SMG

SOUTHERN MUSCLE GUIDE

2020



NEW SECTIONS THIS YEAR!

The EddieFerrell.com Realtor Give Back Guide

Partners in Wellness and Proactive Care

2019's Mr. Olympia

BRANDON CURRY

AND HIS WIFE IFBB PRO

BRANDY LEAVER

OPEN UP ABOUT THEIR FAMILY, CAREERS AND HOW IMPORTANT IT IS TO **BELIEVE** IN YOURSELF

Plus...

2020 Competition & Event Calendars



SMG
SOUTHERN MUSCLE GUIDE

PUBLISHER/EDITOR-IN-CHIEF
Rachel Payne

SENIOR DESIGNER
Michelle Thompson

SOCIAL MEDIA
Richard Basantes

Customer Service
rachel@southernmuscleguide.com
678.641.9188

LEGAL COUNSEL
Roger W. Orlando
The Orlando Firm
Atlanta.Law

On the cover:
Mr. Olympia, Brandon Curry
with wife IFBB Pro
Brandy Leaver Curry

Photography by:
Kaylee Hamby
Ever After Photography
Nashville, TN

Printing: **Atlanta Printing,** 5355 Oakbrook Pkwy, Norcross, GA

SMG
SOUTHERN MUSCLE GUIDE



Print Version

Digital Issue
Click through to our advertiser's websites

Check out our
Tips From the Pro's online & video's
and articles from our **Wellness Partners**

SouthernMuscleGuide.com

CONTRIBUTORS:



Bree Marsh, IFBB Figure Pro, NPC Judge, RD, LD is a Georgia based nutrition consultant and personal trainer with an undergraduate degree in dietetics and consumer foods and a Master's degree in Nutrition from the UGA. For more information on nutrition, you can contact IFBB Pro Bree Marsh at breemarsh9@gmail.com.



Whitney Wiser, IFBB Bikini Pro Athlete & Olympian, NPC Judge, Promoter, Certified Trainer, and Nutritionist. Follow her on follow on IG @wiserfitforums and @herstyleevents, go to her website www.wiser.fit or email whitney@wiser.fit.



Ashley Kaltwasser, 3X Ms Bikini Olympia continues to train for upcoming shows as well as promote her fitness app and social media content. To connect with Ashley go to her website: AshleyKfit.com or social media:
FB @Ashley Kaltwasser,
IG @AshleyKfit, or Youtube Ashley Kaltwasser.



Cydney Gillon, 3X Ms Figure Olympia and 2019 Ms Figure International and Posing Coach has a bachelor's degree in Psychology and a Master of Arts degree in Strategic Public Relations with an emphasis in sports and entertainment. For more information or to contact her visit her website at cakefactoryfitness.com.

Disclaimer: Always consult your physician before starting an exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design and appropriate exercise prescription. If you experience pain or difficulty with these exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness,chest pain or pressure, nausea, or shortness of breath, contact your physician. Mild soreness after exercise may be experienced after beginning a new exercise.

© Copyright 2020







CONTENTS

06 Travel: Get Away To Experience The Journey Within

08 Nutrition: Popular Diets, Which One Is Right For You?

13 Cyd Says...

14 Workout With Ashley K

18 Inspirational Stories

24 Feature: Don't Stop Believing

30 The Give Back Guide

34 Partners In Wellness

36 SMG Photo Gallery

40 Day Of Show Checklist

41 Competition Schedule

48 Event & Workshop Calendar

50 Directory Of Resources

Rachel Payne
Publisher,
Southern Muscle Guide



Photo by Michael Brewar, Nvision Photography

Letter From The Publisher

For many, living a lifestyle dedicated to being healthy and strong is the goal, for others, it enables us to achieve our goals and for both living a quality of life that allows us to be active and energized for many years to come is something we desire. From the time I began playing sports in 3rd grade until now (almost 50 years later) the underlying force that drives so many of us as athletes, competitors, as fitness enthusiasts, is our beliefs.

The belief that we can achieve anything we set our mind to and the belief that our values are an integral part in developing who we are. As you will see, in every article in this issue, believing in yourself, believing that you can is the key to success. Check out our feature article on how believing that he could do it, led Brandon Curry to the Mr. Olympia title and both Ashley and Cyd to create a strong and positive environment that resulted in a combined 6 Olympia titles! Empowerment begins in your mind and surrounding yourself with positivity are the pillars of the strong foundation that will help us live a happy, healthy and strong lifestyle. This couldn't be illustrated any better than in the Liquid Sun Rayz Inspirational stories. Overcoming an eating disorder, persevering to beat drug abuse and depression, and proving every day that physical limitations don't have to limit you and finally, giving back and lifting up others is part of what makes us feel good. We support and inspire each other. In our new Give Back Guide, we showcase ways that you can take an active part in lifting up those that are a part of our fitness family.

Constant learning is a strong contributing factor in our journey to be our best. Check out our Partners in Wellness and ProActive Care and the educational and informative articles and videos they share on the southernmuscleguide.com website. And don't forget to do a little something extra for yourself! Have you ever thought about trying a fitness retreat? Whitney Wiser gives us a crash course in what opportunities are out there and Bree Marsh explains ten of the most popular nutrition trends so that you can discover the best option for you. Our vision of health is forever growing beyond the physical to include mind, body, soul and experiences that entertain and bring enduring happiness.

As we charge into 2020, take charge of your stage by believing in you and take the steps to make your journey to a lifestyle dedicated to living healthy and strong a fun experience!

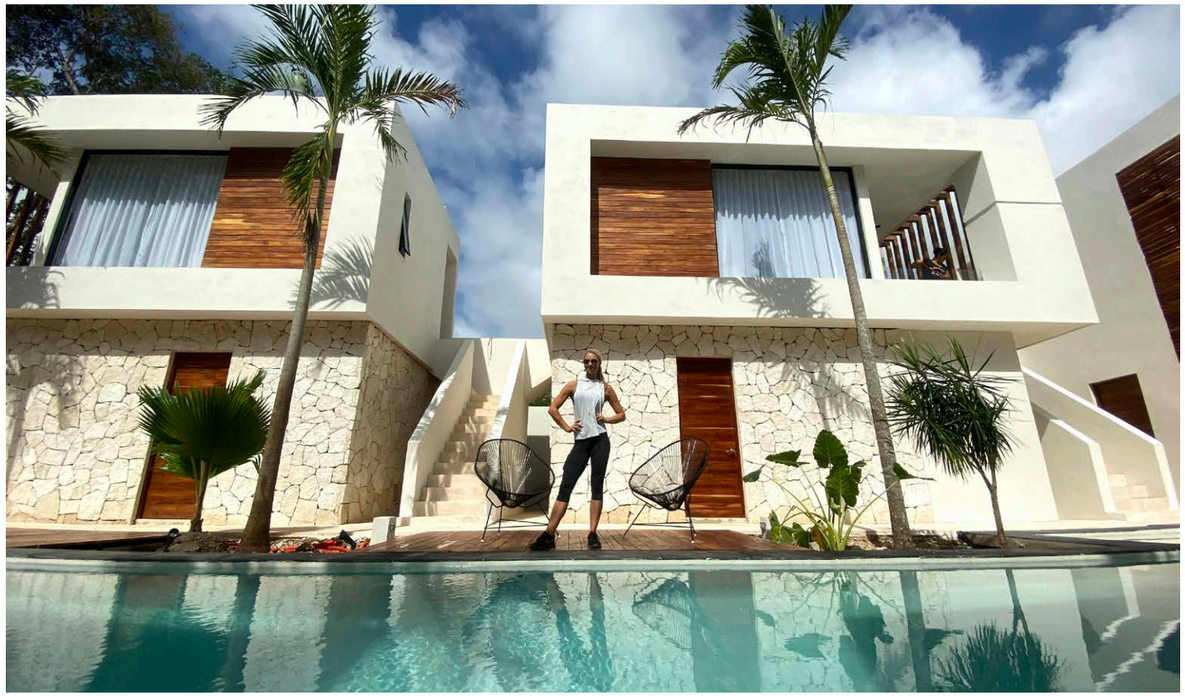






Get Away To Experience The Journey Within

By Whitney Wiser



Retreats are the new must-have experience in 2020! Not only are they the hottest trend, but they are also so much more. People have a desire to take self-care to a new level as evidenced by a182% increase in internet searches for wellness retreats and experiences. In addition, the global wellness market has increased 15% since 2015 and is expected to continue to grow.

The primary purpose of a Wellness Retreat is to create a personal "RESET" in your life. An opportunity to withdraw from your regular life to focus all your energy, that's otherwise spread out thin in multiple directions. This allows you to learn, grow, gain a new perspective, regroup, re-energize, and find new inspiration. In other words, a chance to work toward your full human potential. If you're stuck doing the same thing day after day until you are basically running on autopilot and eventually left wondering – isn't there more to life? Or what else am I missing? Then keep reading so you can prepare to both get away and take a journey within.

How do you find and choose what type of retreat is best for you?

The benefits of this unique experience can be life-changing no matter what style of retreat you go on; so how do you choose the right one?

Start with a Google Search, of course! The options are unlimited. Some of the most common styles of retreats are Yoga Retreats, Adventure Retreats, Yoga-Venture, Fitness, Personal Development, Corporate, Spiritual, Women's Retreats, and more. So let's look at a few factors to consider when selecting a retreat that's right for you.

Are you looking for solitude or community? Do you want to immerse yourself with culture, nature, or worship? Or do you prefer an action-packed journey where your entire schedule is mapped out to the minute and you don't have to make any decisions at all? You can choose an experience that offers a lot in a short amount of time and make the most out of the location you are visiting or choose an experience that offers a flexible schedule that empowers you to choose your own activities from options and allow ample downtime to rest and self-reflect.

Some retreats are very luxurious and involve the best of the best while you are escaping while others are more frugal and focus on the simplicity of getting back to the basics. Other important factors to take into account are the length of the retreat and the location – these two variabilities can cause prices to vary drastically. I see benefits in all types and think it's more of a personal preference when choosing.



The biggest take-away is that the choice is yours. Whether you book your retreat yourself or use a travel experience specialist, you can find the journey that suits your needs.

What can you expect to pay?

Domestic retreats (within the US) are usually shorter and on average 3-5 days, similar to a "weekend getaway" style. On average, these can range anywhere from $500 to $1500.

International retreats are typically around 7 days, but can also span in timeframe anywhere from 4 to 10 days, or even longer in some cases. The starting prices on these types of retreats can range from $3,000 and up, depending widely on the length of your stay and how luxurious you want to go.

Why "retreat" instead of just going on a "getaway"?

The goal of attending a retreat isn't just to escape from life and then go back to doing everything the exact same. That would be considered a vacation, which can be nice but when you are looking for a 'Wellness Experience" a retreat is what you want!

Retreats are intended to give you new perspectives and tools to take back and use to improve your life moving forward. The whole premise is to take what you learn and USE IT to make changes to create the life you want and to keep progressing toward that. One company that offers retreats highly focused on Personal Development combined with Fitness Training, Nutrition Training, Yoga/Meditation practices, and Adventures in many different international locations is MyndStyle. As a Fitness Professional, I love the combination of these areas of focus and have recently partnered with this event-based company to host different types of retreats, as well as my own Women's Retreats in 2020! Check out the MyndStyle Website, www.mynd-style.com.

I'm excited to host Women's Retreats in February and November this year and share what I'm most passionate about -- empowering confidence and strength among women. My mission is to create opportunities for women, specifically, to connect and build a supportive community that will empower growth and personal development. I feel strongly about this because I've met so many women who have so much potential and desire inside of them, but don't have the life they want because deep down they don't believe they can. I know because I used to be one of them. Do you feel like your potential is limited? That you don't deserve better or it's not possible for you? Do you want the confidence to strive for more? And more importantly the support and guidance to get it?!

"How you perceive yourself has a lot to do with how much you are able to accomplish in life. By addressing, teaching and encouraging positive thinking techniques, as well as helping set strategic goals — I want these experiences to be a turning point in people's lives."

For more information on Whitney Wiser's Women's Retreats, please contact whitney@wiser.fit or follow on IG @wiserfit-forums and @herstyleevents or website www.wiser.fit.



Popular Diets, Which One Is Right For You?

By Bree Marsh, IFBB Figure Pro, NPC Judge, RD, LD

This day and age, picking a diet plan can feel very unnerving when there are so many out there to choose from. This article will hopefully help you make a smart decision, and possibly help you make a few positive diet changes that you can keep for a lifetime. Here are a few things to consider when choosing a diet plan...

- Is it Simple to follow for you, or is it overwhelming? Try not to confuse simple with easy! More on this below.
- Is it Sustainable for you, or is it a short term fix? Will you be able to stick with it for at least three months? I highly encourage people to focus on lifestyle changes as opposed to a diet, however, sometimes a person needs a "jump start" in order to get them moving in the right direction for the long term. I feel like three months is an appropriate amount of time to stick with an initial diet, and then a more relaxed approach can be implemented. As long as you feel you have learned something from your jump start, and can carry a few things into a lifestyle change, going on a diet is perfectly fine.
- Does it contain things You Enjoy, or will you be gagging on your food all the time? I believe people should like the foods they are eating for the most part when following a diet plan, however, I do encourage them to try new foods and foods they may have not liked in the past. Attempt new cooking methods and new ways to incorporate foods you may think you do not like.
- Does it Make Sense for your lifestyle, or will you need to do a complete 180? For instance, if you're a super social person and go out to eat a lot, a diet that includes a lot of food restrictions may not be the best choice for you.
- Does it Cut Out major food groups? This is typically unsustainable, but there are a few exceptions... lactose intolerance and dairy, celiac disease and gluten, and vegetarianism and meat. Be aware, if you pull something out completely, you may never be able to go back to eating it again due to severe digestive distress.
- One last thing to think about "Is doing this diet something I may regret?" This is most certainly open to interpretation.

So, which one is right for you? I am going to list 10 popular diets, go into a little bit of detail on each, the pros and cons, and to whom each diet may work for the best.

10 popular diets right now...



Ketogenic

- Very low carbohydrate, 20 grams or less, usually about 5% total calories.
- Very high fat, about 70% of total calories.
- Moderate protein, about 25% total calories.
- Very similar to Atkins.
- **Pros:** rapid initial weight loss, may improve blood sugar levels, allows for almost unlimited fat choices.
- **Cons:** very restrictive on carbs, may decrease energy initially, tough to stick with long term.
- **Best for:** those who need rapid weight loss, those who have a flexible lifestyle, those who are not highly active, those who have been diagnosed with Alzheimer's, Parkinson's, or epilepsy.



Calorie restriction

- Very low calorie and typically low fat.
- Sufficient amounts of vitamins, minerals, and other nutrients need to be taken in.
- **Pros:** been proven to increase lifespan, shown to lower cholesterol and blood pressure, very few restrictions (if any) on fruits, vegetables, legumes, and grains.
- **Cons:** a lot of planning may be required to insure micronutrients are adequate everyday, diet may be deficient in essential fatty acids, may be hungry often.
- **Best for:** those who prefer eating plant-based, those who need to decrease cholesterol and blood pressure fast, those who don't like fatty cuts of meat and poultry.



Intermittent fasting

- At least 12 hours of no eating everyday.
- OR, 16 hours of no eating 2-3 times a week. Some may do this everyday.
- Overall calories should be decreased due to fasting periods.
- **Pros:** no restrictions on foods, gives the gut a rest, shown to improve brain function.
- **Cons:** may be tough to execute initially due to changing of eating hours, may promote binging, may not be in calorie deficit even though eating hours have been cut down.
- **Best for:** those who prefer to skip breakfast and/or prefer eating less often, those who don't want any food group restrictions, those who don't have a very flexible lifestyle.



Whole 30

- 30 day diet
- Eliminates sugar, alcohol, grains, legumes, dairy, and soy.
- **Pros:** whole/unprocessed food based, vegetables are almost unlimited, shown to improve blood sugar and cholesterol levels.
- **Cons:** very restrictive and may be very tough to execute for some, some may become intolerant to certain foods they've cut out during the 30 day period.
- **Best for:** those who have gluten and/or dairy intolerances, those with a flexible lifestyle, those who do not go out to eat a lot.





Paleolithic

- Based on foods people ate in the past to which they've obtained through hunting and gathering.
- Limits foods that became common when farming became popular.
- No dairy, legumes, and grains.
- Very similar to Whole 30, but there is no time period attached to it.
- **Pros:** whole/unprocessed food based, vegetables are almost unlimited, shown to improve blood sugar and cholesterol levels.
- **Cons:** pretty restrictive, may be very tough to stick with for long term, some may become intolerant to certain foods they've cut out.
- **Best for:** those who have gluten and/or dairy intolerances, those with a flexible lifestyle, those who like to eat meat at most meals.



The Zone

- Based on a macronutrient breakdown of 40% carbohydrates, 30% protein, 30% fat.
- Carbohydrate choices should have a low glycemic index.
- Lean proteins.
- Mostly monounsaturated fats.
- **Pros:** no food group restrictions, some people can do a simplified version using the Plate Method, easier to stick with for the long term compared to some other diets once you get the hang of it.
- **Cons:** a lot of tracking and counting required initially, typically doesn't produce super fast results, may be difficult when eating out.
- **Best for:** those who have time to track their macronutrients, those who do not want to cut out food groups, those who don't have a lot of weight to lose initially and are looking for more of a lifestyle change.



Mediterranean

- Based on traditional cuisine of countries surrounding the Mediterranean Sea
- High in fruits, vegetables, legumes, nuts/seeds, olive oil, and fish.
- Moderate dairy intake.
- Limit red meat.
- **Pros:** very nutrient dense, limits but doesn't cut out foods/food groups, allows for alcohol consumption especially red wine, shown to reduce cholesterol and risk of heart disease.
- **Cons**: may not produce rapid weight loss, still need to focus on calories to see results, may encourage people to increase wine consumption which can drastically increase calories if not tracked carefully.
- **Best for:** those who enjoy fatty fish like salmon, those you don't really like red meat, those who enjoy lots of fruits and vegetables on a daily basis.

Weight Watchers

- Uses a point system to track calories.
- Based on age, weight, height, gender, and activity level.
- **Pros:** very flexible, personalized to each individual, fairly simple to execute.
- **Cons:** may not account for micronutrient levels on a daily basis, point tracking may be overwhelming for some, cost may be prohibitive for some.
- **Best for:** those who don't want a lot of structure, those who enjoy tracking, those who eat out a lot.



Two diets that have become popular in the bodybuilding industry...



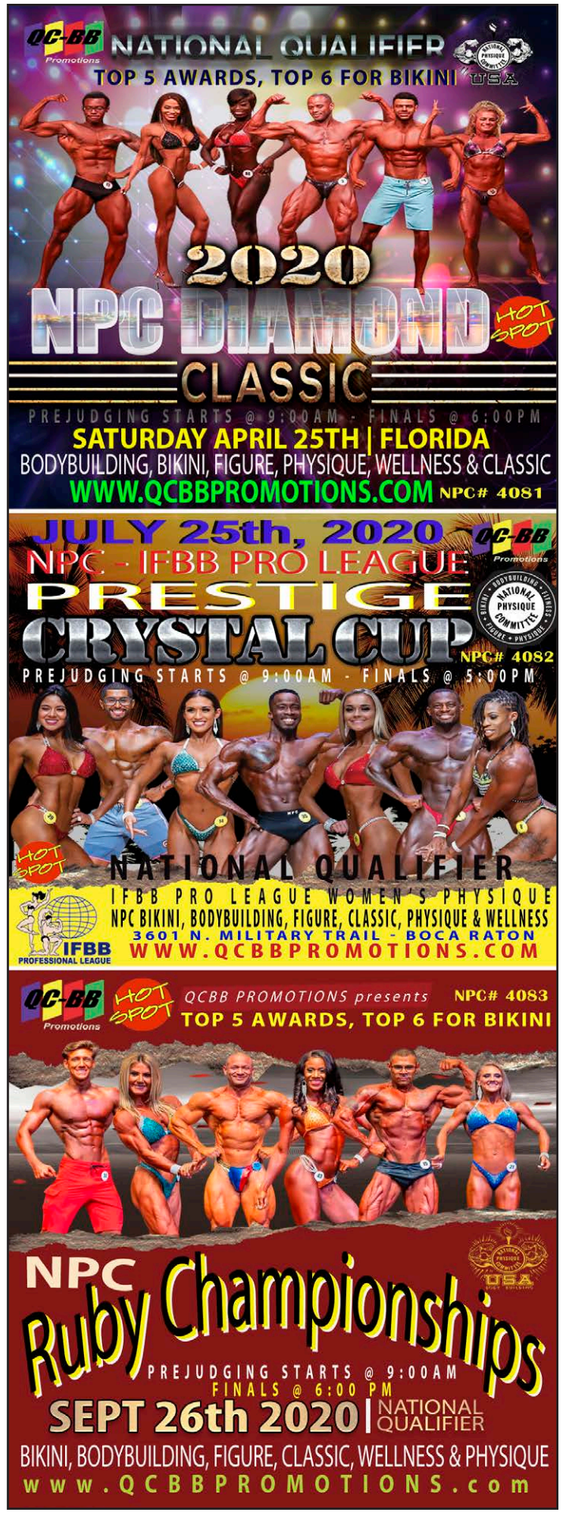
Macro-based

- Specific number of grams for each macronutrient, based on individual goals.
- **Pros:** very flexible, can be very specific to each individual and macros can change depending on current needs/goals, typically no foods are excluded.
- **Cons:** a lot of tracking and counting, sometimes people include very nutrient-poor foods, sometimes people can become obsessive about their macro counts and it may be tough to break the cycle.



Clean-eating

- Based on a specified number of foods that are considered "clean."
- Small, frequent meals throughout the day.
- **Pros:** based on whole/unprocessed foods, can be very nutrient-dense if the variety of foods is fairly high, usually high in protein which is good for muscle growth/maintenance.
- **Cons:** people tend to eat the same foods over and over again for convenience, people may become afraid to eat foods that aren't considered "clean", may not produce weight loss due to not counting overall calories.



Other notable mentions...



- **Vegan** - eliminates all animal products, including honey. Biggest challenge: getting enough protein and certain vitamins, like D and B12.
- **Carnivore** - only eat animals and animal products. Biggest downside: very hard to maintain, super restrictive, no fruits, vegetables, legumes, or grains.
- **Cleanses** - liquid diet for a certain amount of days/weeks. Biggest criticism: super short term solution, weight loss is mostly water.

Along with all diets, it is very important to focus on hydration as well, especially if the diet is high in protein. A good rule of thumb for hydration... your urine should be a pale yellow color. Clear urine means too much water, dark yellow or orange/brown urine means too little water.

So what do most diets have in common? They put you in a calorie deficit, Plain and Simple. Again, simple is not the same thing as easy... so, what is the difference?

Simple plans can be tough to execute.

What seems very simple to one person, may at the same time be very challenging for them to execute due to work, family, and other daily obligations. I would say most diet plans are fairly simple to understand, yet may be super difficult for some put into motion, especially on a consistent basis. And most fad diets should be followed consistently for results to happen. In my experience, both personal and working with clients, diets that work for the long haul have a few things in common. Typically, what needs to happen is 1) calories need to be lowered and 2) exercise needs to be increased. And usually just a little bit of both, depending on where the person is starting. A few other things to consider are 1) make sure protein is adequate for muscle growth/maintenance 2) make sure carbs and fat are not cut down too low 3) try not to cut out major food groups. The main driver of fat loss is being in a calorie deficit, plain and SIMPLE. In conclusion, the diet that is best for you is the one that you can stick with for at least three months and then gradually transform it into a lifestyle, one in which you enjoy the majority of the foods, and one that doesn't completely rearrange your current life.



CYD SAYS:

The Difference Between an Improvement Season versus Offseason is Your Mindset



by Cydney Gillon, 3x Figure Olympia Champion

What's the difference? Let's start with off season. Often, competitors have over-dieted and overdone the cardio amounts in order to get stage lean. When that happens and restrictions have been extremely low, the splurge comes into the picture. This leads to days, if not weeks and months of binge eating every food in sight and losing all sight of future goals. You will hear "everyone needs an offseason" which is completely false for the majority of people who are true athletes. When you are an athlete you work every day to perfect your craft and set yourself up for success when the competition day comes. The days post show are your "training days" and the days where you decide if you are an athlete or a competitor. Competitors compete but that does not make them athletes.

less is not always more. Your body is a machine that needs nutrients. Here's where improvement season comes in.

What is an example of what an improvement season looks like? Again, everyone is different. I stick to a plan year-round. So, when a show ends, I already have my food planned for the days post show. I then begin to incorporate cheat meals once a week. BUT, be conscious of your metabolism. If you weren't burning food quickly going into the show, you will need to check in with yourself and your nutritionist to make sure your body is ready for foods that you have not been eating often. Within these weeks, I have a set number of cardio bouts. Some people believe in doing no cardio in the "improvement season" but that is a personal decision. I'm an athlete so I will never be a fan of cardio abstinence. Now

> **"If you claim to want to progress, don't allow yourself to backtrack."**

Mindset is what differentiates a competitor from an athlete and off season from improvement season. When you decide to have an improvement season, you have officially recognized the importance of slowly reverse dieting out of your plan and the benefits it can lead to. The goal should be to be as healthy as possible year-round and that looks different for everyone. There is no set number on the scale or set macro breakdown that will be the same for everyone.

Going into these seasons, it's important to know what the body goes through in prep and the WHY of being more strategic with your health.

When you diet down to actual stage lean, your hormones take a hit. Chances are the cardio was higher than your metabolism was comfortable with and the food was lowered in order to see the desired conditioning for stage. Keep in mind, everyone is different. As women, our hormones fluctuate more than men which often changes the menstrual cycle for premenopausal women. Beyond notification of child bearing capabilities, the ability to menstruate contributes to bone health which is crucial for everyday living. Beyond mensuration, your hormones have to be in a place where your body wants to lose body fat for the next show. In order to do that, the body has to regulate the hormone levels and reinvigorate your metabolism so that you are eating enough to be able to have calories dropped for prep. Contrary to popular belief, we've covered nutrition and cardio, next is lifting. You should be aiming to repair any injuries you have had during prep meanwhile strategizing to bring up lagging body parts. During this season, aim to find new exercises you love or aim to be even stronger at the lifts your currently dislike. The ultimate goal is to allow your body time where it can get the adequate amount of fat that won't have you doing long bouts of cardio. Now, the amount of cardio everyone will need is also specific to many variables that differ person to person.

The Goal. Do less than you had to do the previous show and feel and look better doing it. You want to have a season long enough where the food and happiness are higher than they've been previously, while cardio is lower, and your body feels like a machine that is simply ready to work.

Many people struggle with the idea of staying on a plan year-round but always remember everything is a strategy. If you claim to want to progress, don't allow yourself to backtrack. Your last show physique should be your starting point for the next show. Once you set the plan, stick to it and see how much better you feel about yourself knowing that you have already progressed from the last show by simply having a little more dedication to the sport in which you wish to be successful. The fewer variables you create for yourself, the smoother your next prep should be. Foresight is everything. Plan for your best prep yet, every show.

Workout With Ashley K

Building Better Glutes: Tips and Advice for Building a Better Backside

Warmer weather is just around the corner...which means we will be trading our jeans and sweatpants for bikinis and shorts. Glutes are a favorite body part to train amongst a lot of women in hopes of a rounder, fuller bottom.

Check out my personal tips for training glutes!

1 **Keep Weight in Heels.** Focusing on pushing the weight through your heels can significantly increase the activation of your glute and hamstrings muscles for certain exercises such as squats, lunges and deadlifts.

2 **Vary Your Foot Placement**. Instead of keeping your toes forward, try placing them out at an angle. Try widening your stance as well as narrowing your stance. These will work exceptionally well with squats and deadlifts! You can also try single leg reps. When lunging, don't forget to try diagonal lunges and "curtsey" lunges.

3 **Keep Toes In Line with Knees.** Proper toe/knee alignment is important to prevent injury and to get the maximum result from your lifting. Make sure the knees don't shift or wobble in or out! If this happens, maybe it would be a good idea to lower the weight so that your form doesn't suffer.

4 **Use Mind-Muscle Connection.** Let's think about the exercise that we are performing and not just go through the movements. It's easy to lose focus when we are on our last few sets or reps. Concentrating on which muscle you should be activating and where you are feeling the burn will maximize your efforts!

5 **Use bands!** Bands are a great way to increase the intensity of your workout while also targeting different areas of the glutes. I suggest adding bands to your regular lifts when possible.

6 **Incorporate Glutes Into Your Cardio Regimen**. Instead of standard running on the treadmill, why not try walking lunges on an incline on the same machine? A great time efficient way to do your cardio, put a little variety into your cardio and you will certainly feel the burn. I am also a fan of the StepMill (don't hold on) and Jacob's Ladder! These machines do a fantastic job of activating the glutes if done properly.

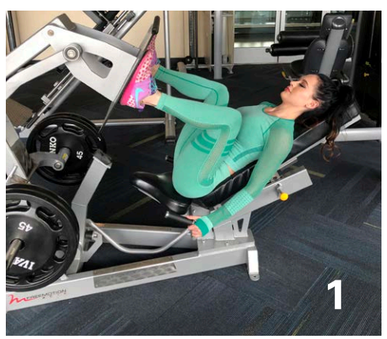
7 **Vary Reps and Weight**. Don't let your glutes become accustomed to a certain weight/rep amount. It's always good to switch things up and shock your body! Variety is always a great way to stay mentally motivated and keep you from getting bored with your regimen.

8 **Incorporate Plyos in the Mix.** Plyos are great for tightening and toning the glutes. Not only are they convenient to perform as they can be done almost anywhere, but they can also get your heart rate up. Plyometric exercises can also be an efficient pre exhaust exercise as well!

Happy Glute Training!

Here's an example of a great glute workout that you can try:

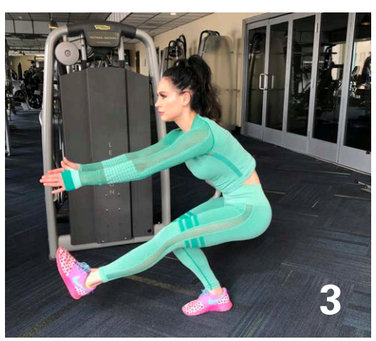
Pre-exhaust glutes with 1x20 cable kickbacks
(each leg)



4x10 Inverted Leg Presses
Shoulder width stance, feet high on the sled



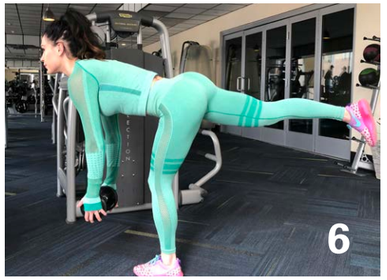
4x10 Seated Hamstring Curls



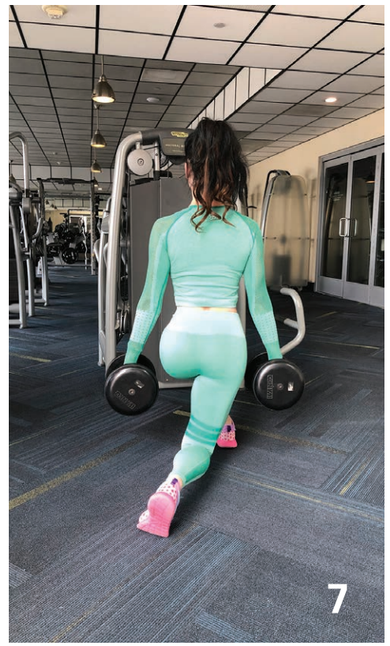
3x10 Pistol Squats
Each leg



3x10 Wide Stance Deadlifts
With dumbbell



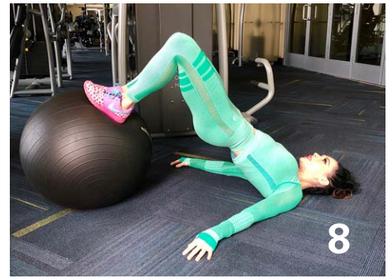
3x10 Single Leg Deadlifts *RDL*
With dumbbell



3x10 Curtsey Lunges
Each leg



3x10 Sumo Squats
With dumbbell



3x10 Glute Bridges
On stability ball





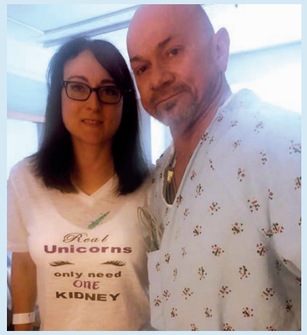
Inspirational Stories

ASPIRE: to long, aim, or seek ambitiously; be eagerly desirous, especially for something great or of high value

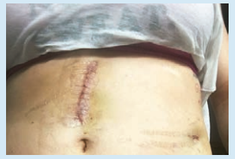
Inspirational stories never cease to amaze me! The challenges that are faced, the obstacles that are endured and overcome, and the transformations to a person's life and the lives of those around them extends far beyond that than anyone might imagine. It is with admiration that Liquid Sun Rayz shares the stories of five people that have faced a turning point and yet they chose to believe; believe they could beat the odds, believed they were worth it, and believe in helping others. As you read about the journeys of each person, knowing that living a lifestyle dedicated to being strong and healthy played such an important role in their success, will hopefully motivate you in your own journey.

ALISON FRANK

2019 Courage Award Winner







My story is perhaps different than many that you will read. I started my fitness journey roughly 4 years ago. I wasn't overweight nor did I have any health issues that required me to change my habits to a healthier lifestyle. I was what you would consider skinny fat. I had always been active growing up but adulting got in the way as I moved out on my own and became a productive member of society. My journey started simply because I was tired of feeling run down and not being my best self. The first order of business was to start back at the gym with my old personal trainer, John White.

Exactly one year after starting back training, I competed in my first Figure competition. I ended up walking away with a First Place and two Second Place trophies. It was an amazing accomplishment!! One I couldn't have done without John's guidance, motivation and help.

Despite being there every day pushing me and his other clients to be better, stronger, John's health was declining. He was feeling fatigued and weak, among other things. This was his life for several years. Finally in September 2017, doctors gave him the news that his kidneys were failing.

> **"After 7 months, I was finally approved to donate a kidney to John."**

In June 2018, John started dialysis 3 days a week while continuing to maintain his normal training schedule. No matter how tired he was or how bad he felt, he was there to train his clients. We talked about his situation and he explained how his friend was going through the process to become a Living Donor for him but was rejected. I did not know this was a thing! I was curious so I began to research it. After tons of questions, lots of research, and one long heart to heart with my husband, I decided to become a Living Donor for John. I started the extensive testing process in September 2018….. 9 doctor's appointments, 47 vials of blood, 2 24-hour urine collections, an EKG, a CT scan, meetings with a donor coordinator, social worker, a nephrologist and a donor advocate. After 7 months, I was finally approved to donate a kidney to John. Donation/transplant day was on April 24, 2019!!!!

It has been an amazing journey and I've learned so much about an issue I wasn't familiar with. Learning that most people on the kidney transplant list end up dying before they get a kidney is heartbreaking. Becoming a Living Donor is a big decision and certainly not for everyone. However, it is the biggest and most generous gift that you can give someone. I'm walking away with a few scars that will fade in time or maybe they won't. John is walking away with his life back. To me, that is absolutely priceless.

We are roughly 4 months post donation/transplant and we are both doing amazing! I have been back in the gym for around 2 months now with John by my side kicking my ass. I am training hard and getting stronger every day. The goal is to compete again in 2020. I can't wait to show the world my scars and that life doesn't stop with just one kidney.

STACEY CUMMINGS FOUGHT

IFBB Figure Pro

Sponsored by: American Bodybuilding Supplements, Liquid Sun Rayz, Goddess Glam Suits, and Elizabeth Dwelle Competition Jewelry.

In December 2008, Stacey Cummings Fought faced a turning point in her life and made the decision to move from Florida to Texas. Having lived with a family history of mental illness, alcohol abuse, and prison in early years, it wasn't a far stretch that she followed a path of drug abuse and addiction herself. As a result, she also suffered from anxiety and depression. Stacey self-medicated, found herself living on the streets washing her clothes in a bathtub, lost 25lbs because all she could afford to eat was Ramen, and sometimes she would steal it because it's the only way she could eat. One day, she just decided she couldn't live like that anymore. Her stepmother offered her a place to live in Texas and with $50 in her pocket, Stacey and her then boyfriend took a 32-hour bus ride. It was the first step in making a new life.

Overcoming Obstacles

Life wasn't easy. Stacey's first job was at What A Burger. It was winter when she arrived in Texas and for a couple months she walked miles to work, in the cold, to go to work. She says, "Then I met some people and their church donated a car to me for a dollar. That's how I got my first car! It's crazy how some people come into your life for a very short period of time for a specific reason or purpose and then they're gone. But it's those people that change your life forever!"



In hindsight, moving with the boyfriend wasn't the best idea, but everything happens for a reason. Stacey got pregnant and then married. He continued to find drugs and finally after four years, she left him. When they divorced, he moved back to Florida and neither Stacey or her son has ever seen him again. Now a single mom, Stacey faced yet another obstacle, but now working at a car dealership, she made it work. More importantly, she did not retract in her progress!



Building a Strong Foundation

In 2012, she met her now husband, Brian. He had moved from Arizona and they met in a club. Having previously been in the gym business, Brian introduced Stacey to working out; it was part of their date nights but it turned into the inspiration for competing in her first show in 2013. The following year, Stacey and Brian had a daughter together and he was already the only dad her son had ever known. Stacey quickly returned to competing; she had discovered something that made her feel good about herself, helped her cope with lingering feelings of anxiety and depression, that she could be successful with. In 2016, Stacey earned pro status, became a posing coach and then a personal trainer and eventually joined Brian in starting their own personal training business.

Stacey feels strongly about sharing her story with others and helping them deal with mental illness, anxiety, depression or drug abuse. She's had the opportunity to work with a few clients that came to her specifically because she can relate to what they are experiencing, be a role model, and positive influence. In fact, Stacey moved her sister to Texas and has helped her stay clean for a whole year, lose 60lbs through working out. Her sister lives with her and they support each other.







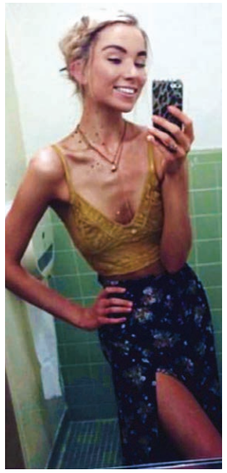
> "The business I'm in, is my help."

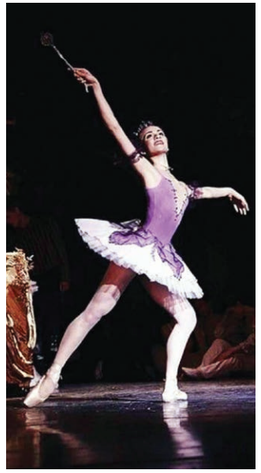
2019 was a big year. Brian and Stacey got married in February. She says, " Brian is a blessing, he set the foundation for who I am today." When they started their business, Stacey and Brian provided a service other gyms would use to generate additional revenue. In October of 2019, they opened their own facility, Tri-Force Fitness. As they look towards the future, their goal is to increase membership, grow the personal training aspect of the business, and possibly even have multiple locations. While her primary focus is on the gym, Stacey is also a make-up artist for competitors, photo shoots, as well as teaching others how to do their own make-up. "I love doing make-up to help ladies with low self esteem, substance abuse and depression. It allows them to look beautiful for a day and that goes such a long way in helping to build confidence and it's one small way I can give back to a cause that's very close to my heart."

Vision for the Future

Stacey no longer seeks help. She says, "The business I'm in, is my help." She's learned how to cope in healthier ways and is no longer surrounded by people that were toxic in her life. Stacey strives to help others get through their depression, anxiety, substance abuse. Exercise can play a big role in overcoming these obstacles and we can use exercise to help us feel good about ourselves, feel accomplished, and strong. "I want to show others how I did it and let them know that they can, too."

American Bodybuilding Supplements has sponsored Stacey to compete in two shows for the 2020 season. Her goal is to get to the Arnold or Olympia stage. She's placed top 10 in her past three pro shows. Brian's goal is to earn a pro card and together they want to be successful in their business to leave a legacy for their kids.







MEGHAN SANTA BARBARA

Sponsored by Nuethix Formulations

My name is Meghan Santa Barbara and I am a 23 year-old IFBB Figure Pro, a full-time Doctorate of Chiropractic student, Palmer College of Chiropractic, and Nutrition Consultant/Prep coach for Scooby Prep. Originally from West Virginia, I currently reside in Florida.

From the age of 3 up until I was 18 years old, Ballet was my true passion. Around the age of 14 years old I started attaching negative emotions to said passion. I have always been a perfectionist, but ballet tipped me over the edge. I never thought I was good enough, thin enough, pretty enough, smart enough, etc. The negative thoughts and emotions overpowered me and ended up turning into a full blown eating disorder with depression and anxiety. The turning point came the Christmas after I turned 15 years old. I was going to see a new therapist and he started out my session by taking my vitals. He stopped his exam, turned to my dad, and said "You need to take her to emergency right now". My blood pressure and heart rate were seriously low and I was hospitalized for a few days. Thankfully, I was discharged from the hospital and could celebrate Christmas with my family---it was a Christmas to remember, but not in a positive way. I was officially diagnosed with anorexia nervosa and bulimia nervosa along with depression and anxiety. I had to pull out of dance for approximately 6 months while I attended an out-patient eating disorder program in Bethesda, MD at the Renfrew Center. I continued to see a therapist and psychologist until I left for college two years later.

Everyone, including myself, believed I was recovered. I attended the University of North Carolina School of the Arts with a major in Classical ballet. The first semester went very well and my passion for dance was stronger than ever. By the second semester, the negative emotions and thoughts overwhelmed me again. I began isolating myself in my dorm room, hiding food, skipping meals, dancing all day and then forcing myself to go to the gym to do 1-2 hours of cardio. My eating disorder was back and worse than ever before.

It was time to make a change. I transferred to a school that was only 15 minutes away from my home in West Virginia and stopped dancing completely. Initially, life without dance made me feel like my complete identity was lost. I joined a gym and two years later, I became one of their personal trainers. I used the gym to fuel my eating disorder and spent hours on end burning calories overtraining. My eating disorder persisted throughout my entire time pursuing my undergraduate degree. I continued to see a therapist and psychologist and eventually took some control over my eating disorder. I was not fully recovered, but I had a better sense of how to cope with my feelings instead of restricting my food, binging and purging or over exercising.

By the time I was 18, I had a better handle on my eating disorder and I began incorporating strength training into my exercise routine. Around the same time, I re-kindled a relationship with my boyfriend, Anthony. He has been a life saver for me and is, besides my immediate family, the biggest supporter when it comes to all that I have overcome and accomplished. In the fall of 2015, Anthony took me to my first bodybuilding show and another show in spring of 2016 to support a friend. After seeing that show, I decided I wanted to compete. Jason Theobold began coaching me. I won five trophies in my first show! My fire was lit and I was ready for more! Next I competed in a larger show and won again and then we decided to see how I would do at a national level show; I placed 5th in my class at NPC Junior Nationals. Not only had I gained a passion for the sport, but I also developed a passion for helping others through training and nutrition. My coach became my mentor and I joined the team as a Scooby Prep coach.

> "I used the gym to fuel my eating disorder and spent hours on end burning calories over training."

Jason continued to coach me during my improvement season and we made the necessary improvements for me to win my pro card at NPC Junior Nationals in 2018. I am planning to make my pro debut at the 2020 IFBB Orlando Europa.

Unlimited potential and success. Prepping while in a doctorate program is not going to be easy—but it's going to be worth it. I am dedicated to my crafts—chiropractic, coaching, AND competing. I believe that if something is important to you, you will find a way to do it—despite the odds and obstacles you may have to overcome in the process. Health and happiness. This sounds cliché, but my future will be bright due to my positive mindset on life as well as my health—both mentally and physically.

LYNN REIF

IFBB Women's Physique Pro

Sponsored by Vite Ramen







In 2002, I was fighting an addiction to methamphetamines. I bottomed out at 91lbs and managed to do about $8k worth of damage to my teeth in the 8 months I was on the drug. With the help and tough love from my family and the meeting of my eventual husband Justin, I was able to kick the habit while detoxing in 2003. Those were the worst years of my life but I gained so much strength and clarity!

I had let my family down and it took me several years to get on the right path; Justin was my saving grace! We dated four years before he entered the US NAVY in December 2006. On the day after he graduated boot camp, we were married! We moved to Marine Corp Air Station, Beaufort in 2008. Once there, I decided to begin nursing school. When he deployed in 2009, I was determined to lose some of the weight I had gained. I went from 183 lbs to 121 lbs in 14 months. I chose to enter a bodybuilding show as my goal. I learned to pose on YouTube, made my own suit and entered the 2010 NPC Elite Muscle Classic. I placed 6th and I was then hooked!

I quit nursing to pursue preventive health care and became a personal trainer and fitness nutrition specialist. At the end of 2011, my husband was given new orders to NAS Jax but my father was battling prostate cancer so my husband moved to Jacksonville, FL while I went to South Carolina to help with my family. I started my new job with Coops Health & Fitness and began coaching with Steve Michalik. I did two local NPC shows under him and won both.

In April 2012, my husband was hit and killed by a drunk driver early on a Sunday morning in Jacksonville beach while helping a lady cross the street. I was devastated! Life would never be the same for me. Four weeks later, my coach committed suicide. Two very influential men in my life gone in an instant. I was lost and didn't know what to do. I knew the gym was my safe place and I needed to continue my journey to help keep me busy! For the next five years, I trained with Monique Jones. In 2013, we made the switch from figure to women's physique. I competed at the NPC Charlotte Cup where I won my class and the overall in women's physique. Three shows later, I earned my IFBB pro card at the NPC Nationals Bodybuilding Championships. It was such a bittersweet moment as my biggest fan, Justin, wasn't there to witness my accomplishment. The following year, six weeks out from my pro debut, I sustained an injury that put me out from competing for the year.

I came back to compete in 3 pro shows placing 15th, 8th & 5th in 2015 but my life was once again rocked when my teenage daughter committed suicide. Yet again, I turned to the gym, the meal prep business I had started, EZ Meals by Lynn, LLC, and competing to keep my mind busy. I am a foodie at heart and I know how hard it is to stick to clean eating if it's boring. So I made it my mission to show folks that healthy eating doesn't have to be bland and boring! It took a little while but EZ Meals by Lynn, LLC took off. I didn't do well in the 2015 competition season and I changed coaches to Elvis Assemian. Life was finally falling into place again.

In 2017, I was once again competing but my mother was diagnosed with stage 4 cancer in September of that year. Competition and training could wait; I focused on taking care of mom and my meal prep business. As my mother's health declined at the beginning of 2019, I returned to the gym and began training again to get my mind in the right place, come to terms with and accept her inevitable death and to start getting my body back in check. In May 2019, after her long battle with cancer, my mama, Dr. Penny Rogers passed away. I've never known a stronger woman than my Mama!!! She fought hard all the way up till the end, never once did she complain or ask why me. The time I was able to spend with her was something I will forever be grateful for! Thank God, I was able to be with her all the way up until her final breath! Not even 24 hours after my mama passed, my boyfriend found his mother dead in her home at the age of 57. She passed away suddenly from complications with diabetes.

I've been through a lot in the past 7 years but I've never let it stop me from pursuing my passion for health and fitness. Someone told me when my husband passed, "God only gives his toughest battles to his strongest soldiers... apparently he thinks your a badass!" I can only defiantly attribute my involvement in the gym and training to helping me get through all of the tragedy I have faced. My motto has always been that no matter what, you get up and make forward progress every day! Bodybuilding has been the stabilizer in my life. Moving forward, I got engaged in August and also became a sponsored athlete with Vite Ramen.

> **"I can only defiantly attribute my involvement in the gym and training to helping me get through all of the tragedy I have faced."**

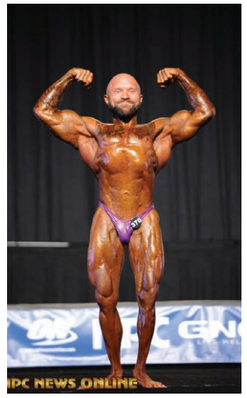
My final message to folks who may be out there struggling... having tragedies happen to them or feeling like they are constantly hitting roadblocks... NEVER GIVE UP on the things that are important to you! Just take your days one hour at a time! Slow progress is better than no progress. Focus on the things in life YOU CAN control and let God handle the rest!



JEFF BLACK

Born with the brittle bone disease known as Osteogenesis-Imperfecta, Jeff Black has defied the odds and believed in himself to accomplish the impossible. As a fitness coach both online and at Iron House Strength and Conditioning, he believes that you can be your own hero.





Jeff Black was born with Osteogenesis-Imperfecta (OI), aka "the brittle bone disease", a very rare genetic disorder described by bones that break easily, often from little or no apparent cause. The disease affects roughly 25,000 people in the U.S. Depending on the severity of the disease, those afflicted may have just a few or as many as several hundred fractures in a lifetime. Both Jeff and his youngest son are diagnosed with type IV of the disease. To look at them you would not know they have it.

"Growing up, I was fortunate to have parents that allowed me to do everything, except contact sports which was good because I loved baseball. But being an eight year old kid, I took a double dog dare to go downhill on a skateboard. That June day in Knoxville, TN was hot and the street had just been re-tarred. The only thing I remember was how hot the pavement was because I laid there for a long time, and then they poured ice on me. Multiple surgeries later I was told I would never walk again."

> "Ultimately, I hope to one day earn a pro card because I believe, through the sport of bodybuilding, I could help bring awareness to Osteogenesis-Imperfecta."

From the moment the physical therapist handed him a weight to help make his upper body stronger to better utilize his wheelchair and crutches, he was hooked and knew his life would never be the same and his journey into health and fitness began. Although he was young, Jeff knew that if he gave his all, he could accomplish anything. Walking, without any aids, would be his first goal and accomplishment. Along the way, he endured both mental challenges and teasing from peers that didn't understand this rare disease. Inspired by the legs of Paul DeMayo on the cover of a magazine he saw in a grocery store, Jeff has continued to defy the odds by competing in bodybuilding since 2006. Jeff does not compete in the disabled category but rather he stands alongside the abled bodied men in the open category. Highlights include competing in last years' NPC National Championships and a 2nd place finish in Men's Open Lightweight Bodybuilding at the 2017 NPC Junior Nationals in Chicago. Each year, he steadily improves his physique and conditioning, pushing the boundaries of what is known about OI further.

"Bodybuilding has taught me a lot about myself. It's given me a life that people didn't believe could happen. It's put me in the position of being a role model to kids who write me telling me how much I inspire them and parents who are relieved to see that someone with OI can live a good life when they once felt their child would have to live in a bubble. Even my son is seeing the connection between our disease and the positive effects bodybuilding has had. I've come a long way from not being able to walk to squatting over 300 pounds. Ultimately, I hope to one day earn a pro card because I believe, through the sport of bodybuilding, I could help bring awareness to Osteogenesis-Imperfecta."

"Over the years I have both participated and put on a number of fundraisers. We started with a small fundraiser in 2014; a boot camp where people of all ages and fitness levels came to celebrate their health and strong bones. The event had a special guest, two year old Ryker who was born with a rare and severe recessive form of OI listed as Type 8. There are only 5 recorded type 8's in the country! Can you imagine having a disease so severe that bouncing a balloon on a string or even a sneeze could break your bones?! In 2017, we created an Angel Tree fundraiser and raised over $2,100. And most recently, we raised over $10,000 for a boy with OI who was in need of a wheelchair. We brought awareness to his story in a YouTube video and held a fundraiser at our gym. The community really came out for the cause, and now that boy can get what he needs. New drugs are showing potential in helping those with OI but being a rare disease there is a great need for more money for research. My goal is to create a documentary that showcases the incredible stories of others with Osteogenesis-Imperfecta. While there are so many things these young people will never experience, what makes their story so amazing is their attitudes are so brilliantly positive. Long term I hope to start a foundation to raise more money and awareness."

In 2015, Iron House Strength and Conditioning was created with his former business partner and himself. The goal was to create a facility where all are welcomed and encouraged. A true fitness facility where everyone who enters is encouraged to be your own hero. Jeff believes that health and fitness are the most important things people should strive to control in order to live fulfilling lives. Empower yourself and become unapologetically you. Everyone has a desire to be the best they can be. There is nothing more satisfying than helping someone finally believe in themselves again.

"I am blessed to be able to do what I love and be successful. While I know my clients hire me because they know I can help them, they often tell me they can't look at me and quit even when they really want to. I help them get up the next day and keep putting one foot in front of the other. Perseverance is definitely a necessary attribute but my biggest take away from living with this disease is learning to live life free and take ownership of yourself. With these invaluable tools, I have a choice to be a victim or victor."







From left to right:
Marvelous Curry, Zoey Curry, Mr. Olympia 2019 Brandon Curry, Zion Curry, IFBB Pro Brandy Leaver and Maximous Curry

DON'T STOP BELIEVING

2019's Mr. Olympia Brandon Curry and his wife IFBB Pro Brandy Leaver open up about their family, careers and how important it is to BELIEVE in yourself

Written by Rachel Payne | Photos by Kaylee Hamby, Ever After Photography





Competition photos by Ali Haidar

Believe You Can, Believe in Faith, and Believe in Family

From an early age, Brandon Curry looked to role models who influenced his training and goals, from Superman and Rocky on the big screen, to legends and champions like Lee Haney and Franco Columbo. He has had the great fortune to interact with some of these people in person and learn life lessons. On the other hand, his wife Brandy's greatest influence was her mom and the things she said or how she handled what life presented her with. Together, their belief in what they could accomplish together, the faith they had and still have that this is their path, and Brandy's belief in him combined with a strategic plan and whole-heartedly supporting him at home has made them a winning team. Winning the 2019 Olympia title has afforded them many new opportunities but it has also brought even greater clarity to the role model he is and will continue to be for his own children as well as the positive impact he can make in the community - where he lives, where he trains, where he travels, and through social media.



Early Years

Almost 20 years ago Brandon and Brandy had just met. They were young and at that time just friends. "A group of us were looking at the Christmas lights and Brandon did a back-flip off a chair. When his shirt flipped up exposing his abs and all this muscle, I said, 'you should be a bodybuilder when we grow up'." And that's exactly what happened, for both of them! They continued to keep in touch, but had their own lives and pursued their own goals, each becoming professional bodybuilders. Still they shared future dreams like, "Wouldn't it be cool if we were both on a magazine cover, or what if you could do this or if you did that." Both of them signing sponsorship deals with Weider and reconnecting was a foreshadowing to the direction their lives would take.



20 years ago Brandy told Brandon... "You should be a bodybuilder when we grow up."

"Early on, the sport of bodybuilding was a foundational journey while I was searching for what life after college was going to be, and simultaneously being introduced to professional bodybuilding on a larger scale. At the 2006 Olympia when I witnessed Jay Cutler win the Olympia title I felt that the impossible can happen, and in that moment I discovered a purpose to being on that stage and knew that one day I could be a contender. For me, it was a confirmation that this was the path for me." Brandy continued saying, "In 2008, we eloped. Shortly thereafter our family began to grow. With one girl and three boys, I reassessed my role, took all of my experience from competing, and all I have learned and been exposed to and applied it to being a support system for Brandon."



Adversity

With the success and prestige of being a professional athlete, comes the expectations of living up to your potential. "In 2014, I lost some sponsorships and for a while I was uncertain about being able to provide for my family and continuing in the sport." Brandy says, "It was hard to watch him go through that struggle." In another example, "In the sport of bodybuilding you are always trying to find the balance of competition and improvements. In 2016, we began contemplating the idea of change to Brandon's training program. He had experimented with his diet and competed in nine shows. He paid the price with a decline in his physique and we knew it was time for a change."

The Turning Point

"We were aware of teams that trained overseas and over a late night conversation we even talked about what if... the seed was planted and then at the Olympia he met one of the coaches from The Kuwait Camel Crew. Two weeks later at the Kuwait Pro he met with the coaches and Oxygen Gym owner, Bader Boodai and was given a shot on the team." For those who don't know, being a part of this team means a lot is provided for you. Food, supplements, accommodations etc. is all there waiting after each workout so you will





have no worries about anything. It enables the athlete to focus with tunnel vision when it comes to working out so they can be their best and maximize their potential. For Brandy, there was no question, this was the next step. Brandon hesitated only, so he could figure out the best way to tell the kids, and how he would still interact with them from a nine hour ahead time difference. "We tell them that daddy has to go away for a while, and that I need them to be as helpful as they can be to their mother. It's a necessary process and understanding that they've had to adapt to. People will ask, at this elite level, how do you find balance? There's no such thing. Just being there creates an imbalance. But I stay connected, of course, and FaceTime works really well. My schedule is set to coordinate with my ability to communicate back home. It's unusual but we make it work given the time difference. I get asked all the time, 'What's it like to train overseas, at an elite level of intensity, how is it different from training in the states?' It's a hungry environment and I am there to get what I need to get done. Deprivation from things you enjoy and love is a motivating factor. You zero in, like being thirsty. Then you tell yourself you can be hydrated once again. It's motivating."

Lessons Learned

"In terms of training, one of the main things I've learned is that more suffering does not equate to more results. When I'm in Kuwait, it's more calibrating. Still intense, but the goal is not to kill you or even push the limits but rather to get into a daily rhythm and make your body cooperate. Sometimes that means fine tuning things. None of my preparations have been exactly alike because my body is always starting from a new starting point. Having someone there who can see you through that process and has the eyes and talent to see it has been an invaluable benefit. I am also fortunate in that one of my greatest strengths is patience!"

During this time Brandy also learned a few things. "I grew up in an environment where family is everything. They share, support, and spend time together almost daily. For the first eight years of our marriage Brandon and I were together with the kids every day. When he went away to train, there were times I really did need help and it took time for me to create, find, and surround myself with this awesome networking community of families that I trust and we share and support each other. I am grateful that one of my strengths is perseverance. I am a little more analytical. Rather than being quick to react or respond, it's a process for me. Once I have my head and my heart in check, I feel I can trust my perspective to find truth in each situation so it becomes a motivating factor."

"In 2018, we made a plan to win the Mr. Olympia title and we kicked it off with the win at the Arnold Classic. We created the narrative and approached it with a positive attitude knowing we could challenge the champion and ultimately challenge for the title. After the 2018 Olympia, I told Brandon, you can do it next year. I believed it. For me, I mapped out the next steps that would maximize Brandon's potential, his time away training, traveling, and at home, while I managed things at home. We were confident in our plan, executed it, and came out with the win!"

Mr. Olympia

Brandon proudly states, "One of the greatest things about being successful in achieving the goal of winning the Mr. Olympia title is what it has shown my kids." Brandy says, "He's their hero. Since winning, Brandon has gone to all of their sports teams, and high schools and talked to the kids. Our kids listen to each speech and they are so proud and they learn from him each time. It makes them believe in their own abilities in whatever they choose to do. In addition they see their dad is not just reaching and teaching them but also helping these other young men around them. It's given the kids a whole new respect for their dad to see other peoples' response and respect towards him."

> "Now I walk with God everyday and try to do the right things and live right."

Faith & The Future

"I learned to develop a relationship with God. It's a process that took time but I understood that I needed leadership in order to live the life that is my purpose. As a teenager, I found I would take advantage or manipulate people and things to suit my needs. But I felt guilty about it and didn't want to be that person. I asked for God's help and leadership. God showed me what the future could hold and as time went by and I was seeing these things come to pass, it increased my faith and helped me understand the impact this relationship could have on me. Learning the things He wanted me to know wasn't easy but brought a lot of growth, development, understanding, and preparedness so I could see what God's purpose for me is. Now I walk with God everyday and try to do the right things and live right. As Mr. Olympia and a role model, my purpose is to show others how God's help and guidance can help them use their talents to become strong leaders. I feel that I have a responsibility to continue to discover the ways to fulfill His plan for me. It's how I view people, opportunities and how I look at life." Brandy added, "When I was young, I didn't understand the life struggles I experienced leading up to my marriage and then I saw the purpose. If life had been different, I don't know that I would have been strong enough or patient enough or forgiving enough at times. I choose to live my life depending on God; it's the essence of who I am."

> "I'm looking forward to continuing to evolve with the sport, the community, and my family."







"Through social media I have a responsibility as a business to market and represent companies and be an ambassador of the sport of bodybuilding and a lifestyle of health and fitness everywhere I go," says Brandon. "But I feel that I can influence and inspire people in a positive way. I can use it as a vehicle to help others understand their purpose. In my opinion, I believe you can be whatever you want to be, I believe hard work gets results but taking it to another level, when you know your purpose, you have the confidence and faith that you would not otherwise have to carry you through the journey. My message is to make sure everyone really understands they have a God-given purpose and He will show you how to find it and how to use your talents. That's what my walk is all about."

"In the immediate future, I am focused on defending my title. We are invested in a new fitness facility called Carbon Culture the first of which will open in Franklin, TN, and the Curry family will grow by one in late summer. I'm looking forward to continuing to evolve with the sport, the community, and my family."

Words of Advice

"Bodybuilding is a reflection of life and a journey of self-discovery. Take an honest assessment of yourself, identify your strengths and weaknesses, understand what needs to be done and make a plan to improve, and work towards those goals. I have a team of people that support and encourage me, from coach to manager and wife, to friends and fans, they help me stay positive and motivated. We are always evolving. Use the honest assessment tool in all aspects of your life so you can keep moving forward and avoid the pitfalls that will lead you to nowhere."

Legacy of Understanding Responsibility

"I want my legacy to empower young men to understand that this world can be tricky and there is a lot of distractions so you have to make wise choices. You have to gain understanding to avoid the obstacles. You have to be focused and you have to discover who you are and where you are so you can move in the direction you want to be. To do this, you need to seek help. Seek council by developing a relationship with God and ask Him for guidance and leadership in discovering your God-given purpose." ■



The Give Back Guide

Throughout the southeast there are many ways that we can help make our communities stronger through volunteer and donation opportunities. Giving back can be as easy as the click of a button to donate to a worthwhile cause or helping out by participating in an event or the giving of your time. It's equally important to recognize those people that have inspired us through their example of perseverance, determination, positive attitude or the good deeds they have contributed to their community. Making a real impact on causes we care about and affect the fitness community as well as the community we live in, is the reason that Eddie Ferrell, a real estate broker from Clarksville, TN, sponsored the Give Back Guide. Whether your priority is the cause, the location, the schedule or sharing yours or someone special's journey of success, here are some worthwhile ways you can give back.

FUNDRAISERS

Cliff Bomar

Cliff Bomar, NPC and IFBB Pro League judge with over 30 years dedicated to the sport of bodybuilding, has been diagnosed with an aggressive stage of colon cancer. Cliff will have a long road ahead of him with surgery, chemo, radiation, travel, and homeopathic therapy. To give him the gift of not having to worry about medical payments or cancer treatment expenses so his focus can be on healing and becoming cancer free go to https://www.gofundme.com/f/cliff-bomar



Mike Feulner

On May1, 2019, the life Mike Feulner, formerly the head expeditor for some of the largest bodybuilding shows in the nation, knew changed forever when he suffered the first of two strokes that greatly impaired many basic physical abilities we all take for granted. After a hospital stay, he was finally moved to a rehabilitation center where he received specialized PT, OT and speech therapy every day. He has since had to learn to stand and walk again, to control his fine motor skills in his hand, to see clearly and to swallow again. A feeding PEG tube which had been inserted has been removed. Now home, Mike's journey will be long and difficult. He continues intensive outpatient therapy 5 days a week with additional exercises at home. The cost of care and all the services and assistance Mike needs are not all covered by insurance. There is still a long way to go but he couldn't have come this far without all of you. Your contributions continue to make this possible. We appreciate your support now and in the future. To donate go to https://www.gofundme.com/f/MikeFeulner

IFBB Pro League and NPC Judge Cliff Bomar (far right), pictured with NPC AL Chairman, Promoter, IFBB Pro League and NPC Judge Morris Pruett and Randi Pruett

AWARDS

The Courage Award

Purpose: Celebrating Inspirational Transformations of those who have overcome challenges, persevered, and transformed their bodies and their lifestyle.

For more information: Rachel Payne, 678.641.9188, rachel@southernmuscleguide.com, southernmuscleguide.com

The Teresa Banisch Award

NPC Battle on the Gulf Coast

Purpose: This award recognizes an individual/athlete that has overcome life adversities and who champions the cause of others to achieve success despite obstacles that may have come along the way.

For more information: battleonthegulfcoast.com, Douglas Sellers, 225.324.9991

The Don and Betty Hollis Male and Female Athlete of the Year Award

NPC Mississippi Championships

Purpose: This award recognizes a male and female athlete that has exhibited a tremendous work ethic, good sportsmanship, integrity, and excellence in the sport.

For more information: email zmclaurin2001@yahoo.com, Dr. Zonzie and Tony McLaurin, Chair and Vice-Chairperson, NPC Mississippi

The Tony and Zonzie McLaurin Award

NPC Mississippi Championships

Dr. Zonzie and Tony Mclaurin, Chair and Vice-Chairperson

Purpose: This award recognizes an individual/athlete that has shown to be a true ambassador of the sport, demonstrate leadership, sportsmanship, team spirit, and has shown an attitude of respect towards other athletes, peers, and the community.

For more information: email zmclaurin2001@yahoo.com

The Inspiration for Excellence Award

NPC Total Body Championships

Timmy and Judy Gaillard, Promoters

Purpose: This award recognizes an individual that has demonstrated excellence in being a servant advocate, a community mobilizer, a leader, resilient, and a true enricher of lives.

For more information: email zmclaurin2001@yahoo.com

The Chase Gates Focus Award

Purpose: Based on what drove you and what kept your FOCUS to success!

For more information and to see which shows will be presenting this award: email Michelle Gates at Mgates@knology.net



The 2019 Courage Award Trophy



Joelle Lombardi, winner of the Focus Award at the 2019 NPC Clash at the Capstone pictured with Chase Gates and family.



You Work Hard For Your Fitness

I'll Work Hard To Protect Your Legal Rights

The ORLANDO Firm, P.C.

Expert truck, automobile & work injury trial lawyer

678-LAW-FIRM • www.Atlanta.law

SHOWS

NPC Mississippi Championships

July 11, 2020

This event benefits the Mississippi School for the Deaf Athletic Fund.

For more information: Gordon Weir 601.906.8772, Cyndi Weir 601.906.8837, npcmsstateshow@gmail.com, npcmsbodybuilding.com

NPC Upstate Classic

May 30, 2020

In Memory of Dennis "Dutch" Hulst, proceeds to benefit his daughter Mariet.

For more information: Davina Cross, 828.989.0598, davina1@hotmail.com, dutchstrengthpromotions.com

NPC Muscle For Heart

October 10, 2020

A portion of the proceeds to provide local small businesses with defibrillator machines and help those in need of heart transplants.

For more information: Mike McKinney, 850.527.4479, michael4palingen@gmail.com

NPC Lee Haney Games

A portion of the proceeds to benefit Haney's Harvest House.

For more information: Lee Haney, leeinfo@leehaney.com, leehaneygames.com

WORKSHOPS/EVENTS

Strong is a Mindset 2020

January 11, 2020

Collecting donations for the Atlanta Humane Society

For more information: Rachel Payne 678.641.9188, rachel@trainwithpayne.com, trainwithpayne.com

Toys For Tots

December 2020

Well Adjusted Buckhead, official collection location

For more information: Jessica Probes, 404.600.4117, welladjustedbuckhead.com

The Coolest Gym in Town!

BILTMORE 45 LB 20.4 KG FITNESS

711 Biltmore Ave., Asheville, NC

located in historic Biltmore Village

Family Owned and Operated

828-253-5555

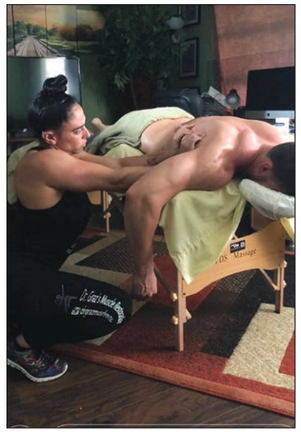
www.biltfit.net



Partners In Wellness and Proactive Care

MUSCLE RESTORATION





Dr. Graz's Muscle Restoration

www.drgraztherapy.com
727.753.9094
drgraztherapy@gmail.com
drgrazmusclerestoration
Dr Graz's Muscle Restoration

Dr. Natalie Graziano

Dr. Natalie Graziano, DPT, OTR/L, C-PS, IFBB Pro, is an industry specialist in body work and rehabilitation, with emphasis on mobility and posing. She holds specializations in IATSM (Instrument Assisted Soft Tissue Mobilization) for the face and body, manual therapy for soft tissue and joints, cupping (static and mobile), ETPS (electrical pain and accupoint stimulation), as well as being a Certified Performance Specialist. Though her main office is located in Flex Lewis's Dragon's Lair, she can be found traveling the country's best gyms and biggest shows, helping clients from general public to athletes and amateur to pro, including 5 Olympia winners.

Contact her to set up a visit in the Dragon's Lair or to come set up in your gym! Visit her IG 'dates and locations' highlight for an up to date list of where she will be setting up next! Check out Dr. Graz's video series at www.southernmuscleguide.com on the ways she's helped her clients restore, rehabilitate, and increase mobility.

NUTRITION

TEAMKATTOUF® NUTRITION

SHOW YOUR WORKOUT WHO'S BOSS®!

TeamKattouf® Nutrition

www.kattoufstore.com
rick@rickkattouf.com
@teamkattoufnutrition
@teamkattouf



Dr. Rick Kattouf II

Dr. Rick Kattouf II, CEO & Founder of TeamKattouf® Nutrition, is a 2x best-selling author, Sports Nutrition Specialist, Heart Rate Performance Specialist and has been seen on ABC, NBC, CBS and FOX affiliates around the country. Looking to improve performance & recovery? TeamKattouf® Nutrition has you covered with pre-workout, in-workout, post-workout supplements, protein powders, energy bars & more! And TeamKattouf® Nutrition Supplements do NOT contain any banned substances.

See Rick's TeamKattouf® Tuesdays video series at www.southernmuscleguide.com. Visit www.kattoufstore.com.

ALTERNATIVE AND HOLISTIC HEALTH SERVICES

Valdosta Health & WELLNESS CLINIC
A NEW BEGINNING, NATURALLY

Valdosta Health and Wellness Clinic

valdostahealth.com
3328 Bemiss Rd, Valdosta, GA 31605
229.469.6137
Valdosta Health & Wellness Clinic





Dr. Tracy Livingston

Valdosta Health & Wellness Clinic is dedicated to offering our patients individualized therapy, in order to achieve optimal health and wellbeing. Conditions such as menopause, perimenopause, andropause, or a general hormone imbalance can negatively affect day to day living. Our goal is not only to help you feel better, but also to help you maintain therapeutic levels in order to continue living a healthy lifestyle. Offering services for women's health including hormone imbalances, thermography, weight loss, supplements, men's health, diagnostic testing, and natural skincare.

Go to www.southernmuscleguide.com to read an article about how Dr. Tracy Livingston of Valdosta Health & Wellness Clinic helped Fitness Professional and host of FITTALK Radio Maria Wells work towards achieving her best health ever.

INJURY MANAGEMENT

Dr. Jessica Propes, D.C.
WELL ADJUSTED
BUCKHEAD





Well Adjusted Buckhead, LLC

70 Lenox Pointe Rd NE, Suite D, Atlanta, GA 30324
404.600.4117
@drjessica_welladjusted

Dr. Jessica Duncan Propes, D.C., B.S., GTS

Well Adjusted Buckhead features Owner and Chiropractor, Dr. Jessica Propes. Her personalized chiropractic and soft tissue services will restore and promote optimal function so you can hit your training harder than ever! An athlete herself, Dr. Jessica is experienced with managing the health of athletes, and understands fully what your body goes through during a training session. She is credentialed at the highest level in Graston Technique, and is well versed in several soft tissue and chiropractic techniques that will give you the competitive advantage you need!

You can watch her videos at www.southernmuscleguide.com on the how she provides a plan for injury management so you can return to life faster and stronger.

Southern Muscle Guide presents

The 2020 Liquid Sun Rayz Courage Awards

Celebrating Inspirational Transformations

Send in your story for a chance to win the **Courage Award Trophy** & prize package valued at **$500.**



Maggie Smith representing Liquid Sun Rayz with the 2019 Courage Award winner Alison Frank and Living Donor recipient and Personal Trainer John White

For more information and entry form, go to **southernmuscleguide.com** or call **678.641.9188**

Sponsored by:

HOUSE OF PAYNE PERSONAL TRAINING

LSR LIQUID SUN RAYZ

MOJOTIVATION POSITIVE POWER STRONGER ... MIND, BODY & SOUL!

muscleegg

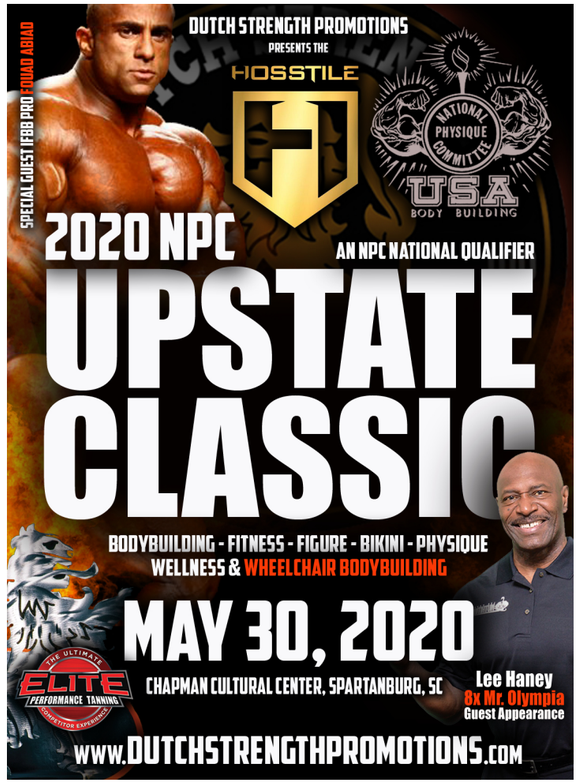
FITTALK RADIO WITH MARIA WELLS 105.9 WVGA

SMG Photo Gallery

sponsored by PRYOR ENTERTAINMENT

Films: The List, Blackbear, Tulsa, Lost Sons
Available on Amazon & Netflix
PryorEntertainment.com

Pryor Entertainment creates films and content that inspires, entertains, and educates so that others may truly live. The message conveyed at the bodybuilding shows can be seen in the photos of the athletes, judges, staff, vendors, sponsors, family, friends, and promoters. Knowing the hard work, commitment, and courage it takes to step on stage is itself inspiring, entertaining, and educating but to see the smiles on the faces of the athletes and those that support and encourage them is priceless! Pryor Entertainment is proud to be the official sponsor of the SMG Photo Gallery. Check out photos from the 2019 NPC season and then go to southernmuscleguide.com to see photos from over 40 shows over the past two seasons. Look for SMG at the 2020 shows; we invite you to come take a picture with us!





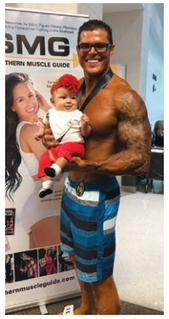
2019 NPC Battle On The Gulf Coast



2019 NPC Flex Lewis Classic



2019 NPC Florida State Championships



2019 NPC City of Champions






2019 NPC Alabama State Championships






2019 NPC Knox Classic

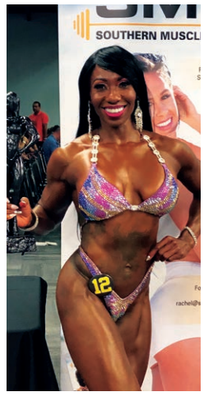






2019 NPC Southern Tournament of Champions

PRYOR ENTERTAINMENT



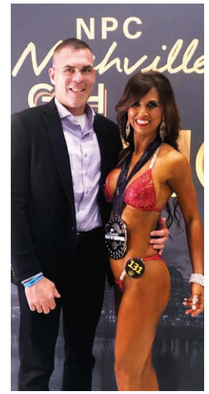







2019 NPC Muscle For Heart Championships






2019 NPC Nashville Night Of Champions









2019 NPC Tennessee State Championships

Go to SouthernMuscleGuide.com for more show pics!

Day Of Show Checklist

- ❑ All competitors must wear their competition suits to check-ins
- ❑ Have a picture (copy) of your NPC card on your phone. For quick and easy access, save it in your favorites.
- ❑ 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
- ❑ Safety pins, needle & thread, scissors, sequin glue
- ❑ Tampons – can't tell you the number of girls who start their cycle the day of the show! (female only)
- ❑ 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 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.
- ❑ Confidence & a smile! You're going to do great!





2020 Carolina NPC COMPETITIONS

CAROLINA NPC

Bodybuilding • Fitness • Figure • Physique • Bikini • Wellness

NPC Southern TOC
March 14, 2020
Manning, SC

NPC Border Klash
April 4, 2020
Aiken, SC

NPC Charlotte Cup
April 14, 2020
Manning, SC

NPC Palmetto Classic
May 2, 2020
Columbia, SC

NPC Junior USA
May 15-16, 2020
Charleston, SC

NPC Upstate Classic
May 31, 2020
Spartanburg, SC

NPC Atlantic Coast
June 13, 2020
Raleigh, NC

NPC Victory Classic
June 27, 2020
Charlotte, NC

SC NPC Excaliber
August 15, 2020
Charleston, SC

NPC Carolina State
August 29, 2020
Charleston, SC

NPC Muscle Heat
September 12, 2020
Greensboro, NC

NPC Stewart Fitness
September 26, 2020
Charlotte, NC

NPC Mid Atlantic
October, 2020
Charlotte, NC

NPC Elite Muscle Classic
November 14, 2020
Greensboro, NC

www.carolinanpc.com

2020 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/ Promoter/Contact
NPC IFBB Arnold Classic & Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships	**March 5-8**	**Columbus, OH**	**arnoldsportsfestival.com, Bob Lorimer & Schwarzenegger, www.arnoldsportsfestival.com/usa/**
NPC Atlantic USA	March 14	Duluth, GA	jagfitness.net, RopeElite, 770.962.7682
NPC Southern Tournament of Champions	March 14	Manning, SC	npctoc.com, kd-promotions, Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Sunshine State & CJ Classic and National Wheelchair	March 14	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Northern Kentucky Grand Prix Championships	March 21	Covington, KY	garyundit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Panhandle Showdown	April 4	Pensacola, FL	panhandleshowdown.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
IFBB World Klash & NPC Border Klash Championships	April 4	Aiken, SC	theklash.com/ elite promotions, Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Mel Chancey Champion Coast Classic	April 11	Coral Springs, FL	timgardnerproductions.com, Mel Chancey/Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC/IFBB Savannah Pro Am	April 11	Savannah, GA	LendaMurrayBodybuilding.com, Lenda Murray, MsOlympia8@msn.com, Alex Sacasa - 480.747.7401
NPC Charlotte Cup	April 18	Charlotte, NC	JohnnyStewartProductions.com, Johnny Stewart, 704.449.5603, stewartfitness@yahoo.com, Sanders Armstrong, 704.560.4637
NPC Monsta Classic	April 18	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Bayou Muscle	April 25	Matairie, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, NPCLAoffice@aol.com
NPC Diamond Classic	April 25	See website	qcbbpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Kentucky Derby Festival Championships	April 25	Louisville, KY	kentuckymuscle.com, Brent Jones, 502.387.3808
NPC Lee Banks Natural Championships* (steroid tested)	April 25	Ponte Verde, FL	leebanksnaturalchampionships.com, Lee and Lafayette Banks, 904.422.3251, admin@olympianleebanksfitness.com
NPC Rocket City Classic	April 25	Huntsville, AL	rocketcitybodybuildingclassic.com, Robert McAldory, Robertmcaldory@gmail.com, 256.468.6166
NPC Florida Grand Prix	May 2	West Palm, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Nashville Fit Show (female only)	May 2	Nashville, TN	tennesseebodybuilding.org, nashvillefitshow.com, Whitney Wiser, info@nashvillefitshow.com
NPC Palmetto Classic Competition	May 2	Columbia, SC	kd-promotions.com, Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Riptide Classic	May 2	Panama City Beach, FL	npcriptideclassic.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 9	Tunica, MS	battleonthebluffbodybuilding.com, Chris Caudy, chriscaudy@att.net, 901.857.2499, Cindy Caudy, cindycaudy@att.net, 901.619.6064
NPC Junior USA Bodybuilding Championships	**May 15-16**	**North Charleston, SC**	**npcjuniorusa.com, Tres Bennet, tresb@comcast.net, 843.270.4373**
IFBB/NPC Europa Games and NPC All National Military Forces Championships	May 23-24	Orlando, FL	europaexpo.com, Ed & Betty Pariso, 817.498.3631, bettypariso@aol.com
NPC/ IFBB Optimum Classic	May 23	Shreveport, LA	optimumclassic.com, Robert Blount, 318.347.2208, info@optimumclassic.com
NPC Vulcan Classic	May 23	Birmingham, AL	npcvulcanclassic.com, Morris & Kelly Pruett, Kellywpruett@comcast,net, 256.490.1115
NPC Iron Muscle Championships	May 30	Pearl, MS	ironmusclechamiponships.com, Richard & Amanda Clack Stegall, ironmusclechampionships.com, 601.540.5182
NPC Southeastern USA	May 30	Tampa, FL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
NPC 2020 Upstate Classic	May 30	Spartanburg, SC	dutchstrengthpromotions.com, Davina Cross, 828.989.0598, davina1@hotmail.com
NPC Eastern Seaboard	June 6	Duluth, GA	jagfitness.net, RopeElite, 770.962.7682
IFBB/NPC Miami Muscle Beach	June 6	Miami, FL	miamifitexpo.com, Paula Geobanny, 786.217.2110, miamimusclebeachpro@gmail.com
IFBB/NPC Atlantic Coast	June 13	Lauderdale, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Atlantic Coast Classic	June 13	Raleigh, NC	ncnpc.com, Johnny Grady, 910.200.0778, Pat Valentino, PValentino@triad.rr.com, 336.841.1264
NPC Battle at the River	June 13	Chattanooga, TN	tennesseebodybuilding.org, Bryan Hayworth, 423.677.3347

Show Name	Date	Location	Website/ Promoter/Contact
NPC Battle on the Gulf Coast	June 13	Biloxi, MS	battleonthegulfcoast.com, Douglas Sellers, 225.324.9991
NPC Jr. National Championships	**June 19-20**	**Chicago, IL**	**Betz/Larsen Event Mgt, npcjrnationals.com, Pam Betz, PamBetz@aol.com, 407.876.4467**
NPC Greater Gulf States	June 20	Metairie, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, NPCLAoffice@aol.com
NPC Mid-Florida Classic	June 20	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Anna Level Figure, Fitness & Bikini Championships and the 34th Annual West Palm Beach Bodybuilding & Physique Championships	June 27	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto, 516.627.9638, frankdalto44@yahoo.com
NPC Clash at the Capstone	June 27	Tuscaloosa, AL	npcclashatthecapstone.com, Ron & Michelle Wedgeworth, 205.361.7137, clashatthecapstone@hotmail.com
NPC NPC Southern USA	June 27	Orlando, FL	npcsouthernusa.net, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
NPC Victory Classic	June 27	Charlotte, NC	kd-promotions.com, Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Universe Championships	**July 2-4**	**Teaneck, NJ**	**bevfrances.com, NPCnortheast@gmail.com**
NPC Georgia Bodybuilding Championships	July 11	Atlanta, GA	georgiabodybuilding.com/ Kenneth "Doc" Neely, doc@docsports.com, 770.471.9006
NPC Greater Tennessee Valley Championships	July 11	Huntsville, AL	greaterTNvalleychampionship, Will Wise, 256.653.0150, Trey Casper, 205.420.9900, info@greaterTNvalleychampionship.com
NPC Louisianna State Championships	July 11	Lafayette, LA	lachampionships.com, Magnum Productions, Tommy Guarisco, 985.868.3936, fitshow@bellsouth.net
NPC Mississippi Championships	July 11	Jackson, MS	npcmsbodybuilding.com, Gordon & Cyndi Weir, npcmsstateshow@gmail.com, 601.906.8772 or 601.906.8837
NPC Southern States Championships	July 11	Ft. Lauderdale, FL	npcsouthernstates.com, Maria Ballando & Peter Potter, 305-968-3318, npcsouthernstates@gmail.com
Teen Collegiate & Masters National Championships	**July 15-18**	**Pittsburgh, PA**	**garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438**
NPC Body Be 1 Classic	July 18	Dothan, AL	BodyBe1.com, Roland Huff, hbodybe1@aol.com, 706.405.9539
NPC Ty Pope Classic	July 18	Lake Mary, FL	typopeclassic.com, Ty & Joanna Pope, 407.910.7074, tyjopope@yahoo.com
NPC USA Championships	**July 24-25**	**Las Vegas, NV**	**Lindsay Productions/ musclecontest.com, Tracey@musclecontest.com, 310.796.9181**
NPC Dexter Jackson Classic	July 25	Jacksonville, FL	centerpodium.com/dexterjacksonclassic, Dexter Jackson, Gayle Elle, Chris Minnes, 775-375-5438, events@centerpodium.com

Show Name	Date	Location	Website/ Promoter/Contact
IFBB/NPC Prestige Crystal Cup	July 25	Boca Raton, FL	qcbbpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Tennessee State Championships	July 25	Nashville, TN	tennesseebodybuilding.org
NPC Camellia Championships*	August 1	Slidell, LA	camelliachampionships.com, Danielle Kifer, 985.774.9029, danielle@daniellekifer.com
IFBB/ NPC Tampa Pro/ Tim Gardner Tampa Extravaganza	August 1	Tampa, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Knox Classic	TBD	Knoxville, TN	tennesseebodybuilding.org/ knoxclassic.com, Brian "Beano" Wallace
NPC Topamania	August 8	Miami, FL	topamaniaclassic.com, Stan McCrary, 786.399.8743, topamania2006@gmail.com
NPC Iron City*	August 8	Birmingham, AL	npcironcity.com, Kelly Pruett, 256.490.5858, Will Wise, 256.653.0150, info@npcironcity.com,
NPC Florida State Championships	August 15	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Total Body Championships	August 15	Tupelo, MS	totalbodygym.net, Judy & Timmy Gaillard, 662.837.5957
SC NPC Excalibur Championships	August 15	Charleston, SC	carolinanpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Alabama State Championships	August 22	Gadsden, AL	npcalabama.info, Morris Pruett, GetFitStayFit@comcast.net, 256.490.1115
NPC Kentucky Open & Kentucky State Championships	August 22	Lexington, KY	kyopenbodybuilding.com, Gene & Tina Goode, 859.516.4109 or 859.319.2122, kyopenbodybuilding@gmail.com
NPC Mel Chancey Harbor Classic	August 22	Punta Gorda, FL	npcharborclassic.com, Mel Chancey &Joe Pishkula, jpishkula@gmail.com, 937.536.9581
ROC Atlanta Extravaganza	August 22	Atlanta, GA	rocatlantaextravaganza.com, Roc Shabazz, therealroc@gmail.com
NPC Carolina State Championships & Battle of the Carolinas	August 29	Charleston, NC	npcjuniorusa.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC North American Championships	**Sept. 2-5**	**Pittsburgh, PA**	**garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438**
IFBB Olympia and Olympia Amatuer	**Sept. 10-15**	**Las Vegas, NV**	**MrOlympia.com, Dan Soloman/Tamer Guindy, contact@mrolympia.com**
NPC Iron Bay Classic	Sept. 12	Tampa, FL	ironbodyproductions, Jose E. Santiago & Son Tran, 813.440.9258, jsantiago169@hotmail.com
NPC Muscle Heat	Sept. 12	Greensboro, NC	quincyroberts.com, Quincy Roberts, 336.987.4007
IFBB Pro League Ben Weider Pro Am Natural Championships	**Sept. 18-19**	**Toronto, Canada**	**garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438**

Show Name	Date	Location	Website/ Promoter/Contact
IFBB Professional League Hurricane Pro/ NPC Hurricane Bay Championships & NPC Typhoon Bay Naturals	Sept. 18	Clearwater, FL	timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Datoyna Beach Classic	Sept. 26	Daytona Beach, FL	thedaytonabeachclassic.com, Tony Curtis & Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Ruby Championships	Sept. 26	Boca Raton, FL	qcbbpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Stewart Fitness and Greater Triad Championship	Sept. 26	High Point, NC	JohnnyStewartProductions.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
NPC Warrior Games	Sept. 26	Metairie, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784, NPCLAoffice@aol.com
NPC First Callout	Oct. 3	Coral Springs, FL	npcfirstcallout.com, Rich Alvarez, 954.501.5858, getpumped121@aol.com
NPC Peach State Championships	Oct. 3	Tifton, GA	peachstatebodybuilding.com, RopeElite, 770.962.7682, Maria Wells, 229.646.0655, mwellsnpcjudge58@gmail.com
IFBB/ NPC Worldwide International Athleticon	Oct. 9-11	Atlanta, GA	"Athleticon.com, Dwayne Johnson & Dany Garcia, Robin Chang, RChang@TGCmgmt.com"
NPC Muscle For Heart	Oct. 10	Panama City Beach	muscleforheart.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com, or 850-541-2511, vsellers@timpcb.com
NPC Mid Atlantic Classic	Oct. 2020	Charlotte, NC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Ultimate Muscle Extravaganza	Oct. 17	Lakeland, FL	thedebsgym.com, Deb Callahan, 863-812-8788, debsgym@gmail.com
NPC Flex Lewis Classic	TBD	Murfreesboro, TN	tennesseebodybuilding.org/ FlexLewis.net, flexlewisclassic@gmail.com
NPC/ IFBB Pro Leaugue Kentucky Muscle Strength & Fitness Extravaganza	Oct. 24	Louisville, KY	kentuckymuscle.com, Brent Jones, 502.387.3808
NPC Pinebelt Showdown	Oct. 24	Petal, MS	revfit247.com, Amanda & John Micka, 601.255.7581
NPC Ultimate Grand Prix	Oct. 24	Ft. Lauderdale, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Beach Bash	Oct. 31	Mobile, AL	npcbeachbash.com, Ron Wedgeworth, 205.361.7137, Bubby Lupo, 504.330.4784, Morris Pruett, 256.490.1115, info@npcbeachbash.com
NPC Natural Kentucky	Oct. 31	Covington, KY	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Klash Series All South Championships	Nov. 7	Orlando, FL	theklash.com, Joe Pishkula, 937-536-9581, jpishkula@gmail.com

Show Name	Date	Location	Website/ Promoter/Contact
NPC 2019 Lee Haney Games	Nov. 7	Atlanta, GA	leehaneygames.com, Lee Haney, info@leehaneygames.com
NPC Southern Muscle	Nov. 7	Metairie, LA	louisianamuscle.com, Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, NPCLAoffice@aol.com
NPC Nashville Night of Champions	Nov. 14	Nashville, TN	tennesseebodybuilding.org/Allen Sizemore & Kelly Webb, sizemore365@yahoo.com, 865.384.9800
NPC Elite Muscle Classic	Nov. 14	Greensboro, NC	quincyroberts.com, Quincy Roberts, 336.987.4007
NPC Florida Gold Cup & Amanda Marinelli Classic	Nov. 14	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto & Amanda Marinelli, 561.627.9638, frankdalto44@yahoo.com
NPC Paradise Coast*	Nov. 14	Panama City Beach, FL	npcparadisecoast.com, Russ Mesey & Aaron Stillwater, 850-499-2508, iammaxfit@yahoo.com
NPC National Championships	**Nov. 20-21**	**Miami, FL**	**Betz/Larsen Event Mgt, nationalbodybuilding.com, Pam Betz, PamBetz@aol.com, 407.876.4467**
NPC Mel Chancey Holiday Classic	Dec. 12	Ft. Lauderdale, FL	npcholidayclassic.com, Joe Pishkula & Mel Chancey, 937.536.9581, jpishkula@gmail.com



Event & Workshop Calendar

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. 4	NPC Louisiana Meeting/ Workshop	Holiday Inn, N Causeway Blvd	Metairie, LA	2:00pm-4:00pm	NPCLouisiana.org
Jan. 18	Cylence Posing Tour		Dallas, TX	Presented by 3X Ms Olympia Figure Cyd Gillon	cakefactoryfitness@gmail.com
Jan. 18	Posing Practice	Dothan Athletic Club	Dothan, AL	10am-1pm	Roland Huff, 706.405.9539
Jan. 25	Cylence Posing Tour		Los Angeles, CA	Presented by 3X Ms Olympia Figure Cyd Gillon	cakefactoryfitness@gmail.com
Jan. 25	MS NPC Workshop: Preparing You For the 2020 Competition Season	Clyde Muse, Center, 515 Country Pl Pkwy	Pearl, MS 39208	Learn from the IFBB Pros & national level athletes, FREE	Host: Richie and Amanda Stegall, 601-540-5182
Jan. 25	Posing Practice	Body Be 1 Inc, 2536 Weems Road	Columbus, GA	11am-2pm	Roland Huff, 706.405.9539
Jan. 26	Competition Posing Clinic	My Fitness World, 1225 So. Church St., Suite A	Charlotte, NC	IFBB Pro Figure - Dee Jackson, Men's Physique - IFBB Pro Mike Rattenni, Bikini & Wellness - IFBB Pro Lauren Adams, Men's & Women's Bodybuilding - Kevin DeHaven	"deejsfitnation.com, Info@deejsfitnation.com deejackson@deejsfitnation.com"
Feb. 7-8	2020 Posing Workshop	House of Payne Personal Training, 4565 Lawrenceville Highway NW	Lilburn, GA	Friday meet & greet and roundtable Q & A 6:00pm-8:00pm, Saturday posing, critiques, vendors, and more! 1 1:00am-4:00pm	Steve & Rachel Payne, 678.641.9188, trainwithpayne.com
Feb. 8	IFBB & NPC Competitor Posing Seminar	Advanced Fit, 9643 Palm River Rd	Tampa, FL	FREE. Open to all men & women interested in the sport of bodybuilding, Learn from Official IFBB/NPC Judges	Charles Tash, advancedfit@yahoo.com, Charles Tash 813.766.3227
Feb. 8	GA NPC Meeting	House of Payne Personal Training, 4565 Lawrenceville Highway NW	Lilburn, GA	FREE and Open to the public 9:00am-10:30am	Georgianpc.com or Steve & Rachel Payne, 678.641.9188
Feb. 22	Cylence Posing Tour		Washington, DC	Presented by 3X Ms Olympia Figure Cyd Gillon	cakefactoryfitness@gmail.com
Feb. 22	NPC Tennessee Workshop	Fitness1440, 4110 N Mt Juliet Rd	Mount Juliet, TN	All categories, NPC Rules, Divisions, Judging Criteria, Q & A, Posing Info. Many IFBB Pro & NPC officials in attendance	TN Chairman, Allen Sizemore & Becca Sizemore. Tennesseebodybuilding.org
Feb. 29	Bikini & Wellness Clinic	Gold's Gym Lake Norman, 20420 W. Catawba Ave	Cornelius, NC	special guest MarieAnn "Mo" Newman, hosted by Lauren Adams	IG: Lauren Adams
March 14	NPC Seminar	LAC Westport, 9451 Westport Rd	Louisville, KY	1:00pm-5:00pm. Men's BB/ Classic 1:00-1:45pm; MP 1:45-2:30pm; WBB/ Physique 2:30-3:00pm; Figure/ Fitness3:00-3:45; Bikini/ Wellness 3:45-5:00pm	npcmidatlantic.com, Jimmy Hornback, NPC Judge; Gary Udit, NPCZone Chairman, Rick Bayardi, NPC Chairman
March 21	I.A.F.S Certification Workshop	Jag Fitness, 2021 W Liddell Rd, Ste B, Duluth, GA 30096	Lilburn, GA	Presented by Lee Haney	iafscertification.com, Jag Fitness 770.962.7682
March 28	Cylence Posing Tour		Chicago, IL	Presented by 3X Ms Olympia Figure Cyd Gillon	cakefactoryfitness@gmail.com
March 28	NPC Louisiana Meeting/ Workshop	Gold's Gym, Airline Hwy	Prairieville, LA	2:00pm-4:00pm	NPCLouisiana.org
March 28	MS NPC Workshop: Preparing You For the 2020 Competition Season	Iron Works Gym, 220 Eisenhower Dr	Biloxi, MS	Learn from IFBB Pros & national level athletes, FREE	Doug Sellers 225-324-9991 and John & Amanda Micka 601.606.8248
April 4	Athlete Meeting & Q & A at the Klash	USCA 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
April 18	NPC Tennessee Workshop	LA Fitness, 7630 Polo Grounds Blvd	Memphis, TN	All categories, NPC Rules, Divisions, Judging Criteria, Q & A, Posing Info. Many IFBB Pro & NPC officials in attendance	TN Chairman, Allen Sizemore & Becca Sizemore. Tennesseebodybuilding.org

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 10, 2020 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.

AFTER PARTY

Fit Vine Wine
With less sugar, fewer sulfites and no flavor additives, fitvinewine.com

Muscle Vodka
1st & only certified trainer approved & gluten free vodka
musclevodka.net, musclevodka@gmail.com

Pryor Entertainment
Films, info@pryorent.com

APPAREL & SHOES

Bellringer Athletic Gear
Bellringerathleticgear.com,
info@bellringerathleticgear.com
910.393.8716, Micheal & Kristi Guyton

Bulletproof Sports Inc.
bullettproofsportswear.com,
bulletproofsw@yahoo.com,
Amy Kozle, Ken Richardson

FitFlops
best in biomechanics, variety of styles, comfortable footwear
877.861.1988, info.us@fitflop.com, fitflop.com

Livesore Huntsville
livesorehuntsville.com, huntsville@livesore.net
256.698.8566, Joni Lanik

Monsta Clothing Company
2370 SW State Road 47, Lake City, FL 32025
386.466.1001, monstaclothing.com, Tony Curtis

Silverback Krew
Silverbackkrew.com,
Silverbackkrew@gmail.com
Adam Weidel, Owner

BOOKS AND MOTIVATION

Fit at Any Age
LeeHaney.com
also available at Amazon, Barnes & Noble, ebooks: Kindle, Nook, Kobo

Build Your Back, HIIT Your Way Fit
MPower Your Life, Seven Day Dial-In
Six Days of Squats, Bodybuilder's Kitchen
Train Like A Bodybuilder
Erinstern.com
also available at Amazon

Heroes Wanted: Why the World Needs You To Live Your Heart Out
by Rodney D. Bullard
available at Amazon

Mojotivation - Positive Power
motivational speaking, jewelry, coaching & more
864.993.4810, info@mojotivation.com
mojotivation.com

CHIROPRACTIC & SPORTS REHAB

Dr. Graz's Muscle Restoration
IG: drgrazmusclerestoration
Drgraztherapy@gmail.com
727.753.9094, Dr. Natalie Graziano

Lilburn Sports & Family Wellness
3035 Five Forks Trickum Rd, Lilburn, 30047
770.985.5223, www.lilburnchiropractic.com
Dr. Robert Pruni

Subzero Cryotherapy and Recovery
2505 Newpoint Parkway, Suite 200, Lawrenceville, GA 30033
770.629.3337, info@subzero3recovery.com
subzero3recovery.com

Well Adjusted Buckhead
70 Lenox Pointe Rd NE, Suite D, Atlanta, GA 30324
404.600.4117, @drjessica_welladjusted
welladjustedbuckhead.com

FACE & SKIN CARE

Beauty Fit
providing you the knowledge and quality tested products to promote overall wellness for you and your family
Beautyfit.com

IBrwows
Laura Ungureanu, Eyebrow specialists & Spa
912 Killian Hill Road, Suite 202 E, Lilburn, GA 30047
678.464.0221, i.brwows@gmail.com
ibrwows.com

FITNESS FACILITIES/ PERSONAL TRAINING GYMS

Biltmore Fitness
711 Biltmore Avenue, Asheville, NC 28803
828.776.0524, biltfit.net

Carbon Culture - USA
209 S. Royal Oaks Blvd, Suite 184, Franklin, TN
615.628.7547, info@carbonculture-usa.com
carbonculture-usa.com

Flex Appeal Miami
12814 SW 122nd Avenue, Miami, FL 33186
786.293.1776, flexappealmiami.com

Iron Works Gym
220 Eisenhower Drive, Biloxi, MS 39531
228.456.9496, ironworksbiloxi.com

House of Payne Personal Training
4565 Lawrenceville Highway NW, Lilburn, GA 30047, 678.641.9188, trainwithpayne.com

Total Body Gym
104 Cooper Street, Ripley, MS
662.512.6060, totalbodygym.net

Tres Gym
1662 Savannah Hwy, Ste 125, Charleston, SC 29407, 843.270.4373, tresgym.com

Willmore Total Fitness
209 Rescia Avenue, Rainbow City, AL 35906
256.302.9011

FOOD & MEAL PREP

Clean Eatz
cafe and meal prep service, locations throughout the southeast cleaneatz.com

Eat Clean Bro
bringing chef-prepared meals to your front door
866.258.1890, eatcleanbro.com

Ready Set Goes Meals
Fuel Your Fitness, 803.847.0131
roz_readysetgoesmeals.com
readysetgoesmeals.com

IV THERAPIES

Intravenous Solutions Wellness Centers
2817 West End Avenue, Suite 135, Nashville, TN
615.393.6978, alan@icsolns.com
Dr. Alan Davenport, DNP, MS, CRNA, APRN

Tennessee Hydration & Wellness
4114 N. Mt. Juliet Rd, Mount Juliet, TN
615.578.8404, info@tnhydration.com
Jeremy & Valerie Hagewood,
tnhydration.com

LEGAL

The Orlando Firm, P.C.
Decatur Court, Suite 400
315 West Ponce de Leon Avenue, Decatur, GA.
Atlanta.law, 678-LAW-FIRM,
roger@OrlandoFirm.com, Roger Orlando

Scott Pryor Law
6185 Crooked Creek Road NW, Suite H
Peachtree Corners, GA 30092,
scottpryorlaw.com, 404.474.7122,
scott@scottpryorlaw.com, Scott Pryor

MAKE-UP AND HAIR SERVICES

EYEkonik Beauty
a traveling beauty team, Crystal Alexis
321-261-8443, EYEkonikBeauty@GMail.com

Valerie Payne, Make-Up Artist
770.330.9960, Instagram: makeup.by.val
everyday • special occasions • make-up tutorials

MASSAGE AND THERAGUNS

House of Payne Personal Training
4565 Lawrenceville Highway
Lilburn, GA 30047
678.467.0666, Daniela@trainwithpayne.com
Daniela Brown

Movement Guides
T-Dot Mobility System, Squat Guide
280 East Corporate Drive, Suite 120, Meridian, ID
208.288.5505, Movement Guides.com

MEAL PREP BAGS

Fit Style Brand
Food prep bags, apparel & jewelry
info@fitstylebrand.com, FitStyleBrand.com

Isolator Fitness
Meal prep bags, accessories, pasta, lifting straps
610.370.7915, support@isolatorfitness.com
isolatorfitness.com

Six Pack Bags
Meal prep bags, accessories, sauces
888.240.7009, info@sixpackbags.com
sixpackbags.com

MEDIA & MARKETING

FITTALK RADIO, WVGA 105.9
229.241.1059, Valdostatoday.com, Maria Wells

RB Image & Marketing Management
design, management, consulting, social media & more, 678.461.0481, rbmarketing.net, Richard Basantes

Southern Muscle Guide
4565 Lawrenceville Highway NW, Lilburn, GA 30047, 678.641.9188, southernmuscleguide.com, Rachel Payne

MEDICAL & HEALTH SERVICES

CPR First
American Heart Association
CPR/AED/FIRST AID INSTRUCTOR
678.4141.0288, DScottCPRFirst@aol.com
Dave Scott

Dr. Randy Rudderman MD FACS
body contouring, breast augmentation, Implant revision, non-surgical facial rejuvenation
3400-C Old Milton Parkway, Suite 450, Alpharetta, GA 30005, 678.566.7200
drrudderman.com

Vinings Surgery Center
1900 The Exchange SE Bldg 300, Ste 300, Atlanta, GA 30339, 770.955.9000,
colgrove.com, Dr. Colgrove

ORGANIZATIONS/ EDUCATION

International Association of Fit Sciences
P.O. Box 142489, Fayetteville GA
770.460.8844, www.IAFSCertification.com
NPCnewsonline



ALABAMA 2020 NPC ALABAMA COMPETITION SCHEDULE

NATIONAL QUALIFIER

April 25th
NPC ROCKET CITY CLASSIC
Location: **DECATUR** • www.rocketcitybodybuilding.com

NATIONAL QUALIFIER

May 23rd
NPC VULCAN CLASSIC
Location: **BIRMINGHAM** • www.thenpcvulcanclassic.com

NATIONAL QUALIFIER

June 27th
NPC CLASH AT THE CAPSTONE
Location: **TUSCALOOSA** • www.npcclashatthecapstone.com

NATIONAL QUALIFIER

July 11th
NPC GREATER TENNESSEE VALLEY
Location: **HUNTSVILLE** • www.greatertnvalleychampionships.com

New Show!!

NATIONAL QUALIFIER

July 18th
NPC BODY BE 1 - DOTHAN
Location: **DOTHAN** • www.bodybe1classic.com

August 8th
NPC IRON CITY
Location: **BIRMINGHAM** • www.npcironcity.com

New Show!!

NATIONAL QUALIFIER

August 22nd
NPC ALABAMA STATE CHAMPIONSHIPS
Location: **GADSDEN** • www.npcalabama.info

****ALABAMA** RESIDENTS ONLY**

NATIONAL QUALIFIER

October 31st
NPC BEACH BASH
Location: **ORANGE BEACH** • www.npcbeachbash.com

New Show!!

National Physique Committee (NPC) and IFBB Pro League
npcnewsonline.com
State Chairman

- Kentucky - Gary Udit, garyudit.com
- Mississippi - Zonzie McLaurin, FB: NPC MS
- Louisiana - Luke Tesvich, npclouisiana.org
- Tennessee - Allen Sizemore, Kelly Webb, Vice Chairman, tennesseebodybuilding.org
- North & South Carolina - Tres Bennett, carolinanpc.com
- Alabama - Morris Pruett, npcalabama.info
- Georgia - Vince Crawford, Chairman, Maynard "Chip" White, Vice Chairman, Georgianpc.com
- Florida - Tim Gardner, South FL Chairman, Joe Pishkula, Central FL Chairman, & Tony Curtis, North FL Chairman, floridanpc.com

PHOTOGRAPHY

Dan Ray Photography
IG @danrayphoto

Mark Mason Photography
photo & video production
mark@markmasonmedia.com
and Alex Byars IG @byars_bodybuilding
markmasonmedia.com

Hector Mendoza Photography
IG @mdozaphotography

Monsta Photos
386.288.8111, chris@monstaclothing.com
monstaphotos.com

Nvision Photography of Atlanta
404.663.8991, www.nvisionatl.com
Michael Brewer

APPS/AT HOME WORKOUTS

AshleyKFit app
Ashley Kaltwasser, AshleyKFit.com

At Home With Daniela
6-week workout program
trainwithpayne.com, Daniela Brown

POSING SUITS, COMPETITION JEWELRY, COMPETITION SHOES

CJ's Elite Competition Wear
750 E. Sample Road, Building #4 Unit #1
Pompano Beach, FL 33064, 954.786.9977
FB: CJ's Elite Competition Wear
NPC & IFBB Custom Regulation Posing Suits
including Classic Physique & BB
Cynthia-James.com
Cynthia James

Doc Sports
6415 Tara Blvd, Jonesboro, GA
Men's bodybuilding posing suits
770.471.9006, docsports.com
doc@docssports.com, Doc Neely

First Class Fit Jewelry
Lifestyle & competition jewelry & posing suits
www.firstclassfitjewelry.com

Snaz75
5" Fitness Model Heels M Brooke
585.645.6110, Snaz75.com
20% off discount code: SOUTHERNMUSCLE

Waterbabies Bikini
2005 Beckenham Walk Ln., Dacula, GA 30019
404.285.2000, www.waterbabiesbikini.com
designer@waterbabiesbikini.com, Christine Shen

REAL ESTATE

Eddie Ferrell, Crye-Leike Realtors
Cell: 931.320.4552, Office: 615.650.7447
eddie@eddieferrell.com, eddieferrell.com

SUPPLEMENTS & CBD

Beauty Fit
Providing you the knowledge and quality tested products to promote overall wellness for you and your family. Beautyfit.com

NPC SOUTHERN TOURNAMENT OF CHAMPIONS
MARCH 14th 2020 — Manning, SC
NPC PALMETTO Classic competition
MAY 2nd 2020 — Columbia, SC
NPC VICTORY CLASSIC
JUNE 27th 2020 — Charlotte, NC
NPC JAY CUTLER CLASSIC
AUGUST 8th 2020 — Richmond, VA
NPC MID-ATLANTIC CLASSIC
OCTOBER COMING SOON! 2020 — Charlotte, NC

KD PROMOTIONS
NATIONAL PHYSIQUE COMMITTEE USA BODY BUILDING



REGISTRATION & UPDATES!
SCNPC.COM | NCNPC.COM
NPCMIDATLANTIC.COM

KD-PROMOTIONS.COM
NPC: BODYBUILDING | FITNESS | PHYSIQUE | CLASSIC PHYSIQUE | FIGURE | BIKINI | WELLNESS

Complete Nutrition
5450 Whittlesey Blvd #4, Columbus, GA 31909
(541) 286-4022

HiveFit
Healthy supplements
info@hivefit.com, hivefit.com, Raul Hiteshew

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

Lifeline
303.993.1995.info@lifelinecbd.com
lifeline-cbd.com

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

NO-BS Nutrition
getdirty.nobsnutrition.com

Nutrition Faktory
NutritionFaktory.com

TeamKattouf Nutrition
Kattoufstore.com

TANNING & ACCESSORIES

Liquid Sun Rayz
Competition Make up & Hair
Liquidsunrayz.com

LSR Certified Service Providers

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

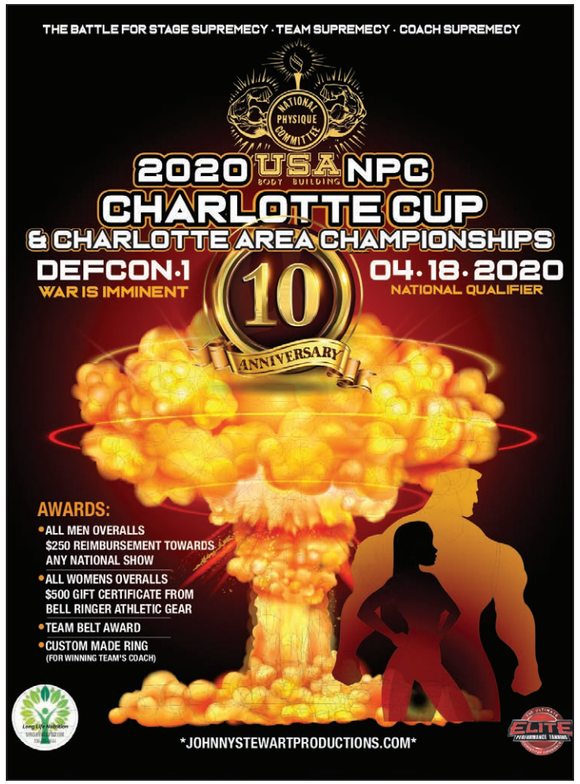
GEORGIA
Spray Tans by Maggie & Co
spraytansbymaggie.com, 678-642-9972,
Maggie@spraytansbyMaggie.com
IG @maggiesmith09
FB business page: spraytansbymaggie
Scheduling link:
bookeo.com/spraytansbymag-
gie?ctlsrc=1517328143157

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

T5 MOBILE TANNING
Kim Trahan
337.288.6508
www.getspraytan.com

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

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







LIQUID SUN RAYZ

(844) SUN-RAYZ



Autumn Cleveland

IFBB Figure Pro

@liquidsunrayz

liquidsunrayz

liquidsunrayz.com



Photo by Joe Lyman