

Southern Muscle Guide presents the 2019

Little Guide

Dedicated To The Lifestyle

3 athletes passionate about the
sport and the journey
it's taking them

IFBB Figure Pro & IFBB Pro League
and NPC Judge

Marie Ann
“Mo” Newman

IFBB Bodybuilding Pro
and One of the Top
Trainers in the World

Neil Hill

Foodie and
Fitness Personality

Bartley Weaver

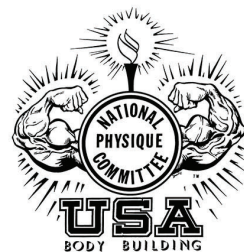
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40 Competition
Show Pics!





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Dedicated to Living the Lifestyle

Just as the sport of bodybuilding has evolved, so has the many opportunities for turning your passion into your career. These three athletes, IFBB Figure Pro Marie Ann "Mo" Newman and IFBB Bodybuilding Pro Neil Hill and Fitness Personality and Foodie Bartley Weaver have each taken different paths within the sport and turned it into a means with which they have made an impact, influenced or helped others. By affecting change, their dedication to living a healthy lifestyle has enabled them to contribute to the direction of the sport. Mo – through her involvement in educating and encouraging the athletes – continues to help the sport grow and her advocacy for creating strong minds makes her a great role model for healthy living. Neil Hill's creation of the Y3T System of training has affected some of the biggest names in the sport and more importantly opened the path for future trainers to see how you set yourself apart from others and go from being a Trainer to Fitness Professional on an international level while staying true to your passion and yourself. The influence of social media has allowed Bartley to turn his love for food into a nutrition plan, a transformation challenge, a meal prep company and now a brand so that he can help others learn how to live healthy. As I interviewed each of these very passionate people, I was amazed at how different yet similar they were. Read on to learn more about these individuals and see if you agree.

Mo Knows

Marie Ann Newman, known to most as “Mo”, is an athlete, has been a competitor, trainer and prep coach, and is currently an IFBB Pro League, NPC Vice Chairman of South Carolina and North Carolina, IFBB Pro League/National/Local judge, and most would agree, she is a Badass. There is no doubt that Mo is a strong female; instead of falling victim to a bad home life growing up, she says she feels stronger because she learned what not to do in life and that’s half the battle. Mo is a professional hairstylist and owns her own hair business but says becoming a pro athlete helped her become even stronger. She still does hair full time and feels it has helped her as a judge. “I am a professional woman that loves people, loves giving back, and am happily married.” I had the opportunity to talk with her at the 2019 NPC Upstate Classic.



North Carolina NPC State Chairman, who is a great judge. I’ve also learned a lot from Sandy Williamson, head IFBB Pro League and NPC judge and female representative and the NPC Florida Central District Chairman & IFBB Professional League & NPC Judge Joe Pishkula as well, so it’s been helpful having good people in my corner.

Long-term Goals

Long term, my primary goal is to keep improving my judging skills and continue to find ways to give back to the sport. Judging has afforded me that opportunity. Having previously been both the athlete and the trainer, and having been on that stage, I felt as a judge I could provide a different perspective as well as provide proper feedback with attention to what is needed to improve. I recall the shows I did where I never got feedback so I make it a point to give feedback to every single person that contacts me from a show I just judged until my next one. I think it’s our job as a judge to give proper feedback because it’s the best way to learn what you need to do to improve; otherwise you’re just lost as a competitor. I look forward to continuing to help guide the sport of bodybuilding for these states and nation and to help make the show experience the best we can for the NPC.

Challenges

I can’t say that I ever faced any real setbacks, just opportunities to improve. When I started the sport in 1993, Bodybuilding was the only division available for women. Later, I tried Fitness but when Figure was born I looked in the mirror and knew I had the genetics for this new division and felt I could be successful in this division. I was fortunate that I never had any major injuries; I trained smart, however, at that time my main weakness was depth of muscle. My husband helped me develop the muscle maturity I needed and then stay at that top level. Most importantly, I always had fun, otherwise, there’s no point in doing it. I also knew when I needed to be done competing in the sport. Most people ask “Do you miss it”? My answer is no, because I left on my terms and I left at a point when I was happy and I think that when you do that, you’ve left everything out there; there was nothing to be missed.

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“As a judge, I felt I could be fair and I also wanted a new challenge for myself.”
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Serving the NPC

Even though I retired from competition, I wanted to continue to be involved in the sport. I love the local and regional levels of the sport – it’s where it all starts. My husband and I worked together training and prepping people but once I started judging more and I saw my role moving in a direction to judge at higher levels, I stepped back from that. As a judge, I felt I could be fair and I also wanted a new challenge for myself. I have been very lucky to have some good people in my life that have helped me along the way, including Tres Bennett, South Carolina &

I am passionate about the importance of having a strong mind and would like to pursue a way to help others develop mental strength for a better quality of life and prep. Of course, I also plan to keep up my professional hair care skills, “I do love my behind the chair career”.

In addition, the athletes share a lot through email so I really pay attention to what they are trying to convey in their email messages. Feedback can really tell me a lot about what to share with the show promoter about the athlete’s experience, and what they liked; it seems lately they’ve been really happy and that makes me happy. The athlete meetings also provide another opportunity for athletes to ask specific questions. However, sometimes an athlete may not feel comfortable speaking up at the athletes meeting so you might not hear about something right then and there but putting that little nugget of information in their head may prompt the competitors to provide more feedback in emails later on. It’s the easiest way to get information and push it out there for the promoters and judges to improve the show experience.

Mentors

In the sport, I’d have to say I consider Sandy Williamson my mentor. I respect her and look up to her professionalism.

Balance

I’m very organized and structured with my calendar; my husband Jim, always calls it our lifeline. I basically structure myself Tuesdays through Thursdays behind the chair. I work 10 hour days and do what I need to in those three days. This frees me up Friday and Saturday to go to the shows and Sunday & Monday I have for myself, the house, and my husband. I just really plan ahead of time so I know what I’m going to do a few weeks out. Once you know what you need to do ahead of schedule, you don’t fall short. I give a lot but I’m smart enough to know if I give too much I’ll burn out and there won’t be anything left. My top tips for work/life balance – know your limits, keep a tight schedule, be ok with saying no, love yourself, and give to yourself.



A Healthy Lifestyle Starts With A Healthy Mind.

I truly believe mental strength is the key that has allowed me to get through the tough times, stay positive, achieve my goals and still find balance. I think everyone should work hard all of the time. Having the power to do the hard work is great, but you need to have the mental strength to do something with it. To become anything good you have to be consistent at it. That’s just not possible in 12 weeks. You can’t diet down to be a top figure or bikini athlete. You need the day in and day out of workouts, cardio, and muscle development. It’s a lifestyle.



In today’s world, everything is about instant gratification but I would ask, “How’s that working for you?” Consider taking a step back and recognize you need to be consistent, be true to yourself, but have fun with it. Embrace the process. Realize it’s going to take some time. Like money, changing your body is a compound effect. You don’t make money overnight; you’ve got to build on the interest.

It’s difficult to help athletes understand that even though the goal may be the show, the true transformation is about living a healthy lifestyle dedicated to being your best. Yes, it is a competition, but this sport allows people to showcase themselves and beyond that understand that this journey is more about showing people you can overcome anything. Being dedicated to the lifestyle is about bringing positivity, success and fun to both your training and your life.

Strong is a mindset. If you’re interested in future workshops focused on developing a healthy mind for a stronger you please contact Mo at: marieann_newman@yahoo.com
FB & Instagram: @Marie Ann O’Neil Newman



IFBB Pro League's Neil Hill Finds Balance

Neil Hill, aka Neil “Yoda” Hill is a former IFBB Professional League and bodybuilding legend in the United Kingdom, a gym owner, trainer, nutritionist, fitness writer/columnist and considered one of the top contest prep coaches in the world coaching IFBB Pro Leagues’ Flex Lewis, William Bonac, Big Ramy, Steve Laureus, and many more. He was named coach of the year and shared his wealth of knowledge recently at the Gods of Iron Workshop in Columbus, GA this past April.

But when you ask him, Neil says, “I am the same person I have always been – passionate about what I do! I am self-driven. When I was in school I had dyslexia. It was very frustrating for me to not be able to excel in some areas throughout my life, but through the sport of bodybuilding, I found I could be in control so I focus on trying to be the best I can be and have been fortunate to excel at something that I love to do.”

Lessons Learned

I didn't really have a mentor. I grew up in a small village in the middle of nowhere. But I did have magazines to help me learn. I didn't start out trying to be a bodybuilder but after about 18 months, I realized when it comes to common sense I was above average and had the ability to listen to my body. I will say that I admired and was inspired by the physique of Lee Labrada. I liked his proportions and the way he displayed himself on stage. I had no real mentor, not that I wasn't willing to learn, but my methods were seen as unorthodox so I just learned what I could from others and unlike other people that tried to complicate the process, I stuck to the basic foundational movements to help me achieve positive change.

When I first started training, I fell in love with the sport mostly because I could be in complete control of the changes I was striving for. For a time, all I did was lift and train. Bodybuilding was always on my mind – I was

consumed with the sport. So much so that I had forgotten why I started lifting which was because lifting gave me the ability to find myself and I loved my time in the gym. I made myself fall back in love with training again when I realized it was a hobby versus a career. If you don't love training for the right reasons then you don't have balance, if you don't have balance, the foundation of everything you are trying to do is weak. Instead of living my life, I was consumed with bodybuilding, selfish and self-obsessed. It's not healthy physically or emotionally. I found it's better to have a coach or program that can keep you accountable to that balanced lifestyle and later I became that coach for others.

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Balance

I believe the difference between a good athlete and an extraordinary athlete comes from the athletes themselves. There are differences in how each athlete excels in multiple different ways. I don't want to just say it takes hard work and dedication along with some genetics because, in fact, someone with just average genetics can go on to attain a world-class physique, however, it also takes consistency, living the lifestyle, and finding the balance of what you are passionate about and what makes you want to go to the gym to see those positive results. It's a combination of many things.

The Y3T System

When I first started training, I found I was prone to injury due to the high intensity/low rep training I was doing. As I had only been educated through magazines, and at 19 years of age, I believed in order to gain muscle, I must have a rep range between 6–10 reps. This training method was frustrating as I continued to deal with tendinitis over the next 3–4 years. I knew I needed to do something different to reduce the amount of inflammation and tendinitis I was experiencing. At the time I did not know there were different types of hypertrophies and muscle fibers. I played around with a higher rep range not expecting to gain muscle but hoping to rather slow down the muscle atrophy process. Instead, I found that by increasing the reps, I had created a stimulus to maintain and then build muscle! And that stimulus was three dimensional. What is now known as the Yoda 3 Training System, achieves maximum muscle gain by cycling intensities, rep ranges, rest pauses and time under tension with the positive and negative phase

of the movement. It took me 2–3 years to develop the system through trial and error, at the age of 27. The Y3T System can be used by both the newbie and elite athlete because it's a 3-dimensional training program designed to focus on the different muscle fibers. To maximize your efforts in the muscle fiber response, you need to hit all three muscle fibers and this can be done by anyone, beginner to elite. Improved body composition, performance increases and substantial muscle growth with a reduced risk of injury are just some of the benefits and continuous progress can take place because weekly cycling forces the muscle fibers to adapt to a new stimulus every time you train a muscle group.

I have been asked if the Y3T System can be used for the other categories that are offered in bodybuilding? My answer is, absolutely! When I design a program, it is based on the client. You still go through each of the 3 phases, but the program is adjusted to suit their needs in terms of how long and how frequently each phase is done. Even women find the Y3T System to be effective because the muscle fiber breakdown and activation through different rep ranges are the same. The main difference for women is not the muscle fiber breakdown but rather the hormonal response.

Message

Let me tell you this story – I recently met with a potential new client. The client told me what they were looking for and asked, “If I work with you, how long will it take to become a pro?” My response was, I can't say if you will. Whether you're going to be a pro or not depends on a lot of different variables that will dictate if turning pro is in your future. You can't measure success solely by what you do on stage or a particular trophy. It's not about what you do; it's about consistency, lifestyle habits, understanding what you've learned about yourself, and balance. Otherwise, all you are doing is existing and not in a healthy way, rather than enjoying the process. Many athletes end up not attaining what they could have simply because they don't have balance. People have goals, I get it, they want to turn professional. But what you have to understand is, that being an amateur allows you to nurture yourself and move forward. It allows for a higher percentage of people to be competitive. Once you reach pro status it becomes more difficult and can be a very lonely road.

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Future of the Sport

I don't know where the sport is going to go. The sport has evolved. I believe classic physique is a phenomenal category because it allows for flow of physique. The newer divisions have enabled the sport to become more attainable to a greater number of people which allows the sport to move in the direction of being acceptable to the mainstream. Bodybuilding itself is not necessarily growing because people have backed away from what it was in favor of the newer categories that are more suited to their physiques. On a positive note, building muscle and the foundation of becoming a builder of the body has grown and we can hope that will lead the sport of bodybuilding to continue to grow as well.

Social Media

I feel as a result of social media, athletes want success today, when in fact going from a beginner to top amateur to professional to top IFBB Pro takes a long time to develop the necessary maturity of physique. Social media has made it no longer about the sport but rather about looking a certain way in order to be accepted. People train because they want to change the way they look, but they see social media and instead of being inspired, I believe people become even more insecure because they don't feel they can match up to what they see posted. What began as a well-intentioned platform to see what's happening around you is in reality not a reflection of truth because people don't realize that what they see is not real. It is the one good picture of 20 that had just the right angle and lighting or has been filtered or touched up.



Words of Advice

Read and educate yourself. There are always going to be conflicting results and different pathways to follow to achieve the desired results. Learn about yourself, learn from people you believe have credibility. Do research if you're going to invest in a coach. Stay in love with what you're doing. If you are patient and consistent you are always going to see positive change. For more information on Neil Hill's Y3T System, you can contact him at neilhill69@btinternet.com

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ADAM AND SHEILA ANDLER HOSTED NEIL HILL for a workshop at the Gods of Iron Pro Gym, located in Columbus, GA. Their gym opened in October 2017 with the idea of having a facility that would "focus on the members" with 5000 square feet filled with Arsenal Strength equipment. It's the ideal place for bodybuilders, powerlifters, as well as fitness enthusiasts that want to learn and live a healthy lifestyle. Today they are working on almost doubling their size, adding a turf area, locker rooms and other amenities with hopes of having the expansion completed by the

fall. Long term, the Gods of Iron Pro hope to keep up the good vibe and energy of their gym family while bringing awareness to the community that they are the go-to place for expert fitness advice and building your body surrounded by an encouraging community of like-minded people. Adam says, "while we come from a foundation built on the sport of bodybuilding, there is no denying that some of the other categories like bikini and men's physique have made this sport visible to all levels because people feel it's attainable." For those that want to compete, we want to share the idea of doing it for the right purpose – do it for yourself, the challenge of the process and the accomplishment of being your best. Beyond competition, we strive to educate people that being dedicated to a healthy lifestyle is a life decision; choose to make a change so you can be your best. You can look forward to more workshops in the future and for Sheila to work towards her goal of competing at the Olympia! For more information on Gods of Pro Iron Gym, you can follow them on Facebook.



Bartley Weaver Defines Dedication

Bartley Weaver is the epitome of the word dedication – the quality of being committed to a task or purpose, not only for himself but towards others, too. He started training with his dad at age 12. Eighteen years later, he’s never taken more than a week off from training. Having learned the life lesson that you get out what you put in, Bartley competes to test the measures of his hard work. He is a Kentucky state police officer and has a true passion for being a public servant and helping others. In addition, Bartley is an NPC Classic Physique competitor, has created a transformation program for his clients to follow, and is a true foodie. He has multiple menu items named after him and has recently become a professional competitive eater. Bartley owns a meal prep service and hopes to open a healthy restaurant in the near future. The three things that are most important to him are his faith, family and fitness, in that order. He currently resides and operates his business out of Bowling Green, KY.

Competition

His first bodybuilding show was 10 years ago – the NPC Northern Kentucky Bodybuilding Championships. This year he has competed at the 2019 Arnold Classic, a multi-sport festival featuring the world’s second-largest competitive bodybuilding stage and once again stepped on the NPC Northern Kentucky Stage where he was the overall winner in the classic physique division. Bartley recently made his Major League Eating debut at the World Mutton Eating Championships in Owensboro, KY where he finished 6th beating multiple established pros by eating 21 mutton sandwiches (5.25 lbs.) in 10 minutes. Two weeks later he ate 14.5 pepperoni rolls to finish 8th at the World Pepperoni Roll Eating Championships. Most recently, Bartley downed 23 hot dogs and buns to finish 4th at the Nathan’s Hot Dog Eating qualifier, on June 1st, centerfield at Busch Stadium; home of the St. Louis Cardinals. His ultimate goal is to be the first-ever professional bodybuilder and professional eater and to have a

food challenge victory in every state! He’s got one of the two and plans on stepping on a national bodybuilding stage later this year between food challenges with the goal of earning another pro status! Outside of the professional eating events, many of the food challenges Bartley competes in are done for charity fundraisers. “I am blessed beyond measure to have the unique platform and sponsorship relationships that I have”; it’s a testament to his dedication to maintaining a healthy lifestyle and teaching that lifestyle to others.

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“I am blessed beyond measure to have the unique platform and sponsorship relationships that I have.”

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Transformation Program

The Lord has blessed Bartley with opportunities within the fitness arena from sponsorships to helping those that are discouraged with the shape they are in, the look of the bodies, their overall health and quality of life. As a result, he launched a website in January 2016 for competition

prep and general weight loss. In doing so, it was Bartley’s desire to create a “transformation playbook” that people could follow, no matter their level, age, gender – they could follow it from cover to cover and transform yourself. His program includes templates to assist, grocery lists, gym workouts, at-home workouts, a private Facebook Group for recipes like the Bartley Bowl and encouragement, and a youtube channel with a lot of information to help his clients. The “playbook” includes entry to one of four 8-week Transformation Challenges he holds each year with both give-a-ways and approximately \$2,000 in prizes!

“Most people find it to be overwhelming to think about how much weight they need to lose but Bartley has helped multiple people lose over 100lbs and has been featured on local television shows. “Small changes made on a consistent basis make huge differences” is the message he shares as he tries to educate his clients on the real process of transforming their lifestyle. He’s a great encourager and often posts testimonies of others making the weight loss experience feel doable and relatable which motivates others to get started. “It’s satisfying to help these people and rewarding to see my dreams come to fruition.” I asked him, “What are the top three things you feel it takes to

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be successful"? Without hesitation he said, 1) Find Your Why – you need to do it for yourself, taking small steps in the right direction, as long as you remain dedicated 2) Perseverance – there will be multiple obstacles and small setbacks along the way, you can't let one negative moment shut you down, but rather you've got to find the positive you can learn from it 3) Consistency – "What matters most is that you strive to improve. There will always be things in life you can't control but you can control the effort it takes to make changes to be your best."

Bartley, you have a lot going on but no doubt if anyone can make it all happen – you can and Southern Muscle Guide wishes you all the best!

You can contact Bartley Weaver through his Instagram @dreamweaveriv, his website dreamweaverfit.com, or via email at results@dreamweaverfit.com.



These fitness professionals have and are working to make a difference in the sport of bodybuilding. While all three of them have had different journeys and chosen different paths to take, they are dedicated to the sport, dedicated to living the lifestyle, and dedicated to showing others how they can be their best and have fun for years to come while living a healthy lifestyle.



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