

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.

bulletproofsportswear.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](https://www.instagram.com/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

IBrows

Laura Ungureanu, Eyebrow specialists & Spa
912 Killian Hill Road, Suite 202 E,
Lilburn, GA 30047. 678.464.0221
i.brows@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 Resciana 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](https://www.instagram.com/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
drudderman.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

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

POISING 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

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 Factory

NutritionFactory.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?ctlsr=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