins at the 2017 Arnold Classic in Columbus Ohio, but first I will give you some background. I was a successful power lifter for years accumulating pro totals in several competitions. In October of 2016 I totaled 1,862lbs at 230 body weight (650 squat, 485 bench, 727 dead lift) qualifying me to compete at the 2017 Arnold Classic. This was going to be my big moment, my opportunity to show my best!

After months of training the day arrived in March of 2017. I planned to squat 700+, bench 500+, and dead lift 750. My opening squat attempt of 630 was fast and easy. My next planned attempt of 700 was mentally complete, I just needed to knock it out to move on to the next. When I stepped back with the weight, the bar moved down my shoulder on one side due to my shoulders sweating. And, with confidence I said to myself... It's just 700lbs, get it done. On my decent, my left quad tore causing me to drop without tension. The fall ruptured both quads, tearing them completely from the bone.

As I laid on the ground with the crowd in dead silence, the first words to come to my mind was thank you God for the opportunity. (Followed up with feelings of anger, disappointment, and disbelief.) I knew that I was about to have the most difficult battle of my life.

I was immediately rushed to the trauma unit in Columbus for emergency surgery. After wiring my quads back to the bone, I made my way back to Georgia. I regrouped for 10 days before returning to the gym. I decided to set a new goal, and work to develop each muscle for my first bodybuilding show in 1 year

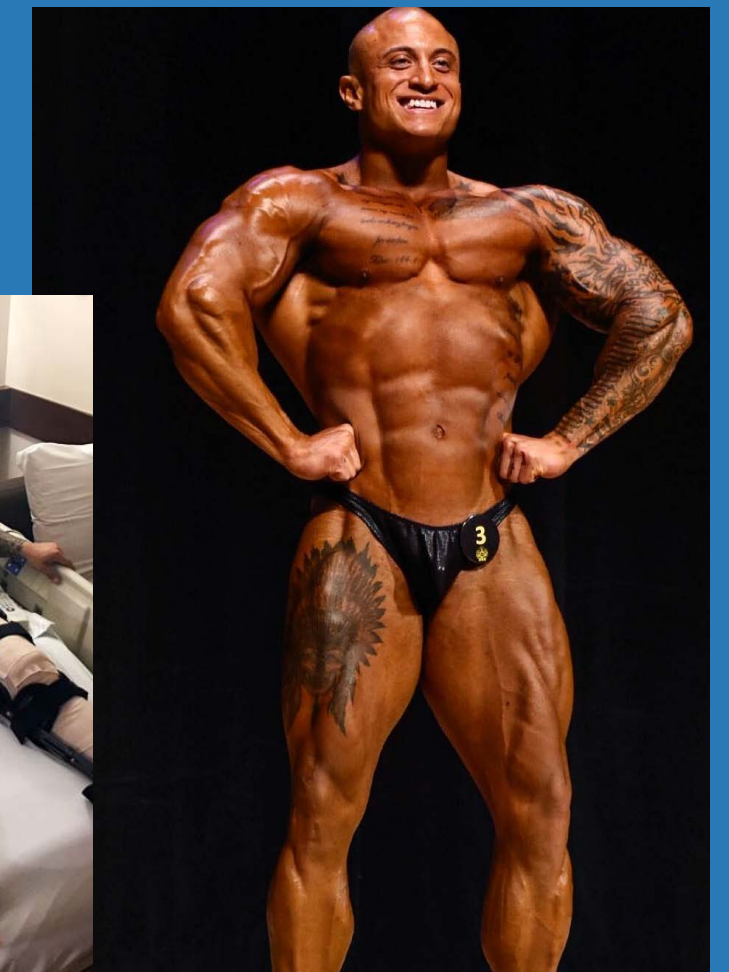


(NPC Battle at the River). I remained in my wheelchair training for nearly 3 months. With the help of God, my wife, friends, and family I was able to come back better than before.

It was a long road of recovery, wrapped in strong emotion, changed perspective, and continuous prayer. But, the character building months of learning to walk again to the joy of holding my sword up at my first bodybuilding show was something I would never take back.

In one year, I went from being in a wheelchair to winning the True Novice Heavyweight, Novice Heavyweight, Novice Overall, and 4th place in the Open Division at my first show. But, greatest of all, I gained an understanding of real strength and courage. I learned to trust the Lord with all my heart, and recognize that HE knows what is best.

**"I learned to trust the Lord with all my heart..."**



**ASHLEY FUTO**

2018 Courage Award Winner

I grew up as a very active and athletic person. I ran track, cross country, and played soccer. I have always worked out at the gym and loved every minute of it. I was as healthy as can be and going to Hiram College to get a Pre-Veterinarian Degree. That all changed in 2009 when I began having debilitating migraines. So bad, I had to leave Hiram and my athletic career to go home and figure out what was going on.

My family doctor suggested I get an MRI, which showed a large tumor in my brain. Next, I went to University Hospital in Cleveland to meet with a neurologist and surgery was set for two weeks later. The tumor was cancerous but even though it was located in a tough spot, I chose to have the surgery. After the 2nd brain surgery, and seven weeks of radiation treatment, there was partial vision loss but more importantly, I am now cancer free. I beat cancer!

It was a tough battle, and a battle that would continue. Three days after my last surgery I began having hundreds of small Epilepsy seizures daily and even Grand Mal seizures. Another two years in and out of the hospital, led to a third brain surgery to attach leads directly to my brain. After monitoring

me in an attempt to figure out where the seizure activity was coming from, the leads were removed, and a final brain surgery to completely remove my temporal lobe was done. I almost lost my life after the surgery, and I lost much of my memory. But through it all, one thing remained. My love for fitness and for helping others.

Over the past ten years I have grown up quickly and learned the importance of love, life, and happiness. I know I went through what I did, to show others that we can do what we put our minds to. We can get through whatever life throws our way. From the start of this journey I have always counted on a dumbbell to pick me up and keep me going. In 2015, only one year after the last surgery, I competed in a bodybuilding show. I felt like that was the proof that ANYTHING is possible. Accomplishing our goals is more mental than anything, and I hoped that if others could see me make it through my illnesses and surgeries and compete in a bodybuilding show, others might feel that even when they are going through tough times in life, they can get through it, endure it, persevere and overcome it! If beating cancer and Epilepsy has helped just one person, I feel I fulfilled my purpose in life.



**“Cancer is tough, but we can be tougher!”**

Each morning, with my head wrapped in a scarf, burnt to a crisp from the radiation, I would go to the gym, and lift. That was my time to forget about everything else in my life and focus on what made me happy. My doctors have told me that it is part of the reason I am still alive today. Working out has kept me motivated and a strong fighter. It is not just about how you look, or how much weight you can lift or squat; it is about how it makes you feel. For me, it makes me feel successful. I can do anything, and so can anyone else!

Winning this contest would be ABSOLUTELY life changing for me. Fitness has saved my life over and over, and helped shape me into the competitive, driven, motivated person that I am today. I would never be who I am without it and I want others to know just how great it is and how much it can help anyone get through situations we face in life. Cancer is tough, but we can be tougher!



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## Q&A with Hal Jackson Owner of Factor X Fitness

Since 2010, Factor X Fitness has been a fixture in the Thomasville community. Recently, I had the pleasure of talking with owner, Hal Jackson about the exciting new renovations he's made and the vision he has for this locally owned, small town business that's making a huge impact on the community.

### What made you decide to get into the fitness business?

I always wanted to have a gym and I had the opportunity to go for it almost nine years ago. I'm glad I did; It was the right decision for me. I'm from Thomasville, I love knowing everybody, having an established business and being a positive place for people to gather in the community. It's a place where people can definitely feel true southern hospitality from our staff and the services we provide.

### You recently gave your place a complete facelift, tell me about it?

We did! We completely renovated the facility with new equipment, replaced the cardio equipment, put in new flooring, added another 2,000 square feet and installed a 2,700 square foot kids play area.



### That's an amazing kids area, what motivated you to place such an emphasis on the kids area?

First and foremost, we take pride in the fact that our facility is for the entire family. Second, it was important to us to provide a way that kids could be active, too. With a maze like play area 3 stories tall and a friendly staff, kids now look forward to coming with their parents to the gym rather than just sitting and watching tv in a daycare, they are active. Fitness is a lifestyle, and we feel making "going to the gym" a part of that lifestyle for our youth will help develop healthy habits that will last a lifetime. Many of our members have said their kids look forward to going to the gym!

### What can the members expect to find at Factor X Fitness?

We are staffed 24/7, our membership is only \$20 a month and it's month to month, our personal trainers can tailor programs to help you reach your goals, we offer a variety of group fitness workouts including boot camps, zumba, yoga, and a dance styled class called TwerkOut! Our equipment is state of the art, some of the most unique pieces being the vertical leg press, the glute bridge machine, and the pit shark, a squat machine that allows you to perform the movement with resistance but without having weight on your shoulders. It's a feature that's important for the long term wellness of our members. We also have tanning beds, a red light therapy

bed, and a merchandise area where you can find workout accessories, ready made, healthy Clean Eatz meals to help you reach your goals, apparel and much more.

We invite you to swing by!



Factor X Fitness is more than just a gym.  
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# Day Of Show Checklist

- Confidence & a smile!  
You're going to do great!
- Gym bag
- Wear your warm ups & flip flops
- Loose t-shirt or tank (or robe cover up)
- Change of clothes for after the show
- Tanning Products - if doing it yourself we recommend our exclusive partners' LSR Competition Bronzer Mousse (this kit comes with everything you need)
- Posing suit (2) (includes back up suit & Boobs! (female only)
- Shoes (2) (includes back up pair - female only)
- Jewelry - earrings (2 pair), bracelet (2), ring (2) (includes back up jewelry - female only)
- Make up - including eyelashes & glue - including nail polish and press on nails for emergency (female only)
- Vaseline for lips (female only)
- Hair stuff - brush, comb, hot iron, blow dryer, mirror
- LSR Stick It, Bikini Glue (female only)
- Camera
- Toothbrush, toothpaste
- Towel
- Music - (2) copies of CD or flash drive if you are doing a posing routine
- Phone, charger, headphones
- Tampons - can't tell you the number of girls who start their cycle the day of the show! (female only)
- Safety pins, needle & thread, scissors, sequin glue
- Sheets - if you are staying in a hotel, bring a set of dark sheets, pillowcase, hand towel and bath towel
- NPC card - can purchase online at [npcnewsonline.com](http://npcnewsonline.com) or can purchase card at show (must have driver's license & cash money)
- Directions to venue
- Water
- Cooler with food for the entire day. Include vitamins, plastic utensils, baggies, paper towels. Please accept that you may be eating most of your food cold for the day.

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### CONTACT:

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APRIL 13

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Since the inception of the NPC in the early eighties, one of the most sought after titles is that of STATE CHAMPION! Being an NPC STATE CHAMPION has long been a coveted and prestigious title. This is particularly true in the State of SOUTH CAROLINA. The desire to be SCNPC STATE CHAMPION is ingrained in each athlete from the minute they walk on to an NPC stage. To be one of the select few to call themselves SCNPC STATE CHAMPIONS is truly an Honor. Those that have achieved this Title will tell you it is one of their greatest accomplishments within the NPC. Many of the SCNPC STATE CHAMPIONS have gone on to achieve IFBB PRO LEAGUE status. State Champions, Shannon Meteraud and Cedric McMillan took their success from the SCNPC State stage all the way to Las Vegas and the Olympia Stage, our sports highest crowning achievement.

The 2019 SCNPC STATE CHAMPIONSHIPS will be held in Aiken, South Carolina at the USC Aiken Etheridge Center, **November 9th**. The Etheridge Center is a beautiful auditorium on the USC Aiken Campus with a huge stage for the athletes, plenty of space for vendors, with exceptional views for all spectators.

The SCNPC will continue to strive for excellence at all events throughout the year all leading up to Aiken November 9, 2019 with THE SCNPC STATE CHAMPIONSHIP. Who will leave Aiken with the coveted Title of SCNPC STATE CHAMPION!!!

Check out the full SCNPC Schedule at [www.scnpc.com](http://www.scnpc.com)

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## BEAU WEISS

2018 NPC Tennessee State Champion - Bodybuilding

“When I first considered competing as a bodybuilder, the Mr. Tennessee show was my Mr. Olympia. I looked up to legends like Brandon Curry and the late Dallas McCarver because they represented the caliber of athlete that comes out of the State of Tennessee. It means a lot to be called your 2018 Mr. Tennessee Overall Champion. It means a lot to be the State Champion period, from any state. I encourage all competitors to compete in their State Championship shows! I take the title very seriously and pledge to do my best to be a great ambassador for not just bodybuilding but as a representative for my state of Tennessee.”





# Getting Comfortable with Ashley K

*Always one to be active and competitive, three time Ms. Olympia Ashley Kaltwasser began her career as a Bikini competitor in 2011. Eight years later, she is looking forward to the 2019 Bodybuilding season beginning with The Arnold Classic.*

**By Rachel Payne**

Photography by Blue Line Efix

## What are your competition goals for this year?

My intention was to compete at The Arnold Classic in 2018 but I was dealing with a thyroid issue. It slowed down my progress, so I had to pull out. So I'm really looking forward to competing at the Arnold this year now that I understand my body better and how to prep it better. Since I've begun working with my coach Adam, Team Elite Physiques, they make it a point to prepare for shows in the most optimal way possible with emphasis on having fun during the process. Adam has made it such an amazing experience.

So, in the immediate future, look for Ashley onstage at the 2019 The Arnold Classic.

Last year, Ashley was busy growing her brand as she launched her app: AshleyKfit app. Currently, she keeps busy focusing on adding content to the app. Let's dig in so I asked her...

### Why the APP?

The reason I developed the app was because I think it's the way of the future. Everyone has their smartphones with them so it's kind of a more convenient way to track your progress with workouts, nutrition and more rather than having to bring a notebook to the gym. It's all right there. I even included some awesome recipes, some of my most favorite recipes! I wanted to create an app that would appeal to anyone who is looking to improve their level of fitness and develop it in a way that they could make it as hard or as easy as you want or need to accommodate their fitness level. I'm targeting not just competitors but the mainstream fitness market as well. I want to keep it fresh, fun and to share the things that I've learned with my subscribers and social media followers.

### Why the move to California?

After college, I moved from Ohio to California. I really wanted a change of scenery. Ohio is my home and I have a lot of great memories but I just fell in love with LA. The great weather, I love the sunshine, and it seemed like everyone was motivated to be their best at whatever they tried and they did it with high energy levels and a never settle attitude. I just love that vibe and that energy and I can feel it anytime I just walk outside.

### How does it feel knowing that social media has made you an international celebrity?

Bikini competitions have definitely allowed me to create a great base for my social media. Most of my followers have come from competing a lot, winning and of course, winning the Olympia. In 2017, I really began to focus on social media and I built the AshleyKFit YouTube channel. Social media has become a science in itself to figure out who you want to target, what content will get a reaction and from who - you are your own advertisement. You can be your own billboard! Beyond the business aspect, I find it very rewarding because the cool thing about social media is that I can reach out to women all over the world. So, if I can inspire a woman in South Africa to lose weight, or a girl in Antarctica who wants to learn more about nutrition, or somebody in Asia who just saw my workout and wants to try it; these things are very meaningful to me. When I get messages thanking me for sharing the awesome workout on my video or picking up a few nutrition tips here or there from whatever I posted, that's pretty cool!

### So what does the future look like for you?

I'm a "go with the flow" kind of person so it's tough thinking about future goals. Instead I try to take opportunities that I think will help to better myself in the long run. I want to continue my competition journey whether that be in bikini or fitness. For the time being, I'm just going with the flow and taking any opportunities that come my way. The future? Own a fitness empire, monetize social media into different products and services, and of course, I'd hope to still be competing.

“I'm a go with the flow kind of person...”



There is no doubt, Ashley lives a happy and healthy life. I asked her...

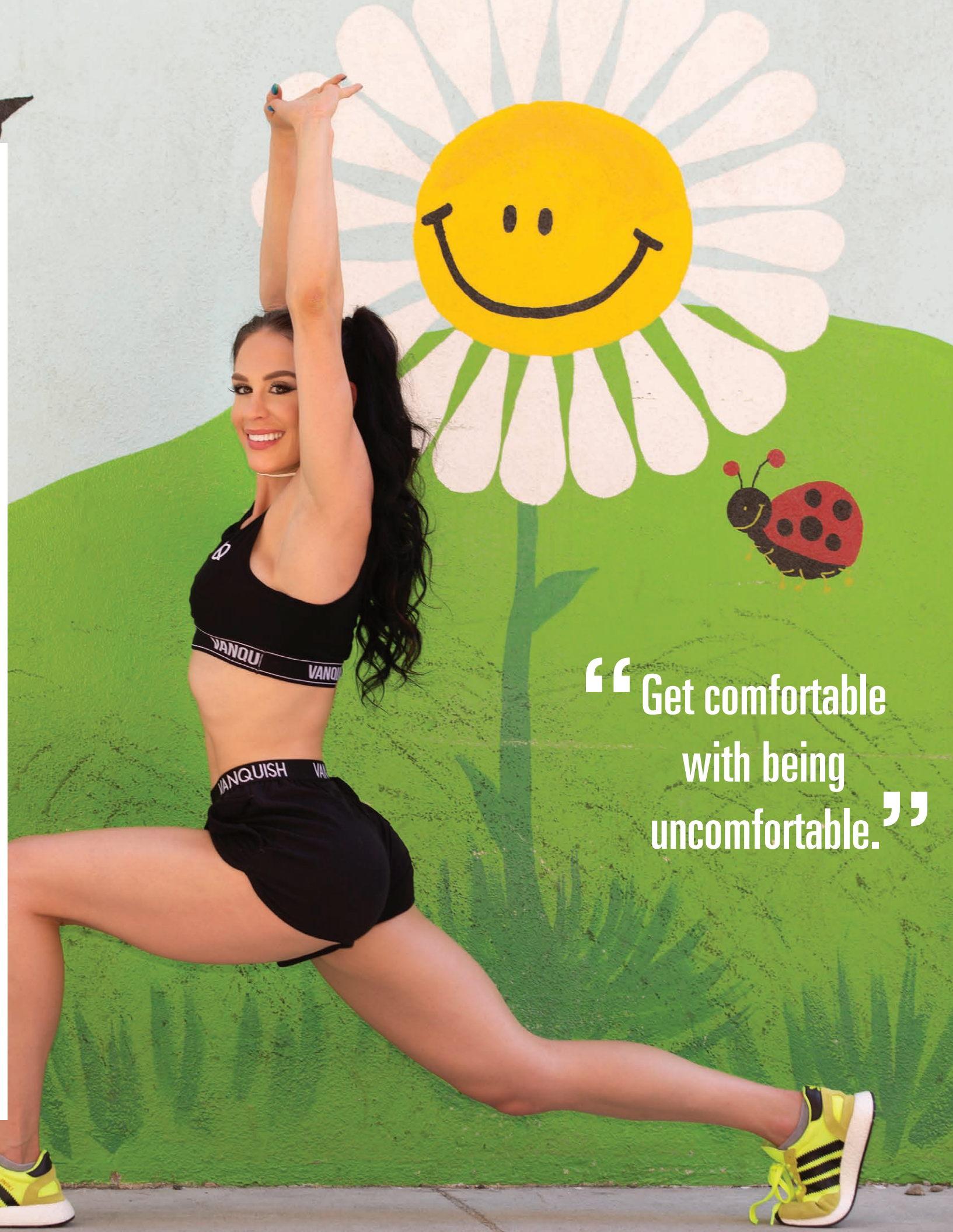
#### What are your secrets to living that life?

I think to be healthy first and foremost, you need to be happy. So you know you're miserable but you're in shape, but what does that do for you? Personally, I love competing. Some people can't really tolerate it or find it to be dreadful, but I am quite the opposite. I enjoy the prep process, it makes me happy. Second, from a more physical standpoint being efficient is an important part of being healthy and feeling good; are you able to carry your weight? Are you agile? Are you athletic? Finally, to be truly living a healthy lifestyle you should feel good. Feeling good on the inside. By that I mean, do you wake up every morning with excitement? Do you feel energized throughout the entire day? Or are you just kind of sluggish and existing if that makes sense. So I think these are three very important things to be healthy.

#### So how can one go from existing to excited for the day?

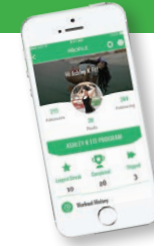
I think it's very important to get used to this quote, and I've been using and utilizing it a lot lately, "get comfortable with being uncomfortable." I think a lot of people back out of things because they get uncomfortable or maybe it causes them a little stress. Maybe it's a little more challenging than they're used to doing but I think that uncomfortable situations is what makes us grow. Whether it be a new cardio program and you're like, oh this is too much or it makes me kind of tired afterwards. Or maybe even thinking outside of fitness if it's something like public speaking that they hate doing or dread doing, so they avoid doing it. But maybe if they just go ahead and do it they'll get more comfortable with that situation. So from uncomfortable situations is where we grow the most. I think that especially in America we've accepted that if it's uncomfortable then don't do it, when it should be quite the opposite. Don't just accept where you are. Intentionally put yourself in an uncomfortable place so that you can grow.

To reach out to Ashley you can message her on Instagram AshleyKfit, Facebook Ashley Kaltwasser or the app AshleyKFit app.



“Get comfortable with being uncomfortable.”

Download the AshleyKfit Workout and Nutrition App



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with 3X Ms. Bikini Olympia, Ashley Kaltwasser

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# 7 Tips for Crushing Your Prep

It would seem there are a handful of tips that most competitors, both amateurs and Pros would agree with and choose to live by. No doubt preparing for a competition is a long term process, both physically and mentally tough, with rewards that are gratifying, the biggest being the process of learning how to live a healthy lifestyle. Here's 7 tips to help you live your best life and Crush your prep!

**1 Get comfortable being uncomfortable.** Ashley Kaltwasser and Hunter Labrada both agree, pushing yourself out of your comfort zone is one of the hardest things to do but absolutely necessary in order to affect change. Get a trainer, get a workout partner, from time to time train at a different gym where they have different equipment or train outdoors, change the tempo, or change the rest period. There are so many ways you can mix it up to challenge yourself!

**2 Extend the amount of time you keep the muscle under tension.** I not only heard this from the ladies, I also heard it from the men! You can never go wrong with slow, controlled movements. Proper form performed at a super slow pace allows you to make the mind muscle connection and maximize the effectiveness of the exercise. You may have to lighten the weights (and yes check your ego at the door), and it may take a little longer to get through the workout, but the results are totally worth it!

**3 Surround yourself with positivity.** From 8X Mr. Olympia Lee Haney to your local football coach, they've all said it at some point, positivity breeds positivity. Having the people around you that will support your efforts, hold you accountable, and push you to be your best, will help you enjoy the process and get the results you're seeking. If you are having doubts as to whether spending time with someone is time well spent, then carve out more time to spend with those that feed your energy and bring you joy.

**4 Strive to be your best.** Don't settle for mediocrity, instead strive for excellence. Never give up, and don't cheat yourself, instead do your best at everything you do. Set the bar high and reach for it everyday. Be the example for all those you meet and give back where you can. Sharing your knowledge and experience with others is gratifying and enriches your community.

**5 Enjoy the Journey.** While competing is one goal, our ultimate goal is to be happy and healthy. Enjoy the process, learn and grow from each experience, and live a lifestyle that makes you smile and energized to get your day started.

**6 Making progress takes time.** Have patience. It can be exciting to see the changes taking place, insightful learning how your body responds to small changes in your training, nutrition, cardio or environment, and empowering knowing you have the ability to shape the body to achieve the results you desire.

**7 Be productive.** We all know the saying, a body in motion stays in motion. Never let a day go to waste. Don't wait until tomorrow, or put it off until later. Tackle your challenges and chores head on. Make the most of your time because it makes you feel good to accomplish the things on your 'to do' list and feeling good makes us happy.



# Southern Muscle Guide presents the 2019 Liquid Sun Rayz COURAGE AWARDS

2018 WINNERS:

ASHLEY FUTO



MATTHIAS MAINES



(pictured with Rachel Payne)

## Celebrating Inspirational Transformations

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### TO ENTER:

- Complete the entry form at [southernmuscleguide.com](http://southernmuscleguide.com)
- Entries will be accepted **June 1 through Aug. 31, 2019.**
- Tell your story in 500 words or less, typed. You will be instructed on how to submit your essay and photos on the entry form.
- Must include photos (example: before and after) that are high resolution (300 dpi). Pictures taken with a phone will be high resolution if kept at "actual size."
- Story must have occurred within the past 2 years.
- Deadline to submit entry is: **August. 31, 2019.**

### INSPIRED TO BE YOUR BEST!

- The professionals from the fitness, media, and marketing industries that comprise the Advisory Board will judge the athletes based on their personal story and transformations. One Male & Female winner will be announced and awards will be presented Live in September. In addition to the Liquid Sun Rayz Courage Awards trophy, winners will be featured in the 2020 issue of Southern Muscle Guide, interviewed by FitTalk Radio and receive prizes valued at \$500 including framed copies of featured story, a House of Payne cooler, Hivefit supplements, a spray tan with Liquid Sun Rayz, Muscle Egg and more.

For more information and entry form, go to [SouthernMuscleGuide.com](http://SouthernMuscleGuide.com) or call **678.641.9188.**



# Eating Well On The Go by Bree Marsh, RD, LD, IFBB Figure Pro

In the sport of bodybuilding, nutrition is a major component of success, and many times athletes sacrifice social outings and travel while in prep, so they are able to stick to their plan 100%. But what about those times when travel is essential? Or what about when the shows are over and you still want to maintain a reasonable diet AND enjoy socializing and eating out more often? Eating well while traveling takes a little more effort on your part, but these days, with so many options available, it is definitely easier than you may think. Most airports and gas stations have a large variety of healthier foods to choose from. You definitely don't have to settle for fast food or pre-made microwave meals! Here are some examples of healthier food options that you can buy at most airports and gas stations...

- Protein Box.** Typically contains a hard boiled egg, cheese, nuts, and fruit.
- Greek Yogurt.** I like to get the plain non-fat if it's available and mix it with fruit and nuts.
- Salad with Grilled Chicken.** There are usually a few different options, skip or go light on the dressing.
- Hummus.** Usually comes with pretzels, but sometimes you can get some raw veggies instead (*Tip: you can bring your*



*own veggies from home but typically can't bring hummus through security if traveling on a plane!)*  
**RX Bars.** This is one of the few snack bars I recommend. Minimal ingredients, no added sugar, decent amount of protein, and no artificial sweeteners. Chocolate sea salt is my favorite.

## What about stuff you can make at home and bring on an airplane? Here's several options to consider...

- Pre-made "Meal in a Cup".** Like Quinoa Kale cups. Recipe on right.
- Fixings for Overnight Oatmeal.** Oats, nuts, dried fruit, chia seeds, honey packet. Recipe on right.
- Cooked Chicken.** Freeze after cooking. Recipe on right.
- Whole Wheat Tortillas.** Use these as wraps for chicken, along with some condiments you can get at the airport. Another option, peanut butter banana roll up.
- Raw Veggies.** Like carrots, celery, cucumbers, broccoli, bell peppers, and cauliflower. Like I mentioned above, you can buy some hummus at the airport, after going through security.
- Fruits** like apples, bananas, and berries. You can also buy some of these at the airport.
- Protein Powder** – put each serving in its own plastic sandwich baggie, and don't forget your shaker bottle! Mix with water or milk of choice. (**SMG Find:** Shark Tank recently featured a company called Vade Nutrition that makes 100% whey dissolvable protein scoops. Perfect for when you are on the go, vade-nutrition.com)
- Individual Packets of Peanut or Almond Butter** – available at most major grocery stores. Make sure it's the appropriate number of ounces to bring through security!

## What to get when going out to dinner....

Look at the menus before heading out to restaurants. If you're doing a macro-based plan, find an entree that fits into your programmed macros. If you're not training for anything specific, but you still want to keep it under control, focus instead on nutrient dense foods and simply practice portion control. Typical portions at restaurants are usually double the serving size. Sometimes, a good idea is to ask for a box beforehand and divide your food in half right when it gets to the table. Save the other half for lunch the following day. Another idea is to split an entrée with your significant other. Go easy on the appetizers and skip the dessert all together. Instead, look forward to having something small

when you get home, like a piece of dark chocolate or a serving size of Halo Top or another protein-rich ice cream.

So again, you don't have to settle, sacrifice, or miss out while traveling, or when you are on the go just to stay on point. With a little planning ahead of time, your nutrition plan can become a lifestyle that's easy to make work anytime, anywhere, even when you're traveling.

Share your healthy, easy on the go meals with us on Instagram! Tag us - #smgfitonthego, #southernmuscleguide, @southernmuscleguide



## Quinoa Kale Cups

- 12 Ounces Cooked White Quinoa
- 8 Ounces Finely Chopped Raw Kale (*I like to shred the kale up super fine using my Vitamix*)
- 8 Whole Eggs
- 8 Ounces Shredded Sharp Cheddar Cheese
- 1 Cup Plain Non-Fat Greek Yogurt
- ½ Teaspoon Salt
- ½ Teaspoon Pepper

1. Rinse quinoa and cook according to package directions. Most of the time it needs to be rinsed first.
2. Preheat oven to 350 degrees.
3. Make sure quinoa has cooled completely, then weigh it out.
4. In a large mixing bowl, combine all ingredients and mix thoroughly.
5. Line 18 large baking cups with muffin liners and scoop mixture evenly into cups.
6. Bake at 350 for 23-25 minutes, until set. Allow to cool completely.

*Tip: If you have a long travel day, I recommend freezing them beforehand.*

Makes 18, serving size = 2 each  
 Macros – 230 calories, 12g carbs, 13g fat, 16g protein



## Overnight Oatmeal

- ½ Cup Dry Rolled Oats
- 1 Tablespoon Chia seeds
- 2 Tablespoons Chopped Walnuts, Almonds or Pecans
- 2 Tablespoons Dried Cranberries, Blueberries, Raisins, or my favorite, Goji Berries
- 2 Tablespoons Protein Powder, unflavored if possible
- 2 Tablespoons Cocoa Nibs, optional
- 1 Individual Packet Honey OR Stevia
- 1 Cup Water or Milk of choice

1. Place all dry ingredients together in an airtight sandwich bag.
2. Buy milk of choice (or just use water) when you get to your final destination.
3. Place all ingredients together in a bowl, cup or I like to use a mason jar and set in fridge overnight.
4. Enjoy in the morning straight out of the fridge, or allow to come to room temperature.

Makes 1 serving  
 Macros (without cocoa nibs and with honey) - 520 calories, 70g carbs, 20g fat, 25g protein



## Roasted or Air Fried Chicken

- 1 Pound Boneless Skinless Chicken Breast
- 1 Tablespoon Soy Sauce or Coconut Aminos
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Maple Syrup

1. Mix together soy, Dijon, and maple syrup.
2. Add chicken and allow to marinate in fridge for at least two hours or overnight.
3. Bake in oven for 45-50 minutes at 350 or cook in the air fryer according to directions.
4. Allow to cool, then slice up into 4 ounce portions and place in sandwich baggies or aluminum foil.
5. Freeze for at least 12 hours, this way you won't need to use any ice to keep it cool while traveling.
6. Once thawed out, eat right out of the bag or wrap in tortilla or add to salad.

Makes 4 servings  
 Macros - 140 calories, 3.5g carbs, 2.5g fat, 23g protein

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# Travel & Training: On The Road Again

While traveling throughout the southeast with Southern Muscle Guide this past year I stayed in a variety of hotels so I could see first hand what athletes experience when trying to get in their workouts and cardio when they are on the road. Circumstances can dictate your time, each hotel has their own idea of

what makes a fitness room in terms of available equipment, weather, access to other fitness facilities, and the mode of travel (plane, car) are all factors that can affect your workout. This is what I learned along the way.

### Take what you need.

I know that exercise tubing and bands combined with bodyweight exercises, I can train any body part I need to work. I may need to adjust my sets and reps, or the tempo I need to work (shorter rest times or super slow reps). If you know you'll be on the road a lot, I would even suggest investing in a suspension training strap; they travel well and can take your workout to a whole new level! I keep it all together in its own stringer bag with my suitcase so I won't forget anything.

### Be prepared to be creative.

Even though I have typically checked out the facilities online ahead of time, once I get to my destination I like to see what's there. Some hotels have a weight bench and dumbbells while others may have a mat, fitness balls, and medicine balls. Almost all of them have treadmills and step machines. I like to do interval training or circuits when I'm on the road because they are time efficient but still very effective.



### Use what you have.

There have been times when I need to get my workout done in my room and those plyo moves and a HIIT workout help me get the job done. On the more creative side, I've used the stairwells, or done my workout on the beach using the lounge chair to push and pull in the sand! I'm not a great swimmer, but many of the hotels have pools and I've put clients through some great workouts using a combination of water moves and land moves, it's another option to consider. Making the most of what's available to you can keep your workouts fresh and fun; there's nothing like an outdoor, sunrise leg workout!

### Get a taste of the local fare.

A lot of the hotels have parks or running trails nearby or bike rentals available. If you have your car, you may be able to try the local gym. Most places have a day pass rate and it's always good to experience different equipment. Remember,

the smallest change in angle of hands, feet, or body can make a big difference in how the movement works the muscle. While you are out exploring the area, ask about fresh produce stands or farm to table restaurants that might be fun to try.

One last tip. I like to support the businesses that support our sport. I always look at the businesses and vendors that sponsor the bodybuilding shows in the area that I travel to. Whenever possible, I make an effort to support those businesses. From staying at the host hotel, to buying a gift for a friend, without these businesses, the shows would not be successful. It's the least we can do.

Share photos and video clips of your travel tips for packing, eating, and training to share with fellow competitors. Tag us: #smgfitonthegeo, #southernmuscleguide2019, #smg2019, @southernmuscleguide

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# A Leg Day Workout

By Steve Payne, Contest Prep Coach & co-owner House of Payne Personal Training  
 Demonstrated by Nicole Spizzirri, CPT & Bikini Competitor, @NikkiFit\_atl  
 Photographs by Valerie Payne, V.Payne.Photography

think most would agree, Leg Day is one of the toughest days in the training schedule. For some it's because they need to be pushed outside their comfort zone, for others it may just be the anticipation of knowing it will be hard or exhausting and then there are those who haven't made the changes they want because they just like to do the exercises they like and avoid the ones they don't like. Maximizing your efforts to create shape and train by engaging the muscle can make the difference in obtaining the results you want. Challenge yourself. In the workout below for example, you

can see we begin with warm up stretches and then focus on slow controlled movements, isolated pauses, and a full range of motion. Make the mind/ muscle connection the focus of the workout, pushing as heavy as possible but still keeping good controlled form as you do all the sets and reps. Strive to do your best to make the muscles work rather than worrying about how much weight you lift. Sometimes increasing the intensity by changing the pace of the reps or the amount of rest time between sets can be just the subtle change your body needs as you work towards being your best!

WARM UP	SETS	REPS
1. Cardio of choice	5 minutes	
2. Wide stance bend with rotational twist	3	20 seconds @ leg
WORKOUT	SETS	REPS
3. Squats - bar, wide stance	5	12
4. Bulgarian split squats - smith machine, single leg behind on step bench 2-3 blocks high	5	15
5. Inverted leg presses - two legs, close stance, feet at top, super slow (8 counts down/ 8 counts up)	4	12
6. Hamstring curls - lying, two legs	4	20
7. Steps ups - bodyweight, all on one leg then the other	3	15
8. Straight leg deadlifts - machine, pauses (squeeze 5 counts at top of movement)	3	12
9. Walking lunges - dumbbells	3	15
10. Hip lifts - smith machine, weighted, super slow (8 counts down/ 8 counts up)	3	12
COOL DOWN STRETCHES	SETS	REPS
11. Figure four stretch	3	20 seconds @ leg
12. Quad/ hip flexor stretch	3	20 seconds @ leg

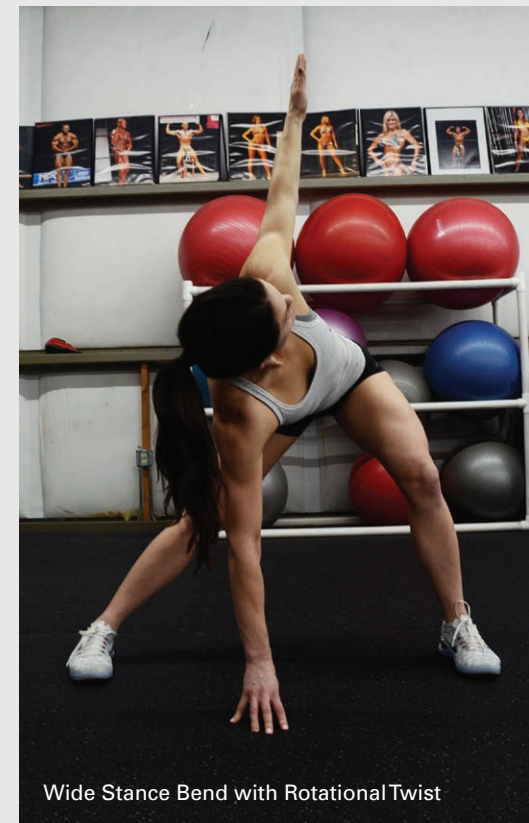
Before starting any exercise program, consult with your physician.

## WARM UP

1. Do 5 minutes of the cardio of your choice

2. Wide Stance Bend with Rotational Twist

- From a wide stance upright position, bend forward from the hips.
- As you gently twist your upper body, place the hand closest to the floor on the ground for stability and allow the opposite arm to reach towards the ceiling.
- Hold the stretch for 20 seconds.
- Repeat on the other side.



Wide Stance Bend with Rotational Twist



Squats

## WORKOUT

3. Squats

- Place the bar across your traps with feet positioned in a wide stance. (Toes pointing in same direction as your knees and when in the lowered position, your knees should be over the ankles.)
- Slowly lower the body until the thighs are parallel to the floor.
- Make sure you keep eyes looking eye level of above, shoulders over knees and hips over ankles.
- Drive through your heels to insure you are engaging your glutes.

4. Bulgarian Split Squats

- Place smith machine bar across traps and one foot behind you on a step bench 2-3 risers high.
- Keeping your eyes and up chest up, bend the knees lowering the body until both of the knees are at 90 degree angles.
- Make sure to keep your body upright and weight evenly distributed between the front and rear legs.
- Squeeze the glutes and drive through the heel of the front foot as you return to your starting position.



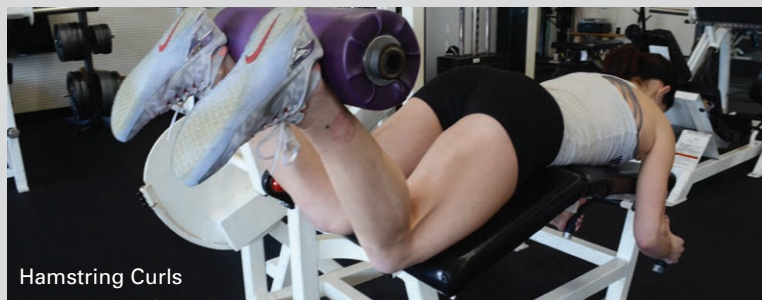
Bulgarian Split Squats



Inverted Leg Presses

5. Inverted Leg Presses

- From the seated position of the machine, place your feet in a close footed stance with your feet at the top of the platform.
- Bend the knees lowering the weight towards your chest with a super slow pace for both the eccentric and concentric directions.
- Make sure you drive through the heels as you press up.



Hamstring Curls

### 6. Hamstring Curls

- On the lying leg curl machine, position your body so that your knees are lined up with the pivot point of the machine and the ankle pad is behind your ankles.
- Lift the weight by pulling the feet towards the glutes, then return to your start position.
- Keep the hips pressed into the bench, keeping the hamstrings engaged.
- Inhale as you lift up, exhale as you lower the weight.

### 8. Straight Leg Deadlifts

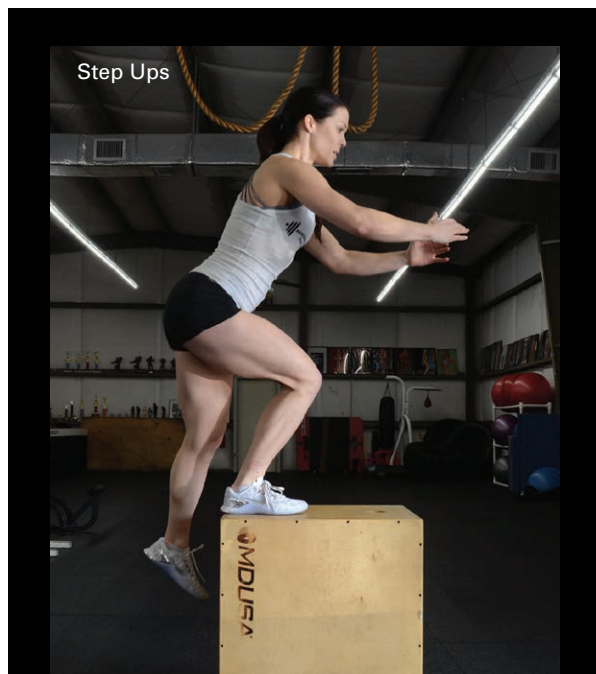
- Using the deadlift machine, place feet approximately hip distance apart.
- Hinge at the hips and lower the weight to just past your knees.
- Keep your eyes up and back flat.
- Raise back up to the starting position, squeezing the glutes at the top of the movement.



Straight Leg Deadlifts

### 9. Walking Lunges

- Stand holding the dumbbells by your side.
- Take one step forward making sure your step is long enough it allows both knees to simultaneously reach 90 degree angles.
- Keep your core tight, and eyes looking eye level or above.
- Driving through the heel of the front foot, continuing to a standing position.
- Repeat using the other leg and continue alternating to complete your set.



Step Ups

### 7. Step Ups

- Using a step bench hip height, place the heel of one foot on the bench.
- Keep chest up as you drive through the heel to step up onto the bench.
- Make sure you do not lean forward but rather use the glutes and hamstring muscles to lift and lower the body.
- Return to the starting position.
- Do not use momentum or bounce off the ground as you perform all of the repetitions.



Walking Lunges

### 10. Hip Lifts (not pictured)

- Placing your upper back on a bench and the smith machine bar on your lap, lower and lift the hips.
- Your feet should be flat on the floor and hip distance apart.
- Make sure your get a full range of motion and squeeze the glutes at the top of the movement.

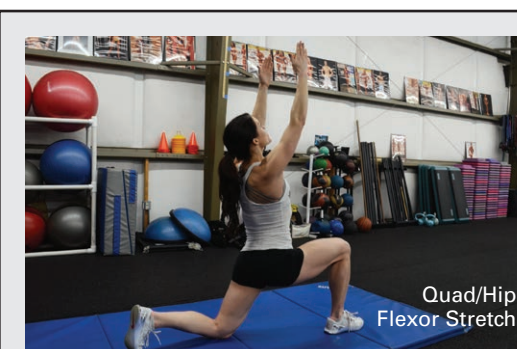


Figure 4 Hamstring Stretch

## COOL DOWN

### 11. Figure 4 Hamstring Stretch

- Lay on your back on the floor with knees bent and feet flat.
- Place one ankle across the opposite knee to create the figure four.
- Use your hands to reach behind the leg of the foot on the floor and gently pull towards the chest.
- You should feel this stretch in the glutes and hamstrings.
- Hold for 20 seconds then repeat using the opposite leg.



Quad/Hip Flexor Stretch

### 12. Quad/Hip Flexor Stretch

- Take a knee on the floor making sure both legs are at 90 degree angles.
- Allow the legs to lean slightly forward.
- Next reach back with the upper body and your arms reaching towards the ceiling.
- You should feel this stretch in the quads and hip flexors.
- Hold for 20 seconds and repeat on the other side.

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# 2019 Competition Schedule

The competitions listed in this directory are shows that are npc competitions in the southeast plus national level shows and submitted their information to this publication as of the January 21st deadline. The shows are alphabetical, arranged by date. All shows are national qualifiers unless denoted by \*. Pro Qualifiers are in **Bold**. Shows that are in **RED** you can click through directly to their website from the digital version of this publication.

Show Name	Date	Location	Website
<b>NPC IFBB Arnold Classic &amp; Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini &amp; Physique Championships</b>	Feb 28-Mar 2	Columbus, OH	arnoldsportsfestival.com, Bob Lorimer & Schwarzenegger, www.arnoldsportsfestival.com/usa/
NPC Sunshine State & CJ Classic and National Wheelchair	Mar-9	West Palm Beach, FL	frankdaltopromotions.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Atlantic USA	Mar-16	Atlanta, GA	georgianpc.com/RopeElite, 770.962.7682
<b>IFBB World Klash &amp; NPC Border Klash Championships</b>	Mar-23	Aiken, SC	npcborderklash.com/ elite promotions, Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Rocket City Classic*	Apr-6	Huntsville, AL	rocketcitybodybuilding.com, Robert McAlldory, Robertmcalldory@gmail.com, 256.468.6166
<b>Clean Eatz NPC North Carolina State Championships &amp; Clean Eatz IFBB Champions of Power &amp; Grace</b>	Apr-13	Raleigh, NC	NCNPC.com, Mike Valentino, (910) 790-9598 ext 106
NPC Panhandle Showdown	Apr-13	Pensacola, FL	panhandleshowdown.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
IFBB/ NPC Europa Games and NPC All National Military Forces Championships	Apr 13-14	Orlando, FL	europaexpo.com, Ed & Betty Pariso, 817.498.3631, bettypariso@aol.com
NPC Charlotte Cup Charlotte Championships	Apr-27	Charlotte, NC	JohnnyStewartPromotions.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603, Sanders Armstrong, 704.560.4637
NPC Diamond Classic	Apr-27	Boca Raton, FL	QcbbPromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Lee Banks Natural Championships* (steroid tested)	Apr-27	Ponte Verde, FL	leebanksnaturalchampionships.com, Lee Banks, 904.422.3251, admin@olympianleebanksfitness.com
NPC Southeastern Championships	Apr-27	Mobile, AL	npcsec.com, Jason Green, jason@jasonfitness.com, 251.391.1234
NPC Florida Grand Prix	May-4	West Palm, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Nashville Fit Show* (female only)	May-4	Nashville, TN	tennesseebodybuilding.org/ nashvillefitshow.com, Whitney Wisner, info@nashvillefitshow.com
<b>NPC Palmetto Classic Competition</b>	May-4	Columbia, SC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b>NPC Riptide Classic</b>	May-4	Panama City Beach, FL	npcryptideclassic.com, Mike McKinney/ Vic Sellers, 850.527.4479, michael4palingen@gmail.com or 850-541-2511, vsellers@timpcb.com
NPC Battle on the Bluff Bodybuilding	May-11	Tunica, MS	battleonthebluffbodybuilding.com, Chris Caudy, chriscaudy@att.net, 901.857.2499, Cindy Caudy, cindycaudy@att.net, 901.619.6064
NPC Eastern Seaboard	May-11	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
NPC NPC Southern USA	May-11	Orlando, FL	npcsouthernusa.net, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
<b>NPC Junior USA Bodybuilding Championships</b>	May 17-18	North Charleston, SC	npcjuniorusa.comscnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC (HRD-LVN) Championships*	May-25	St. Augustine, FL	www.hrdlvn-championships.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com

Show Name	Date	Location	Website
NPC Hub City Fitness Quest	May-25	Jackson, TN	tennesseebodybuilding.org/hubcityfitnessquest.com, Nick Shelby, 731.695.1067
<b>NPC Vulcan Classic</b>	May-25	Birmingham, AL	npcvulcanclassic.com, Morris & Kelly Pruett, Kellywpruett@comcast.net, 256.490.1115
NPC Iron Muscle Championships*	Jun-1	Pearl, MS	ironmusclechampionships.com, Richard & Amanda Clack Stegall, ironmusclechampionships.com, 601.540.5182
NPC Southeast Classic	Jun-1	Hollywood, FL	npcseclassic.com, Alex & Maggy Cambranero, 786.877.0438, maggy305@gmail.com
NPC Southeastern USA	Jun-1	Tampa, FL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
<b>NPC 2018 South Carolina Upstate Classic</b>	Jun-1	Spartenburg, SC	dutchstrengthpromotions.com, Dutch Hulst
NPC Battle at the River	Jun-8	Chattanooga, TN	tennesseebodybuilding.org/Bryan Hayworth, 423.677.3347
IFBB/NPC Miami Muscle Beach	Jun-8	Miami, FL	miamifitexpo.com, Paula Geobanny, 786.217.2110, miamimusclebeachpro@gmail.com
<b>NPC Jr National Championships</b>	June 14-15	Chicago, IL	<b>Betz/Larsen Event Mgt, npcjrnationals.com, Pam Betz, PamBetz@aol.com, 407.876.4467</b>
<b>NPC Battle on the Gulf Coast*</b>	Jun-15	Biloxi, MS	battleonthegulfcoast.com, Douglas Sellers, 225.324.9991
Clean Eatz NPC Atlantic Coast Classic	Jun-15	Wilmington, NC	ncnpc.com
NPC Mid-Florida Classic	Jun-15	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
IFBB/NPC Atlantic Coast	Jun-22	Lauderdale, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Anna Level Figure, Fitness & Bikini Championships and the 34th Annual West Palm Beach Bodybuilding & Physique Championships	Jun-29	West Palm Beach, FL	frankdaltopromotions.com, Frank Dalto, 516.627.9638, frankdalto44@yahoo.com
NPC Clash at the Capstone	Jun-29	Tuscaloosa, AL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
<b>NPC Universe Championships</b>	July 5-6	Teaneck, NJ	<b>bevfrances.com, NPCnortheast@gmail.com</b>
NPC Topamania	Jul-6	Miami, FL	topamaniaclassic.com, Stan Mccary, 786.399.8743, topamania2006@gmail.com
<b>NPC Georgia Bodybuilding Championships</b>	Jul-13	Atlanta, GA	georgiabodybuilding.com/Kenneth "Doc" Neely, doc@docsports.com, 770.471.9006
<b>NPC Mississippi Championships</b>	Jul-13	Jackson, MS	npcmsbodybuilding.com, Gordon & Cyndi Weir, gcweir@comcast.net, 601.906.8772 or 601.906.8837
<b>NPC Southern States Championships</b>	Jul-13	Ft. Lauderdale, FL	npcsouthernstates.com, Maria Ballando & Peter Potter, 305-968-3318, npcsonthernstates@gmail.com
<b>NPC Victory Classic</b>	Jul-13	Albemarle, NC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b>Teen Collegiate &amp; Masters National Championships</b>	July 17-20	Pittsburg, PA	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
NPC Body Be 1 Classic*	Jul-20	Dothan, AL	BodyB1Classic.com, Roland Huff, hbodybe1@aol.com, 706.405.9539
NPC Ty Pope Classic	Jul-20	Lake Mary, FL	seminoleclassic.com, Ty & Joanna Pope, 407.910.7074, tyjopope@yahoo.com
<b>NPC USA Championships</b>	July 26-27	Las Vegas, NV	<b>Lindsay Productions/ musclecontest.com, Tracey@musclecontest.com, 310.796.9181</b>
NPC Dexter Jackson Classic	Jul-27	Jacksonville, FL	dexterjacksonclassic.com, Dexter Jackson, Gayle Elle, Chris Minnes, 775-375-5438, events@centerpodium.com
IFBB/NPC Prestige Crystal Cup	Jul-27	Boca Raton, FL	qcpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com

Show Name	Date	Location	Website
<b>NPC Tennessee State Championships</b>	Jul-27	Nashville, TN	tennesseebodybuilding.org
<b>NPC Knox Classic</b>	Aug-3	Knoxville, TN	tennesseebodybuilding.org/knoxclassic.com, Brian "Beano" Wallace, 865.200.5880, npcknoxclassic@gmail.com
NPC Stewart Fitness Championship	Aug-3	Rock Hill, SC	stewartfitness.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
IFBB/ NPC Tampa Pro/Tim Gardner Tampa Extravaganza	Aug-3	Tampa, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC City of Champions*	Aug-10	Birmingham, AL	cityofchampionsbodybuilding.com, Chris Carter, cityofchampionsbodybuilding@charter.net, 205.267.9631
NPC Monsta Classic	Aug-10	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Coastal USA's	Aug-17	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
<b>NPC Florida State Championships</b>	Aug-17	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Total Body Championships	Aug-17	Tupelo, MS	totalbodygym.net, Judy & Timmy Gaillard, 662.837.5957
SC NPC Excalibur Championships	Aug-17	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
<b>NPC Alabama State Championships</b>	Aug-24	Gadsden, AL	npcalabama.info, Morris Pruett, GetFitStayFit@comcast.net, 256.490.1115
NPC Greater Naples Classic	Aug-24	Naples, FL	goldenlionproductions.com, Giovanni Conigliaro & Mel Chancey, 239.322.2694, gio@goldenlionproductions.com
NPC Max Fit Classic	Aug-24	Ft. Walton Beach, FL	maxfitclassic.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
<b>NPC North American Championships</b>	<b>Aug 28-31</b>	<b>Pittsburg, PA</b>	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
<b>NPC Southern Tournament of Champions</b>	Sep-7	Manning, SC	npctoc.com, kd-promotions/ elite promotions, Kevin DeHaven, KDprep@gmail.com, 704.661.5142 Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Iron Bay Classic	Sep-7	Tampa, FL	ironbodyproductions.com, Jose E. Santiago & Son Tran, 813.440.9258, jsantiago169@hotmail.com
<b>IFBB Olympia and Olympia Amateur</b>	<b>Sep 10-15</b>	<b>Las Vegas, NV</b>	<b>MrOlympia.com, Robin Chang</b>
NPC Muscle Heat	Sept 14	Greensboro, NC	qrelite.com
<b>IFBB Pro League Ben Weider Natural Pro Championships</b>	<b>Sept 20-21</b>	<b>Montreal Quebec, Canada</b>	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
IFBB Professional League Hurricane Pro/ NPC Hurricane Bay Championships & NPCTyphoon Bay Naturals	Sep-21	Clearwater, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Datoyna Beach Classic	Sep-28	Daytona Beach, FL	thedaytonabeachclassic.com, Tony Curtis & Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Peach State Championships	Sep-28	Thomasville, GA	georgianpc.com/RopeElite, 770.962.7682, Maria Wells, mwellsnpcjudge58@gmail.com
NPC Ruby Championships	Sep-28	Boca Raton, FL	qcbbpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC First Callout	Oct-5	Pompano Beach, FL	npcfirstcallout.com, Rich Alvarez, 954.501.5858, getpumped121@aol.com
<b>NPC Muscle For Heart</b>	Oct-5	Panama City Beach	muscleforheart.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com, or 850-541-2511, vsellers@timpcb.com
NPC Flex Lewis Classic	Oct-12	Murfreesboro, TN	tennesseebodybuilding.org/ FlexLewis.net, flexlewisclassic@gmail.com

Show Name	Date	Location	Website
NPC Ultimate Muscle Extravaganza	Oct-12	Lakeland, FL	thedebsgym.com, Deb Callahan, 863-812-8788, debsgym@gmail.com
NPC Ultimate Grand Prix	Oct-19	Ft. Lauderdale, FL	floridasportsfestival.com, Serge saric, 561.460.6000, floridagrandprix2016@gmail.com
<b>NPC 2019 Lee Haney Games</b>	Oct-26	Atlanta, GA	leehaneygames.com, Lee Haney, info@leehaneygames.com
NPC Mel Chancey Champion Coast Classic	Oct-26	Coral Springs, FL	timgardnerproductions.com, Mel Chancey/Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
<b>NPC Mid Atlantic Classic</b>	Oct-26	Charlotte, NC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b>NPC Klash Series All South Championships</b>	Nov-2	St. Augustine, FL	theklash.com, Gene Schlossberg & Joe Pishkula, 904.687.4191, flexgene@aol.com, 937-536-9581, jpishkula@gmail.com
<b>NPC Nashville Night of Champions*</b>	Nov-2	Nashville, TN	tennesseebodybuilding.org/ Allen Sizemore & Kelly Webb, sizemore365@yahoo.com, 865.384.9800
NPC Amanda Marinelli Classic & Florida Gold Cup	Nov-9	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto & Amanda Marinelli, 561.627.938, frankdalto44@yahoo.com
NPC Elite Muscle Classic	Nov-9	Greensboro, NC	qrelite.com
NPC Paradise Coast*	Nov-9	Panama City Beach, FL	npcparadisecoast.com, Russ Mesey & Aaron Stillwater, 850-499-2508, iammaxfit@yahoo.com
<b>IFBB/ NPC South Carolina Grand Prix Pro-Am</b>	Nov-9	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
<b>NPC National Championships</b>	<b>Nov 22-23</b>	<b>Miami, FL</b>	<b>Betz/Larsen Event Mgt, nationalbodybuilding.com, Pam Betz, PamBetz@aol.com, 407.876.4467</b>
NPC Holiday Classic	Dec-14	Ft. Lauderdale, FL	goldenlionproductions.com, Giovanni Conigliaro & Mel Chancey, 239.253.9956, gio@goldenlionproductions.com



## COMPETITION PREP & POSING



Contact us to schedule a complimentary consultation.

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Date	Name	Address	City/ State	Description	Contact info
on-going	Group Posing Practice	House of Payne Personal Training, 4565 Lawrenceville Highway NW	Lilburn, GA	every Saturday at 12noon (Bikini, Figure & Men's Physique) 1pm (all bodybuilding & classic physique); Tuesdays, 7pm, (all categories), \$10. Practice on competition size stage, just like a show!	Steve & Rachel Payne, 678.641.9188, trainwithpayne.com
Jan-12	2019 NPC Posing Seminar	Ironclad Gym, 1140 FL-436	Altamonte Springs, FL	Presented by the FL NPC, Q & A session, Group & Indiv posing, all levels welcome.	jpishkula@gmail.com, 937.536.9581, tyjopope@yahoo.com, 321.460.0910
Jan-12	MS NPC Athlete's Meeting and Workshop	Clyde Muse Center, 515 Country Pl Pkwy	Pearl, MS 39208	Learn from the IFBB Pros & national level athletes	Host: Richie and Amanda Stegall, 601-540-5182
Jan-26	Your Best Performance Competition Prep Clinic Series	Gold's Gym, 20420 W. Catawba Ave.	Cornelius, NC	Full Day of Seminars, special guest Tres Bennett, NPC SC Chairman & IFBB Head Judge	Yourbestperformance.com
Feb-2	NPC Florida Judges & Athletes Clinic	Busy Bodies Fitness Center, 9183 Glades Road	Boca Raton, FL	Creating a Better You. Group & Individual Posing sessions. Let us help you prepare for the 2019 season. All levels welcome.	jpishkula@gmail.com or tyjopope@yahoo.com
Feb-9	2019 Posing Workshop	House of Payne Personal Training, 4565 Lawrenceville Highway NW	Lilburn, GA	Posing, critiques, vendors, special guest IFBB Pro and 2X Figure Olympia Cyd Gillon & IFBB Bodybuilding Pro Hunter Labrada plus Friday meet & greet & roundtable Q & A	Steve & Rachel Payne, 678.641.9188, trainwithpayne.com
Feb-10	Total Man 2019	Orlando Marriott, 1501 International Pkwy	Lake Mary, FL 32746	Luncheon Seminar on strength, character & leadership with IFBB Pros Ty Pope, Lee Banks & Mel Chancey & others	Ty or Jo Anna Pope, tyjopope@yahoo.com, 321.460.0910
Feb-16	MS NPC Athlete's Meeting and Workshop	Gold Strike Casino and Resort, 1010 Casino Center Dr.	Tunica, MS	Learn from the IFBB Pros & national level athletes	Chris and Cindy Caudy, 901-857-2499
Feb-23	TN NPC Athlete's Meeting and Workshop	Fitness1440, 4110 N Mt Juliet Rd	Mount Juliet, TN	NPC Rules, Judging criteria, Q & A, Posing Info. Many IFBB Pro & NPC officials in attendance	Allen & Becca Sizemore, tennesseebodybuilding.org
Mar-9	I.A.F.S Certification Workshop	House of Payne Personal Training, 4565 Lawrenceville Highway NW	Lilburn, GA	Presented by Lee Haney and IFF master trainers, open to the public	iafscertification.com, Rachel Payne, 678.641.9188
Mar-9	MS NPC Athlete's Meeting and Workshop	Iron Works Gym, 220 Eisenhower Drive	Biloxi, MS	Learn from the IFBB Pros & national level athletes	Doug Sellers and Clark Henegan, 225-324-9991 or 228-263-3647
Mar-9	Fit Show Forum Competitor Workshop	Marriott Nashville Airport	Nashville, TN	Whitney Wisner will help you learn everything you need to know about the stage & how to be your best, open to all females, all levels of experience.	nashvillefitshow.com
Mar-22	Posing Seminar at the Klash	USC Convocation Center, 375 Robert M. Bell Pkwy	Aiken, SC	Open to All. Presented by Olympia & Klash Head Judge Sandy Willimason plus lots of IFBB Pros, NPC & IFBB Pro league judges, industry leading trainers and more!	theklash.com
Apr-13	MS NPC Athlete's Meeting and Workshop	Premiere Athletix, 1674 McClure Cove	Tupelo, MS	Learn from the IFBB Pros & national level athletes	Judy and Tim Gaillard, 662-837-5987
Apr-20	NPC Posing Clinic & Seminar	Advanced Fit, 9643 Palm River Rd	Tampa, FL	Open to all men & women interested in the sport of bodybuilding, Learn from Official IFBB/NPC Judges	Charles Tash, advancedfit@yahoo.com 813.766.3227 or Deke Warner, deke@bellsouth.net, 321.276.3057

# 2019 NPC JR. NATIONAL BODYBUILDING CHAMPIONSHIPS

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**TICKET INFORMATION**

FINALS (all seats reserved): \$90 & \$70, plus any applicable taxes and fees  
 PRE-JUDGING - \$50 each (all seats general admission):  
 Available online at [www.npcjrnationals.com](http://www.npcjrnationals.com), by calling Pam Betz at 407-876-4467, or e-mail: [betzpam@gmail.com](mailto:betzpam@gmail.com)

**HOST HOTEL**

Hyatt Regency O'Hare Hotel  
 9300 W. Bryn Mawr Ave, Rosemont, IL 60018  
 for Reservation, call 847-696-1234 or online at <https://www.hyatt.com/en-US/group-booking/CHIRO/G-JNBZ>  
 Ask for Special Jr. National Rate

**SCHEDULE OF EVENTS**

June 14 - 12 P.M.  
 PREJUDGING: "Fabulous Female Friday" (Fitness, Women's Bodybuilding, Figure, Bikini, Women's Physique)  
 June 15 - 8 A.M.  
 Men's Bodybuilding  
 Men's Physique and  
 Men's Classic Physique  
 June 15 - 5 P.M.  
 All Finals

**TRAVEL**

Laura Colvin, ProTravel  
[Laura.Colvin@protraveline.com](mailto:Laura.Colvin@protraveline.com), 312-646-7233



# Directory of Resources

Advertisers are in **RED** and you can click through directly to their website from the digital version of this publication.

The businesses listed in this directory support the sport of bodybuilding. The information was verified as of January 20, 2019, and is arranged alphabetically by category. There are hundreds of other businesses that support this sport and we appreciate them all. We encourage you to support the businesses that support the sport of bodybuilding. If you would like your business to be listed, please contact [rachel@southernmuscleguide.com](mailto:rachel@southernmuscleguide.com).

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[musclevodka.net](http://musclevodka.net)

### Fit Vine Wine

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### Monsta Clothing Company

2370 SW State Road 47, Lake City, FL 32025  
386.466.1001 • Tyler Wilson  
[monstaclothing.com](http://monstaclothing.com)

### SariFitness

760-274-4942 • [sarifitness1@gmail.com](mailto:sarifitness1@gmail.com)  
[Sarifitness.com](http://Sarifitness.com)

### Silverback Krew

[Silverbackkrew@gmail.com](mailto:Silverbackkrew@gmail.com)  
Adam Weidel, Owner  
[Silverbackkrew.com](http://Silverbackkrew.com)

## BOOKS

### Fit at Any Age

also available at Amazon, Barnes & Noble, ebooks: Kindle, Nook, Kobo  
[LeeHaney.com](http://LeeHaney.com)

## CHIROPRACTIC & SPORTS REHAB

### Lilburn Sports & Family Wellness

3035 Five Forks Trickum Rd, Lilburn, 30047  
770.985.5223 • Dr. Robert Pruni  
[lilburnchiropractic.com](http://lilburnchiropractic.com)

### Trinity Performance Center

Dr. Mike Rice  
404.576.2698

### Well Adjusted Buckhead

70 Lenox Pointe Rd NE, Suite D  
Atlanta, GA 30324  
404.386.9396 • [@drjessica\\_welladjusted](mailto:@drjessica_welladjusted)  
[welladjustedbuckhead.com](http://welladjustedbuckhead.com)

## FACE & SKIN CARE

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678.464.0221 • [i.brows@gmail.com](mailto:i.brows@gmail.com)  
[ibrows.com](http://ibrows.com)

## FITNESS FACILITIES/ PERSONAL TRAINING GYMS

### Biltmore Fitness

711 Biltmore Avenue, Asheville, NC 28803  
828.776.0524  
[biltfit.net](http://biltfit.net)

### Factor X Fitness

1314 E. Jackson Street, Thomasville, GA 31792  
229.236.2348 • FB: Factor XFitness  
[factorxfitness.com](http://factorxfitness.com)

### Flex Appeal Miami

12814 SW 122nd Avenue, Miami, FL 33186  
786.293.1776  
[flexappealmiami.com](http://flexappealmiami.com)

### Iron Works Gym

220 Eisenhower Drive, Biloxi, MS 39531  
228.456.9496  
[ironworksbiloxi.com](http://ironworksbiloxi.com)

### House of Payne Personal Training

4565 Lawrenceville Highway N Lilburn, GA 30047  
678.641.9188  
[trainwithpayne.com](http://trainwithpayne.com)

### JAG Fitness

2120 West Liddell, Duluth, GA 30096  
770.962.7682 • [jagfitness@bellsouth.net](mailto:jagfitness@bellsouth.net)  
[JagFitness.net](http://JagFitness.net)

### Tres Gym

1662 Savannah Hwy, Ste 125  
Charleston, SC 29407 • 843.270.437  
[tresgym.com](http://tresgym.com)

### Willmore Total Fitness

209 Rescia Avenue, Rainbow City, AL 35906  
256.302.9011

## FOOD & MEAL PREP

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Ann-Marie Simpson  
[competitionkit.com](http://competitionkit.com)

### First Class Fit Jewelry

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### Glam Competition Jewelry & Accessories

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## LEGAL

### The Orlando Firm, P.C.

Decatur Court, Suite 400  
315 West Ponce de Leon Avenue, Decatur, GA  
678-LAW-FIRM, [roger@OrlandoFirm.com](mailto:roger@OrlandoFirm.com)  
Roger Orlando  
[Atlanta.law](http://Atlanta.law)

### Scott Pryor Law

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## MAKE-UP & HAIR SERVICES & PRODUCTS

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### EYEkonik Beauty

Crystal Alexis is the Founder and CEO of EYEkonik Beauty LLC, a traveling beauty team that services hundreds of athletes (both female & male) at over 80 shows annually • Crystal Alexis  
321-261-8443 • [EYEkonikBeauty@GMail.com](mailto:EYEkonikBeauty@GMail.com)

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## MASSAGE

### House of Payne Personal Training

4565 Lawrenceville Highway  
Lilburn, GA 30047 • 678.467.0666  
[Daniela@trainwithpayne.com](mailto:Daniela@trainwithpayne.com)  
Daniela Brown

## MEAL PREP BAGS

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### Six Pack Bags

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[sixpackbags.com](http://sixpackbags.com)

## MEDIA & MARKETING

### FITALK RADIO, WVGA 105.9

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[Valdostatoday.com](http://Valdostatoday.com)

### RB Image & Marketing Management

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Richard Basantes  
[rbmarketing.net](http://rbmarketing.net)

### Southern Muscle Guide

4565 Lawrenceville Highway NW  
Lilburn, GA 30047  
678.641.9188  
Rachel Payne  
[southernmuscleguide.com](http://southernmuscleguide.com)

## MEDICAL & HEALTH

### CPR First

American Heart Association  
CPR/AED/FIRST AID INSTRUCTOR  
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[DSScottCPRFirst@aol.com](mailto:DSScottCPRFirst@aol.com)  
Dave Scott

### Lifeline

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**ORGANIZATIONS/ EDUCATION**  
International Association of Fit Sciences  
P.O. Box 142489, Fayetteville GA • 770.460.8844  
IAFSCertification.com

**National Physique Committee (NPC)**  
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**SUPPLEMENTS**  
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5005 Riverside Dr Suite E, Macon, GA 31210  
478.254.6595 • Jonathan Cheeves

**Complete Nutrition**  
5450 Whittlesey Blvd #4, Columbus, GA 31909  
541.286.4022

**HiveFit**  
Healthy supplements  
info@hivefit.com  
Raul Hiteshev  
hivefit.com

**Lee Haney Nutrition**  
P.O. Box 142489, Fayetteville, GA 30214  
770.460.8844 • support@leehaney.com  
leehaney.com

**Max Muscle Sports Nutrition**  
5295 Stone Mountain Hwy, Suite G  
Stone Mountain, GA 30087 • 678.344.1501  
metroatlantamaxmuscle.com

**NO-BS Nutrition**  
getdirty.nobsnutrition.com

**WG Nutrition**  
Nutrition, spray tan, teeth whitening  
1550 S. Colorado Blvd.  
Denver, CO 80222  
(inside of Max Muscle)  
Awarmglowmobile@gmail.com  
303.305.8265  
Renee York  
warmglowtan.com

**TANNING & ACCESSORIES**  
**Liquid Sun Rayz**  
Competition Make up & Hair  
LiquidSunRayz.com  
**LSR CERTIFIED SERVICE PROVIDERS:**  
**GEORGIA**  
**Spray Tans by Maggie & Co**  
678.642.9972  
Maggie@spraytansbyMaggie.com  
IG @maggiesmith09  
FB: spraytansbymaggie  
Scheduling link:  
https://bookeo.com/spraytansbymaggie?ctsrc=1517328143157  
spraytansbymaggie.com

**NORTH CAROLINA AND SOUTH CAROLINA**  
Show Tanning Professionals  
Scheduling link:  
showtanningprofessionals.com/book  
FB: showtanningprofessionals  
IG: @showtanningprofessionals  
Heidi Zeiss  
showtanningprofessionals.com

**FLORIDA**  
**Hot Spot Competition Tanning**  
Booking link:  
hotspotcompetitiontanning.com/online-instant-scheduling  
FB: HotSpotOnTheGo  
IG: @hotspotcompetitiontanning  
Hotspotsarasota.com

**TEXAS**  
**Show Glo Competition Tanning**  
Scott and Lisa Ramsey • Shoglotan@gmail.com

**LOUISIANA**  
**Sundaes Spray Tanning**  
Keysha Joosten  
Sundaes.treatyourself@gmail.com

**T5 MOBILE TANNING**  
Kim Trahan • 337.288.6508  
getspraytan.com

**COLORADO**  
**Warm Glow Spray Tan**  
Spray tan, nutrition, teeth whitening  
1550 S. Colorado Blvd., Denver, CO 80222  
(inside of Max Muscle) • 303.305.8265  
Awarmglowmobile@gmail.com • Renee York  
warmglowtan.com

**Wear and Away**  
Manufactures post spray tan clothing and accessories • Istuck@optonline.net  
203.856.5229 • Laurie Tuck





# LSR

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(844) SUN-RAYZ


“Liquid Sun Rayz...  
it's not just a choice,  
it's my only choice.”



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Chris Nicoll

**Whitney Jones**  
*Ms. Fitness Olympia*

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 [Liquidsunrayz.com](http://Liquidsunrayz.com)

Photo by  
Nick Sorensen



**BIKINI GLOW**  
POISING GLAZE  
NET WT. 4 oz (118 ML)

**SECRET WEAPON**  
NET WT. 2.35oz (65 ML)

**COMPETITION BRONZER MOUSSE**  
Easy Application  
Moisturizing  
Fast Drying  
Ultra Dark  
NET WT. 7oz (128 ML)

**DHA FREE BRONZER**  
COLOR CORRECTING FORMULA  
Moisturizing  
Fast Drying  
Easy Application  
NET WT. 8oz (236ML)

**COMPETITION BRONZER**  
Easy Application  
Moisturizing  
Fast Drying  
Ultra Dark  
NET WT. 8oz (236ML)

**NUTRIENT RICH BODY LOTION**  
Nourish and enrich your skin  
NET WT. 8oz (236ML)

**SUNLESS BRONZER MOUSSE**  
Easy Application  
Fast Drying  
Flawless Results  
Beautiful Tan  
NET WT. 7oz (128 ML)

**BALANCE PRETAN PREP SPRAY**  
Gently exfoliates and clears the skin  
Helps with optimal penetration of tanning solutions  
Helps to PH balance the skin to ensure optimal color results  
NET WT. 8oz (236ML)

**ADVANCED DEFINITION POISING GLAZE**  
NET WT. 4 oz (118 ML)

**COMPETITION BRONZER MOUSSE**  
Easy Application  
Moisturizing  
Fast Drying  
Ultra Dark  
NET WT. 8oz (236ML)