

Trainers Guide

GEORGIA



Raul Hiteshew, HiveFit

Hivefit.com, info@hivefit.com

Raul Hiteshew is the owner, lead personal re-imaging coach and a successful NPC competitor. HiveFit® represents an innovative approach to body re-imaging through personalized nutrition and fitness programs. Through a process known as Triangulated Body Re-imaging™, HiveFit® nutrition experts are able to lead you to your desired fitness and nutritional goals.



Steve Payne, House of Payne Personal Training

Trainwithpayne.com

678.641.9188

Steve Payne, Competition Prep Coach, Posing Coach and NPC/IFBB Expeditor, House of Payne Personal Training is recognized across the southeast as having one of the premier training facilities for bodybuilding, physique, figure and bikini competitors. Shaping Bodies – It's What We Do.

NORTH CAROLINA



Kevin DeHaven & Cornelius Parkin

DeconNutritionandTraining.com

704-661-5142

Decon Nutrition and Training is the premier online & in person coaching service. With over 30 years of combined experience and proven results, they have joined forces to coach athletes at all levels.



Johnny Stewart

StewartFitness.com

704.449.5603

IFBB Pro and Personal Trainer, Stewart has successfully been training and developing the next tier of pro athletes by using his 25 years of experience in bodybuilding and knowledge of nutrition. "As a trainer, I live by three things of importance and they are: Your health, your success, and my reputation and I don't compromise any of these."