

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, 2021 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, 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, 256.698.8566
huntsville@livesore.net, 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

AT HOME, IN GYM & ONLINE WORKOUTS

BodyFit with Aimee

Aimee Parscale, [#bodyfitwithaimee](https://www.instagram.com/bodyfitwithaimee)
770.633.8257, bodyfitaimee@gmail.com

Ashley K Fit

Ashley Kaltwasser, 3X Ms Olympia
AshleyKFit.com

Mojotivation - Positive Power

Virtual training, motivational speaking, positive jewelry, coaching & more
864.993.4810
info@mojotivation.com, mojotivation.com

Nikkifit Fitness

nikkifitfitness.com

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, 2X_ms_olympia
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

Well Adjusted Buckhead

70 Lenox Pointe Rd NE, Suite D,
Atlanta, GA 30324
404.600.4117, [@drjessica_welladjusted](https://www.instagram.com/drjessica_welladjusted)
welladjustedbuckhead.com

FACE & SKIN CARE

Arbonne

Rachel Bochat, District Manager & Independent Consultant, [@rachelbochat](https://www.instagram.com/rachelbochat)

Beauty Fit

Providing you the knowledge and quality tested products to promote overall wellness for you and your family
[@beautyfit](https://www.instagram.com/beautyfit), 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, ibrrows.com

FITNESS FACILITIES/ PERSONAL TRAINING GYMS

Biltmore Fitness

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

Body Be 1

2536 Weems Road, Columbus, GA
706.405.9539, [@bodybe1](https://www.instagram.com/bodybe1)
Hbodybe1@aol.com, bodybe1.com

Carbon Culture - USA

(Two Locations)
209 S. Royal Oaks Blvd, Suite 184, Franklin, TN
615.628.7547, info@carbonculture-usa.com
1311 Greshampark Dr, Murfreesboro, TN
615.807.1381, info@carbonculture-usa.com
carbonculture-usa.com

SouthernMuscleGuide.com

Elite Fitness

15903 Old Statesville Rd, Huntsville, NC
704.727.0710, huntersvilleelitefitness@gmail.com
Elitefitnesshuntersville.com, [@elitefitness_huntersville](https://www.instagram.com/elitefitness_huntersville)

House of Payne Personal Training

4565 Lawrenceville Highway NW,
Lilburn, GA 30047, 678.641.9188, trainwithpayne.com

Iron Works Gym

220 Eisenhower Drive, Biloxi, MS 39531
228.456.9496, ironworksgymbiloxi.com

Rise Athletics

4332 Mundy Mill Road, Oakwood, GA 30566
riseathleticclub.com

Titanz Fitness

1834 South Cobb Ind. Blvd, Smyrna, GA
770.989.1884, [@titanzfitness](https://www.instagram.com/titanzfitness), titanz.net

Total Body Gym (Two Locations)

104 Cooper Street, Ripley, MS
8975 Highway 178, Olive Branch, 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

Southern Athletics

6597-G Roswell Rd NE, Sandy Springs
404.481.5263, [@southernathletics](https://www.instagram.com/southernathletics)
southernathletics.com

LEGAL

The Orlando Firm, P.C.

Decatur Court, Suite 400
315 West Ponce de Leon Avenue, Decatur, GA,
Roger@OrlandoFirm.com, Roger Orlando,
678-LAW-FIRM, atlanta.law
martinilawyer.com, [@martinilawyer](https://www.instagram.com/martinilawyer)

Scott Pryor Law

6185 Crooked Creek Road NW, Suite H
Peachtree Corners, GA 30092
scott@scottpryorlaw.com, Scott Pryor
404.474.7122, [@scottpryorofficial](https://www.instagram.com/scottpryorofficial)
scottpryorlaw.com

MAKE-UP AND HAIR SERVICES

EYEkonik Beauty

A traveling beauty team, Crystal Alexis
321-261-8443,
EYEkonikBeauty@GMail.com

Styles by K

Competition Hair & Make Up
407.973.4155, Kareenestyles@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

House of Payne Personal Training

4565 Lawrenceville Highway
Lilburn, GA 30047
678.467.0666, Daniela@trainwithpayne.com
Daniela Brown

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

The Healthicians

1230 Johnson Ferry pl., Suite a-20, Marietta, GA
678.996.6151, @thehealthicians, Thehealthicians.com

Dr. Randy Rudderman MD FACS

Body contouring, breast augmentation, Implant
revision, non-surgical facial rejuvenation
Two Locations - Buckhead & Alpharetta, GA
678.566.7200, drrudderman.com

Rejuvenate Georgia Restorative Health

12195 Highway 92, Suite 112, Woodstock, GA
404.500.8695, @rejuvenategeorgia
RejuvenateGeorgia.com

Vinings Surgery Center

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

MUSIC DJ'S

Brett Gardner

IFBB Pro League DJ, @trashtronaut

DJ Nelson

@djnelsonmusic

Freddy Naidu

DJ/Emcee, freddy.naidu@gmail.com

ORGANIZATIONS/EDUCATION

International Association of Fit Sciences

P.O. Box 142489, Fayetteville GA
770.460.8844
IAFSCertification.com

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, npctn.com

- 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 District Chairman,
Joe Pishkula, Central District Chairman,
& Tony Curtis, North District Chairman,
floridanpc.com

PHOTOGRAPHY

Dan Ray Photography

IG @danrayphoto

Hector Mendoza Photography

IG @mdozaphotography

Mark Mason Photography

photo & video production
mark@markmasonmedia.com
@markmasonmedia,
markmasonmedia.com
and Alex Byars,
byarsbodybuilding@gmail.com
@byars_bodybuilding

Monsta Photos

386.288.8111
chris@monstaclimbing.com
monstaphotos.com

Nvision Photography of Atlanta

404.663.8991
www.nvisionatl.com
Michael Brewer

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

SKS Competition Bikinis

@sksfitness, sksfitness@hotmail.com,
sksfitness.com

The Shoe Fairy

Bikini, Figure & Wellness Competition heels,
jewelry & extras, Shoefairyofficial.com

Vandella Costumes

Custom Bodybuilding & Bikini Suits
Vandellacostumes.com

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

Atlanta Dispensary

866.atl-disp (285-3477), info@atldispensary.com
ATLDispensary.com

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

MTS Nutrition

[@mtsnutrition](http://mtsnutrition.com), Mtsnutrition.com

O15 Nutrition

@o15nutrition, O15nutrition.com

ReviveMD

@revive_md, Revivesups.com

Tennessee Pre

@tennessee_pre, Tennesseepre.com

TANNING & ACCESSORIES

Liquid Sun Rayz

Competition Make up & Hair
Liquidsunrayz.com

LSR Certified Service Providers

FLORIDA

Hot Spot Competition Tanning

hotspotsarasota.com
hotspotcompetitiontanning.com

FB: HotSpotOnTheGo

IG: @hotspotcompetitiontanning

GEORGIA

Spray Tans by Maggie & Co

spraytansbymaggie.co
678-642-9972

Maggie@spraytansbyMaggie.com

IG @maggiesmith09

FB business page: spraytansbymaggie.com

Spraytansbymaggie.com

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
showtanningprofessionals.com
FB: showtanningprofessionals
IG: @showtanningprofessionals

TEXAS

Show Glo Competition Tanning

Scott and Lisa Ramsey, Shoglotan@gmail.com

TATTOO ARTIST

Sink or Swim Studio

Tattoo, Piercing, Fine Art
1289 Roswell Rd., Marietta, GA
770.977.8287
@sinkorswim_studio
Sinkorswimstudio.com




2021 NPC Charlotte Cup Presents
GYM REAPER
 April 17, 2021
Killing The Stage

LOCATION:
 Charlotte Convention Center
 501 S College Street
 Charlotte, NC 28202

HOST HOTEL:
 Hilton Garden Inn
 508 E Martin Luther King Jr Blvd
 Charlotte, NC 28202

AWARDS:
 - Prestigious #1 Coach Ring
 - Team Belt Award
 - \$250 Reimbursement for all Open Men's Overall Winners
 - \$500 Mrs. Cuyton's Suits Gift Card for all Open Women's Overall Winners
JohnnyStewartProductions.com



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 WHAT WILL YOU TRANSFORM INTO?
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 HIGH POINT, NC
 SEPTEMBER 18
2021
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2021 NPC STEWARTFITNESS AND GREATER TRIAD BODYBUILDING CHAMPIONSHIPS

Host Hotel:
REDLION HOTEL HIGH POINT
 135 S MAIN ST
 HIGH POINT
 NC 27260

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 \$250 REIMBURSEMENT TO OPEN CLASS WINNERS TOWARD ANY NATIONAL SHOW.
COACHES RING TEAM BELT SPECIAL
OVERALL WINNER PRIZES AND THE TRANSFORMATION AWARDS.







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JUNE 12TH 2021

www.titanzklash.com

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