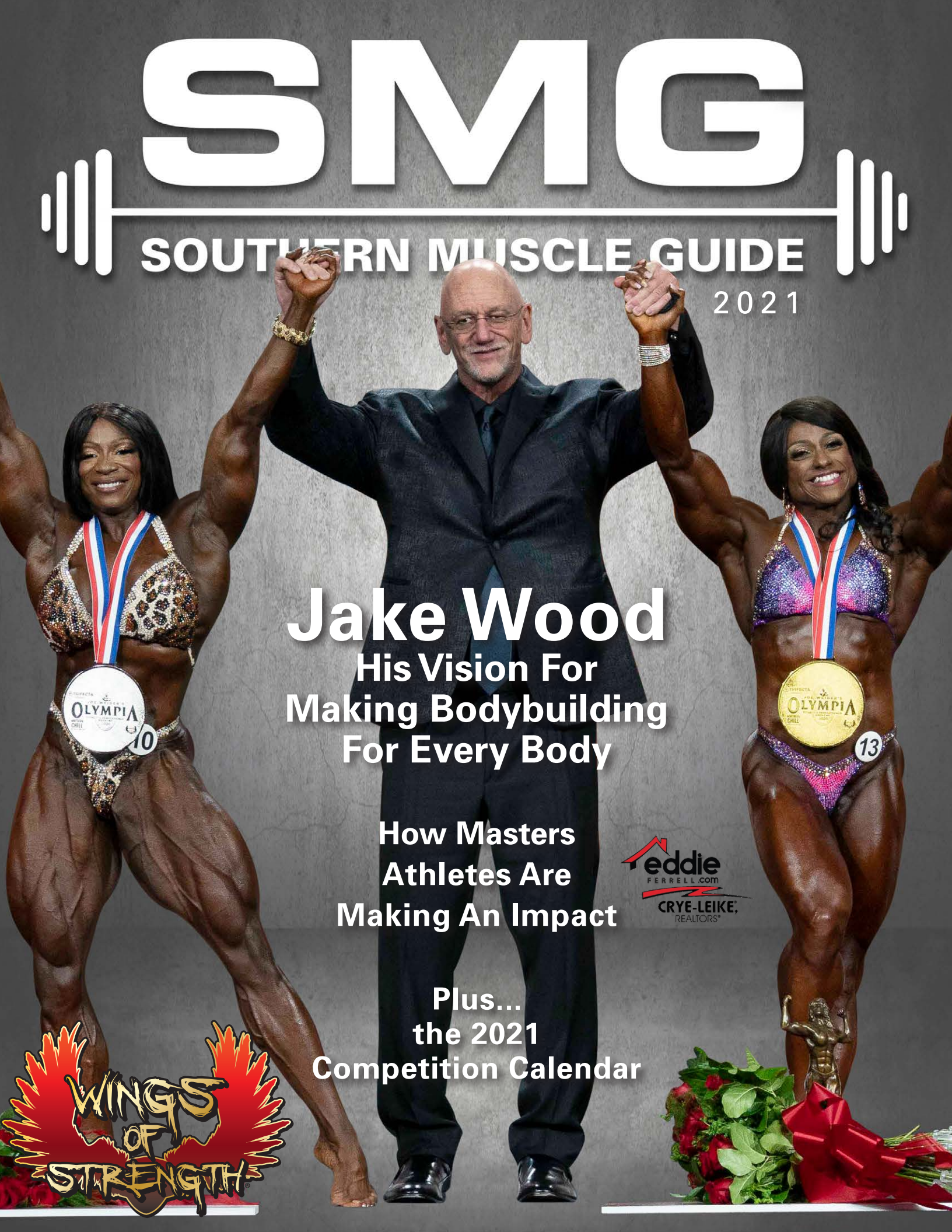


# S M G

SOUTHERN MUSCLE GUIDE

2021



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## Letter From The Publisher



Rachel Payne  
Publisher, SMG

Looking ahead fills me with excitement. The idea of having a vision, defining goals with clarity, and planning the steps necessary to make them happen is what drives me to wake up with energy and determination every day. What makes it even better is that I love what I do.

The same can be said for Jake Wood, transforming his passion into a multinational promotions and media company. Without a doubt, Wings of Strength has become a dominant force and one of the fastest growing companies in bodybuilding. In our cover feature article, he discusses his vision to make bodybuilding for every body, the future of the sport, and the athletes. In a similar fashion, many competitors and fitness enthusiasts alike go through the same process as they start the new year. It's having a clear vision of what you want to accomplish and making a plan for success. In other words, it's the process that becomes both meaningful and empowering. 3X Ms Bikini Olympia Ashley Kaltwasser shares her tips to help you get through the workouts when you'd rather be anywhere but the gym (let's face it, we all have those days!). When it comes to being out of your normal routine whether it's travel for work or pleasure, Erin Stern 2X Ms Figure Olympia helps you stay in shape on the road with great time-saving ways to get your workout in.

One of the greatest challenges for most of us is meal prep. If this is true for you, you'll want to check out our article on "Making Meal Prep Easy" where fitness professional and model Nicole Raymond breaks it all down into simple easy to follow steps. Helping you turn your off season into an improvement season" is IFBB Fitness Pro Becca Sizemore.

The one common threads each of these successful people share is that they all have a vision and a passion, they all make a plan, and the enjoyment of the process is what has led to their successes. That's not to say it's not hard and you may be faced with challenges along the way. Jimmy Mentis, owner of BeautyFit wants you to remember, "It was determination and the ability to adapt that got you through 2020." This is a concept we repeatedly see in the LSR Inspiration Stories of IFBB Pro Derina Wilson & 2X Ms Fitness Olympia Whitney Jones and the Eddie Ferrell Masters Athletes. These are motivation must reads! It's the visions we set for ourselves that allow for the transformations to occur. Change will happen if you trust the process. As you look through the new 2021 competition schedule to pick your show, setting new goals and making new plans, look ahead with excitement because you love what you do!

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# 6 Tips for Training While Traveling

By Erin Stern

**T**raining while traveling always requires a little extra planning. Whether it's a tropical location, a road trip, or to go see family, it can help to have a game plan for staying fit. If you're dedicated to training like I am, extended amounts of time away from your gym can bring a little stress. Realistically, a few days to a week off can be good for recovery and for de-loading. On the other hand, weight gain and other effects stem from the combination of vacation activities and time away from the gym. Fortunately, there are a few fixes we can use to help stay on track.

When traveling, it can help to wake up a little earlier to fit a quick workout in. An early morning sweat can help boost metabolism throughout the day and can help ensure that we don't put it off. Since you may not have access to a gym, aim for constant motion and high reps, as this will help keep your heart rate up. As an additional bonus, you might not be used to circuit training – and this can be a great way to break through plateaus!



## Here are just a few ideas:

**1. Jump rope.** Intervals are a great way to get a quick workout in. Aim for 2-3 Tabata circuits, which is 20 seconds all out, followed by 10 seconds rest. You'll repeat for a total of 4 minutes. You can find Tabata timers for free on YouTube or on SoundCloud. Or, you can choose a ratio for your intervals and rest. If you're going all out, your ratio might be 1:3 or 1:4 interval to rest time. For example, a 1:3 might be 15 seconds all out, followed by 45 seconds rest. The goal for the workout is to get in 15-20 minutes of intervals. Rest is included in this figure! Give yourself a little extra time for a warm up and cool down.

**2. Resistance bands.** Bands are light and take up extraordinarily little space. This makes them ideal for tossing into a carry on. I purchased bands that have an extra tether for attaching to a door, allowing for a greater range of exercises, like pull downs, pull throughs, and lateral raises. Supersets and circuits work great with bands. Aim for 2-3 exercises in a row, with no rest in between. Increase the tension of the band or slow down the tempo to make the workout more challenging. As with the jump rope workout, aim for around 20 minutes of activity.

**3. Stairwells.** If you're in a hotel, or have access to stairs, add in some sprints! To reap the benefits of sprints, aim for at least 7 seconds of maximum effort. 4-8 sprints total is enough to boost metabolism for up to 48 hours. Recovery between sprints will vary. Make sure your heart rate is down to 60% of max (220-age), before you start the next sprint. Don't want to sprint? Try alternating steps, adding lunges, and double hops.

**4. Outdoor adventures.** If you're on vacation, opt to walk or bike. Metabolism is also boosted through NEAT, or non-exercise activity thermogenesis. This means that you'll burn up to 1,000 extra calories just by getting up and moving around!

**5. Bodyweight circuits.** These are great to do on their own, or you can add them into any workout. Exercises like planks, jumping jacks, pop squats, mountain climbers, burpees, and scissor jumps can be done just about anywhere. Choose 5-10 exercises and do 8-20 reps per exercise, with no rest in between. Rest 2-3 minutes and repeat. 4-5 circuits is all you need!

**6. Household items.** Don't laugh! I used gallon jugs of water for a workout while on vacation! You can perform dips on a chair, step ups on a sturdy table, and decline pushups on a couch. Try to perform as many compound movements as possible and keep moving for 20-30 minutes. For additional intensity, add some abs exercises in between or jump rope!

Get quick workouts in when you can and get up and move when possible. It is important to push yourself, but it's also important to enjoy the time off and recharge your batteries. Stay safe and EnjoyYourTravels!

*Erin is a fitness model and bodybuilder who competes in the IFBB Pro League and has won over 14 titles. To contact Erin Stern for information on her training programs, books, and more, go to [Erinstern.com](http://Erinstern.com) or email her at [erin@erinstern.com](mailto:erin@erinstern.com).*



“ Since you may not have access to a gym, aim for constant motion and high reps. This will help keep your heart rate up. ”

# Making Meal Prep Easy

By Nikki Raymond



If you've ever spoken with a competitive bodybuilder or just scrolled through a bikini athlete's Instagram feed, you probably won't be surprised to learn they achieve their muscular, lean bodies through a regimented exercise and nutrition program.

If you are reading this article and your goal is to transform your body, be it adding lean muscle to your frame or dropping unwanted body fat, the key to success lies in the kitchen and having a plan designed to meet your specific goals. In order to achieve your goals and successfully execute your plan you need to do one important thing: meal prep, meal prep, meal prep!

Winston Churchill said it best, "He who fails to plan is planning to fail!" In this article I am going to lay out some of the basic principles of meal prep along with a few awesome tips to help you achieve optimal health and or your desired physique. Plus, one of my favorite meal prep recipes that will make you drool. So, let's jump right to it!

“In order to achieve your goals and successfully execute your plan you need to do one important thing: meal prep, meal prep, meal prep!”

## The Basics: Nutrition

Nutrition doesn't have a one-size-fits-all plan that people need to follow. However, most programs combine a calorie counting diet with a macro diet.

Calorie counting requires tracking your calories so that you keep close tabs on exactly how much you're eating each day. Counting macronutrients (macros for short) is about making sure a certain percentage of your total calories come from each of the three macronutrients: protein, carbohydrates, and fat.

The exact percentage of macros will vary person to person. If bodybuilding is your goal, your program will most likely require a high percentage of carbs, a moderate percentage of protein, and a low to moderate percentage of fat. Sounds complicated, right? Honestly, it can be and that is why most athletes hire a coach or nutritionist to help them

figure out what their macronutrient breakdown should be. But, you are in luck, meal prep is my passion and is part of my family's lifestyle so I am going to lay it all out there for you and teach you how you can simplify the process.

## WHERE TO BEGIN:

Steps to a successful meal prep

### 1. Gather Your Tools

#### Download a Tracking App

Apps like MyFitnessPal and Lose It! make it easy to select and track foods by tallying up the calories and macros you've consumed. Plus, they'll help you learn which foods contain carbs, proteins, and fats.

#### Purchase a Kitchen Scale

Having a scale will allow you to measure food more accurately vs. eyeballing portion sizes. When trying to lose body fat or build muscle, knowing exactly how much you are eating is key.

#### Purchase Containers.

Blue top Ziploc containers are convenient, inexpensive, BPA free, and come in several shapes and sizes. I do not recommend re-heating your food in them due the potential xenoestrogens that can be released while heating.

Pyrex glass containers, while more expensive, are a safer choice, they are microwave friendly and will also last longer than plastic containers.

Sandwich bags (or zip top bags) are one of my favorite ways to portion out food while I'm in prep or on the go. You can eat right out of the bag then throw it away when you are done! This eliminates the need to wash multiple containers at night. #winning

### 2. Plan and Purchase Food

#### Grocery Shopping

Make a list before heading to the store. This is a HUGE part of meal prep success! When making your list think about each of these categories—proteins, carbs, and fats—choose three to five main foods you're going to eat for the week then add a few of your favorite veggies to your list. These will be your go-to foods and will make up the bulk of your meals for the week ahead. Also, organizing you list by departments will cut down on shopping times.

#### Stick to a Schedule

Pick one or two days each week to do your meal planning, shopping and cooking. Select days that you can easily commit to and can keep consistent throughout the months ahead. Meal prep Sunday is a favorite among athletes and health enthusiasts.

#### Stock Your Pantry with Staples

Maintaining a baseline stock of pantry staples is a great way to streamline your meal prep process and simplify menu creation. Here are a few examples of healthy and versatile foods to keep in your pantry:

- **Whole grains and Carbohydrates:** Brown or white rice, potatoes, quinoa, gluten-free oats.
- **Legumes:** Canned or dried black beans, garbanzo beans, lentils.
- **Canned goods:** Low-sodium tuna, salmon, chicken.
- **Oils:** Olive, avocado, coconut.
- **Spices/Condiments:** Hot sauce, coconut aminos (soy sauce alternative) dried herbs, balsamic vinaigrette, garlic, salt, pepper, lemon juice.
- **Other:** Protein Powder, almond butter, mixed nuts.

By keeping some of these essentials on hand, you only need to worry about picking up fresh items in your weekly grocery haul. This can help reduce stress and improve the efficiency of your meal planning efforts.

### 3. Prep Basic Food

Meal prep can help you stay on track, but only if you eat what you cooked. Instead of making things like stews, curries, and stir-fries that will require you to eat the exact same thing for five days straight, prep foods that can be combined in different ways.

For Example: Pop your go-to protein (topped with some spices) along with your veggies into the oven and let them bake at the same time. Then, use a rice cooker or the stove-top to cook your carbs while simultaneously steaming any veggies you'd like to have on hand. This is a great time to boil some eggs.

When everything is cooked, store each ingredient in separate containers that you will be able to grab from throughout the week.



#### 4. Pre-portion your meals

Pre-portioning your meals into individual containers is an excellent meal prep strategy, especially if you're trying to consume a specific amount of food.

Simply grab your prepared food out of the fridge and weigh or measure each serving into an individual container. Then you can store them in the refrigerator or freezer. When you're ready, simply reheat and eat. Easy!!

**ProTip:** If you are not following specific macros an easy way to think about meal prepping is to make a formula out of it. When deciding which foods to meal prep try to pick out one of the following formulas:

- **Basic:** Protein + Grain + Vegetable
- **Low Carb:** Protein + Vegetable + Vegetable
- **Vegetarian:** Legume + Grain + Vegetable

#### 5. Make it enjoyable

You're more likely to stick to your meal planning program if it's something you enjoy doing. Instead of thinking of it as something you have to do, try to mentally reframe it as something you get to do as a form of self-care.

If you're the household chef, consider making meal prep a family affair. Have your family help you chop vegetables or be a part of planning what to eat for the week ahead. This way, pepping becomes quality time spent together, instead of just another chore. If you are prepping by yourself, throw on your favorite music, a podcast, or an audiobook while you do it.

Remember, not everyone's meal planning and preparation processes look the same. Having the wisdom to know when you need to scale back and improve efficiency can help you stick to your goals long term and make your new healthy way of eating become part of your lifestyle. If you need more guidance on what your macros or meal plan should look like for your specific goal, reach out to your local coach or schedule a complimentary session with me to go over your plan.

#### Vanilla Latte Overnight Oats

8 ingredients • 3 hours • 4 servings



#### Ingredients

- 1 1/2 cups **Unsweetend Almond Milk**
- 1 cup **Organic Coffee** (cold, strong brewed)
- 2 tablespoons **Almond Butter** (divided)
- 2 tablespoons **Maple Syrup**
- 1/2 teaspoon **Vanilla Extract**
- 1 1/2 cups **Quick Oats**
- 1/4 cup **Chia Seeds**
- 1 1/3 tablespoons **Cacao Nibs**

#### Directions

1. In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
2. Cover and refrigerate for at least 3 hours or up to overnight.
3. To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

#### Nutrition

Amount per serving	
Calories.....	276
Carbs.....	36g
Sugar.....	6g
Fat.....	12g
Fiber.....	8g
Protein.....	8g

#### Notes

##### Leftovers

Refrigerate in an airtight container for up to five days.

##### More Flavor

Add cinnamon or pumpkin spice.

##### Additional Toppings

Top with shredded coconut, additional chia seeds or hemp seeds.

##### More Protein

Stir in your favorite protein powder or collagen powder.

Nikki Raymond is a master trainer, mom, competitor, and fitness model. You can contact her at [nikki@nikkifitfitness.com](mailto:nikki@nikkifitfitness.com).

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# How To Get Motivated For A Workout

By Ashley Kaltwasser

**W**e all have those days where we just don't feel motivated, or just feel BLAH. Believe me, I have plenty of those days too! But, if you're having one of those days, erase those negative thoughts from your head and just GO FOR IT!! You may be surprised to find that once you're in the gym, and get yourself in the zone, you'll end up having one of the best workouts.

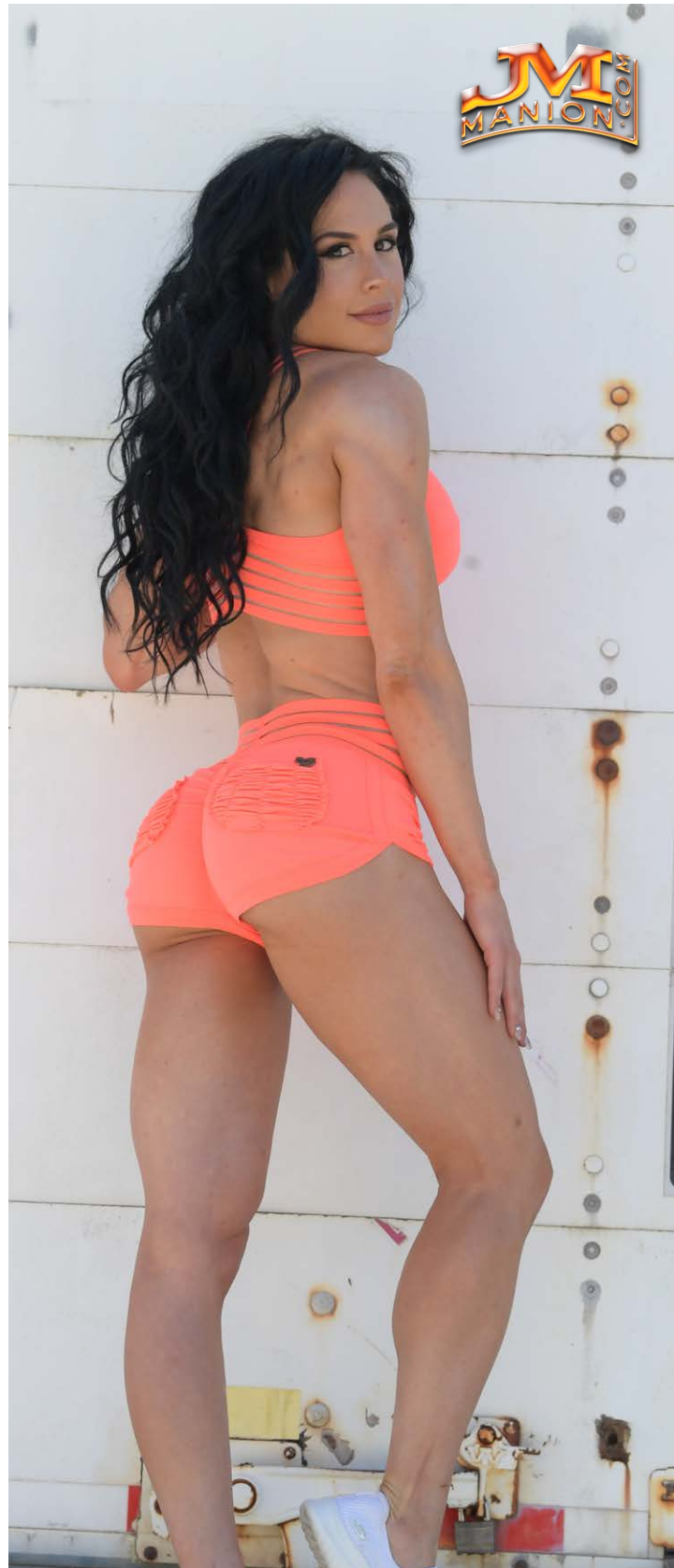
## Things to think about ....

Sometimes getting to the gym itself is the hardest part! It's a mind game we play with ourselves.

A workout is only a small portion of our day. We will feel so much better once we are finished.

## A few tips to get motivated:

- Grab a partner to make you accountable. Sometimes partner workouts can be more fun!
- Try taking a pre-workout to get you HYPED! If you're not a fan of pre-workout, coffee is great too.
- Create a motivational playlist on your phone, and play it as you get ready for the gym.
- Watch a few of your favorite motivational YouTube videos (Like my channel, for example 😊).



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## Analyze your mindset ...

- Ask yourself, "Why am I dreading the gym?" Change your mindset like a light switch from negative to positive!
- Switch up your workout routine! Maybe you're not looking forward to your workout because you're getting bored.
- Tired of the same treadmill workout every week? Try taking that run outdoors if the weather permits.
- You can also switch up your gym too!
- Enroll in a workout class. This is a way to hold yourself accountable...and it's also nice to not think about what you have to do, someone is guiding you through it! I have personally been taking OrangeTheory classes in place of my cardio.
- Reward yourself when meeting a goal. For example, if you complete all your cardio and weight lifting sessions for the month, you can reward yourself! I would not recommend you necessarily reward yourself with food, but rather a pleasant experience such as a massage, pedicure, or even a little shopping.
- Last but not least...stop reading this article and get to that workout! 😊



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## Ashley Kaltwasser

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# Turning Your Off Season Into An Improvement Season

By Becca Sizemore

All the weeks and months of focus, dieting, and all of the hard work for that very special moment being on stage was amazing! You are excited and can't wait for the next show. But that's months away - so what happens now? How do you make the most of your Improvement season and keep the excitement, drive, and determination going?!

## Step 1:

Bodybuilding is a sport that allows you to strive to create your best physique. The best parts are that we can always improve, you're never too old, and you are in complete control of your own body. Remember, a placing does not define you. No matter how high or low you placed at your show, if it's the best you've ever looked then it's a win.

## Step 2:

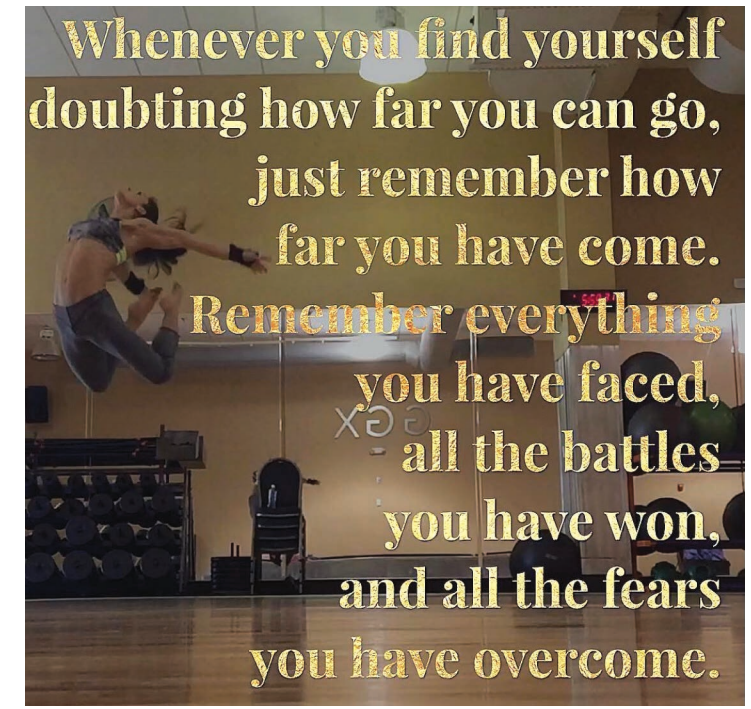
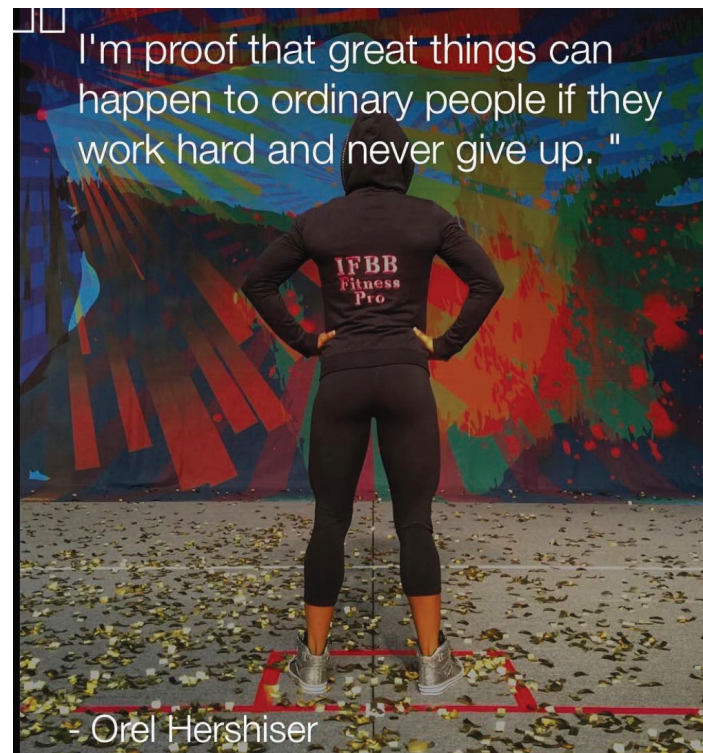
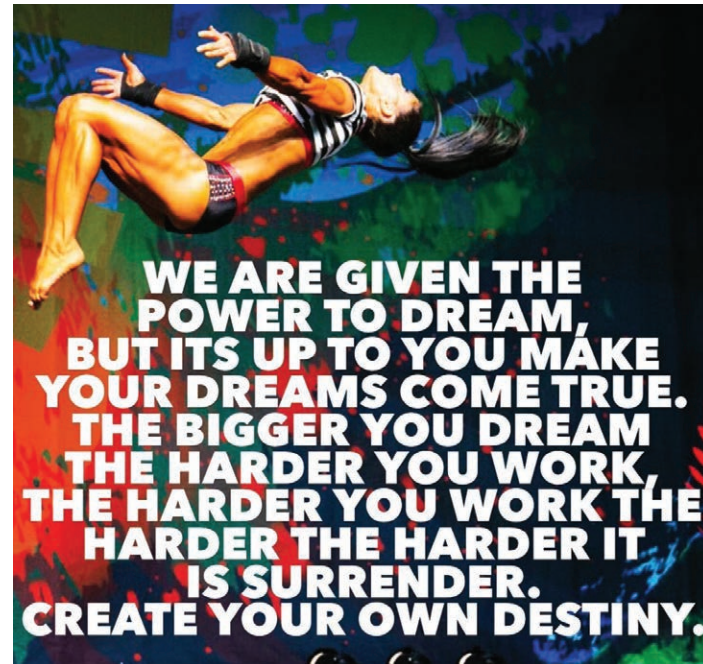
Get feedback from the judges and make a plan for what you want or need to improve on in the off season. Define your goal clearly and specifically in writing. Think of this as your personal mission statement that excites you when you say it out loud. Consider seeking help from a contest prep coach or posing coach if necessary. Set progress points along the way and discuss ways to measure your progress and adjust your plan accordingly.

## Step 3:

No joke, the improvement season is not easy; it can be hard because, unlike your prep season, the next show is in the distant future and visually the changes and improvements come more gradual and are harder to see. But it can be fun, too! The improvement season is a time to grow, a time to make changes not only in your body but changes in your workouts and nutrition plan, setting yourself up to bring a better package the next time you step on stage.

## Step 4:

Life balance also plays an important role in a sport that can be enjoyed for many years. That makes your Improvement season a good time to address any injuries or aches and pains. It's a time for self care; a time to rest, recover and heal. In a sport that is very time consuming, spending time with family and friends is also key to keeping the fun in the sport, allowing you to stay mentally stress free and fresh. Plus, having a good team of supportive people can make a huge difference in both your daily progress and prep leading into a show and the improvement season is a great time to show your appreciation. Some athletes even make vacations out of their shows, choosing to compete in different states or countries!



Taking a positive approach to your improvement season will definitely keep your drive and determination revved up and your motivation levels high, giving you the opportunity to create your own destiny. Every victory has a beginning and every journey has its obstacles and milestones. Right now begins yours. You are your future. The space between where you currently are and your wildest dreams is what defines you. Your future depends on your decision to conquer your goals. Never give up, never give in, believe in yourself, and fearlessly chase your dreams.

Becca Sizemore is an IFBB Fitness Pro, NPC Judge, Statistician, Promoter, Posing Coach and Personal Trainer. You can contact her at [sizemore3d@gmail.com](mailto:sizemore3d@gmail.com).

“Every victory has a beginning and every journey has its obstacles and milestones. Right now begins yours. You are your future.”

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 Bodybuilding OG/Former IFBB Pro  
 Health & Fitness Expert  
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# BEAUTYFIT® CORNER *Featuring Jimmy Mentis*

## Remember What Kept You on Track in 2020

**2020** was a year that broke many people – both physically and mentally. It was a year we were told to stay in our homes, don't congregate with friends and family, and one of the hardest pills to swallow for all of us was the closure of businesses and gyms.

The road to the Olympia – the Super Bowl of our sport – was a very different path when compared to years prior. Athletes and competitors were left to figure out how they'd maintain their physique during these challenging times, let alone even think about making improvements to their physique to jump on a competitive stage. Yet, something remarkable happened in our little fitness community. We adapted. We were forced to overcome. Why? Because it's the life and lifestyle we live and breathe.

When the ball dropped at midnight, and we all looked back on what was 2020, we should all be incredibly proud of the hurdles we leaped over and the mountains we were forced to climb. Health and fitness aren't just a hobby or passion for us – it's our LIFE. The strategies we used during the darkest of times should not be forgotten. In fact, they should continue to be implemented into our 2021 programs.

### New Year – New Goals – Same Grind

Many people have "shiny object syndrome," where they want the latest and greatest of everything. With new fitness gadgets, equipment, and workouts launching all of the time, it's easy to get pulled into the latest craze. But let's not forget all of the things that worked in the past.

What did you do in 2020 to overcome gyms being closed? Did you implement bodyweight exercises? Did you train outdoors? Did you stock up on home gym equipment so that you can get in a workout right there in the privacy of your own home? Don't close the door on those things as we slam the 2020 door behind us.

Think about how those (new) workouts made you feel. You probably tested yourself physically and mentally in different ways in 2020 to stimulate your muscles and burn off body fat in an effort to prep for an upcoming show. For many, you may have been so used to hitting cardio in a gym setting that you forgot how amazing and brutal cardio can be outdoors. Running, cycling, HIIT – doing those things outdoors is an entirely different animal than being stationary in a gym going through the motions.

**“ The strategies we used during the darkest of times should not be forgotten. In fact, they should continue to be implemented into our 2021 programs. ”**

We all need to use everything at our disposal and take advantage of all the opportunities we are provided. Utilize the strategies you discovered in 2020 to keep you focused and progressing with your training and physique development this new year, and don't be afraid to toss in some new things as well. Sometimes as competitors, we feel like we are on a hamster wheel or starring in the movie Groundhog Day beside Bill Murray – it's the same thing day in and day out. And while going with what works is a viable option to get you the results you desire, it's not your only option.

Now, that's not to say the week leading up to a show, you should throw a curveball and "try something new." The last thing you want to do is prep for 12-16 weeks and then ruin your peak by trying something you've never done before and had your fingers crossed. But, instead, when you have the time to try different training protocols and modalities, do it.

A word that keeps popping in my head over the last several weeks and months is ADAPT. The meaning of the word is defined as "to become adjusted to new conditions." That's

interesting, not only in the sense that 2020 was something we've never experienced before but because it's what we as competitors and fitness enthusiasts do all of the time. If we were to do the same workouts, with the same weight, with the same number of sets and reps, we can't expect change to take place, right? Our body adapts to the stimulus, and something new needs to come along to push us forward. That was 2020.

2020 entered our lives and forced us to get uncomfortable from our normal everyday life. It forced us to change. It forced us to ADAPT and OVERCOME. We had to take off the cruise control and once again grab the wheel and take control. 2020 forced you to IMPROVE. You need to take that mentality with you into 2021 and apply it to your training.

I wish you all the best of luck in the 2021 competition year!

Look for more articles throughout the year in the BeautyFit Corner at [southernmuscleguide.com](#) To contact Jimmy Mentis go to [BeautyFit.com](#)

# MASTERS ATHLETES

## MAKING AN IMPACT

by Rachel Payne

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The sport of bodybuilding has created a path for masters athletes to earn professional status. While it's not always a showcased category, the masters classes have increasingly become a large part of every bodybuilding show. As the Gen X'ers, Millennials, and Generation Z population grows older, the desire to be healthier bodes well for the masters categories in the coming years. In fact, it will blow you away to see the passion, determination and discipline these masters athletes exhibit. What is it that drives these athletes to strive to be their best? They each have a story, whether they began competing at an early age or they discovered the sport later in life. The common denominator is their desire to be an example to others in hopes that they can encourage others to live a healthier lifestyle, be active and have a quality of life for years to come. Here we share the stories of 6 masters athletes from different states. Each athlete has different goals, on their own unique journey, but all a part of a bodybuilding family that cheers one another at every show. They truly are making an impact.



### LARRY HOOD

Masters Bodybuilding, Mississippi

Larry Hood has created a fan base that cheers spreads across the southeast. He lights up the stage with his entertaining routines and the joy and passion he has for the sport of bodybuilding is evident. It all began when he forgot his routine on stage once and just started dancing. People loved it, and now they expect and look forward to his entertaining performances. He hopes it will inspire others to join a gym, live healthier, or even get on stage themselves. He says, "I want to be an example to others that anyone can improve at any age and know that the journey can be fun!"

He grew up playing sports, but at 19 years old Larry began to seriously train in the gym and competed in his first bodybuilding show at the age of 20. Forty-four years and 116 shows later he is still rockin the stage. Larry built a strong foundation working

**"I want to be an example to others that anyone can improve at any age and know that the journey can be fun!"**

with the family roofing business and also competed in power lifting for a while. Over the years, this sport has given him the opportunity to meet many of the mentors and celebrities he followed like Robbie Robinson, Tony Pearson, and 8X Mr. Olympia Lee Haney.

Larry is a Christian, preacher, business owner, husband, father, and a great-grandpa, Larry believes the hard work, dedication, and discipline for one of the most challenging sports in the world provides him with the motivation to continue to be his best. Larry is both humble and grateful. He's serious but has fun. He explains, "I love to travel to the shows, getting to the hotel, the meet and greet at check-ins, and being a part of the bodybuilding community."



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NPC VICTORY CLASSIC  
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THE MID-ATLANTIC CLASSIC  
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# MASTERS ATHLETES



## WADE WILBURN

Masters Bodybuilding, Tennessee

Like many young athletes, Wade Wilburn played football growing up. But, after seeing Mike Mentzer on the cover of a magazine, he chose to focus on the sport of bodybuilding. Having been skinny and picked on as a young teen, he turned to his passion and made bodybuilding a way of life.

Winning an award at 15 in a small in-house competition in Knoxville, Tennessee was enough to motivate Wade to continue to compete for the next few years. He took a break from competition from 1986-1994 and finally stepped back on stage at the 1994 NPC Jan Tana Classic. He won the heavy-weight division but eventually lost in a pose down with Yohnnie Shambourger, who went on to turn pro.

Bodybuilding kept Wade on a healthy path. However, in 2000, he went back to school and unfortunately distanced himself from the gym. Finding himself in a bad place, he made a decision to make a change and went back to the gym he used to train at. Wade successfully began building a personal training business. A friend encouraged him to compete again, showing him an ad for the 2009 Hard Body HydroxyCut Challenge. He received a call informing him that he was the overall winner of the contest and had won the \$100,000 prize, Wade said, "All of Tennessee could hear me hoot and holler! It is the most accomplished win I've ever had."



**“ All of Tennessee could hear me hoot and holler! It is the most accomplished win I've ever had. ”**

There is no doubt that bodybuilding has helped his personal training business. In January of 2019, Wade had bilateral hip replacements. Allen Sizemore, NPC chairman of Tennessee and co-promoter of the Nashville Night of Champions, asked, "Do you think you'll ever compete again?" Wade didn't miss a beat telling him, "I'm going to do your show in 10 months!" He did, winning the Bodybuilding Masters 40+ category, placing 2nd in the Bodybuilding 50+ category, and being awarded the Inspiration Award for his comeback after surgery. While it was probably his last competition, Wade says he will continue to share his knowledge and live vicariously through his clients.

He chose a lifestyle, went through numerous ups and downs, but at the end of the day Wade learned that living a healthy lifestyle makes him feel vibrant, training is his addiction, and making yourself a priority is priceless.



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NATIONAL QUALIFIER		May 22rd <b>NPC VULCAN CLASSIC</b> Location: BIRMINGHAM • <a href="http://www.thenpcvulcanclassic.com">www.thenpcvulcanclassic.com</a>
NATIONAL QUALIFIER		June 26th <b>NPC CLASH AT THE CAPSTONE</b> Location: TUSCALOOSA • <a href="http://www.npcclashatthecapstone.com">www.npcclashatthecapstone.com</a>
NATIONAL QUALIFIER		July 17th <b>NPC BODY BE 1 - DOTHAN</b> Location: DOTHAN • <a href="http://www.bodybe1.com">www.bodybe1.com</a>
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		August 14th <b>NPC IRON CITY</b> Location: BIRMINGHAM • <a href="http://www.npcironcity.com">www.npcironcity.com</a>
NATIONAL QUALIFIER		August 28th <b>NPC ALABAMA STATE CHAMPIONSHIPS</b> Location: GADSDEN • <a href="http://www.npcalabama.info">www.npcalabama.info</a>
NATIONAL QUALIFIER		October 23rd <b>NPC BEACH BASH</b> Location: ORANGE BEACH • <a href="http://www.npcbeachbash.com">www.npcbeachbash.com</a>

**\*\*ALABAMA\*\*  
RESIDENTS ONLY**

## KAREN MOREHEAD SMALL

*IFBB Bikini Pro, North Carolina*

**K**aren started her fitness journey as a cheerleader but found a love for running while in college. Her new passion helped her keep her weight down. She later married and had children, taking a five year break from running. During that time, both her and her husband got involved with drugs. When it got so bad that they were dodging the drug dealers, she discovered God and it changed her life. She took up running again, doing marathons and triathlons. However, as a 50 year old, it was no longer enough to keep the weight off anymore.

She was on a journey to lose 20 lbs and started doing a nutrition program that was working for another woman at church. She struck up a conversation one day with a fit woman while on a shopping trip to Goodwill and discovered that the woman was a bodybuilder. Karen says, "I told her I had always wanted to do that! I don't even know where that came from; the words just flew out of my mouth." Karen will tell you, her whole fitness journey has been a "God thing" which eventually led her to meet and start training with IFBB Pro and Personal Trainer, Johnny Stewart. She says, "At the time, I didn't really know how fortunate I was to find such an amazing coach." That was her springboard into lifting; it was a different lifestyle where she gained an understanding of what to do in the gym. Karen also learned how resistance training would be of benefit, how to track macros and how to use cardio to manage her weight.

She prepared for her first show, but didn't really know how to pose. Karen explained, "My coach really didn't want me to do the show because I hadn't learned how to pose yet, however, the Lord spoke to me saying this is the show you are going to do, so I competed at the NPC Elite Muscle. I placed 3rd and fell in love with competing but I learned that if I was going to be successful, I needed to communicate better with my coach."

Another hobby of Karen is professional entertaining. At the cast meeting for a show at the christian theater, she knew she was facing a conversation with the Lord but was afraid of what he would say. A fellow actor, coincidentally named Pastor John, prayed with her. Karen knows the Lord intervened when he turned to her and said, "the word the Lord has for me to give to you is TRAIN and to become a professional at what



**“ My coach really didn't want me to do the show because I hadn't learned how to pose yet, however, the Lord spoke to me saying this is the show you are going to do... ”**

you do.” That's exactly what she did, earning a pro card in less than three years. You can still hear the excitement in her voice when she describes, "When I won that pro card, I felt like I had won Ms America! I made my pro debut at the 2020 Tampa Pro. It doesn't really matter where I place; I want to win, doesn't everyone? But whether I place 1st or 16th, I'm already a winner and in the process I've made such great relationships. I know what I'm doing is a godsend."

Karen recently opened a wellness center that includes products inspired by minority women or minority owned businesses. In addition, she has begun the process to get a NASM Personal Training certification. During the pandemic, she set up a full gym in her house. Her ultimate goal is to help women, especially women of color who don't have access to, or the knowledge of the benefits of health and fitness. She is an example that women, no matter what age, color, or background, can be healthy, strong, eat clean and exercise. She says, "I feel like if I can, anybody can, there's no excuse. Don't give up on yourself, It's never too late!"



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# MASTERS ATHLETES



## CHARINA BAKER

IFBB Bikini Pro, Georgia

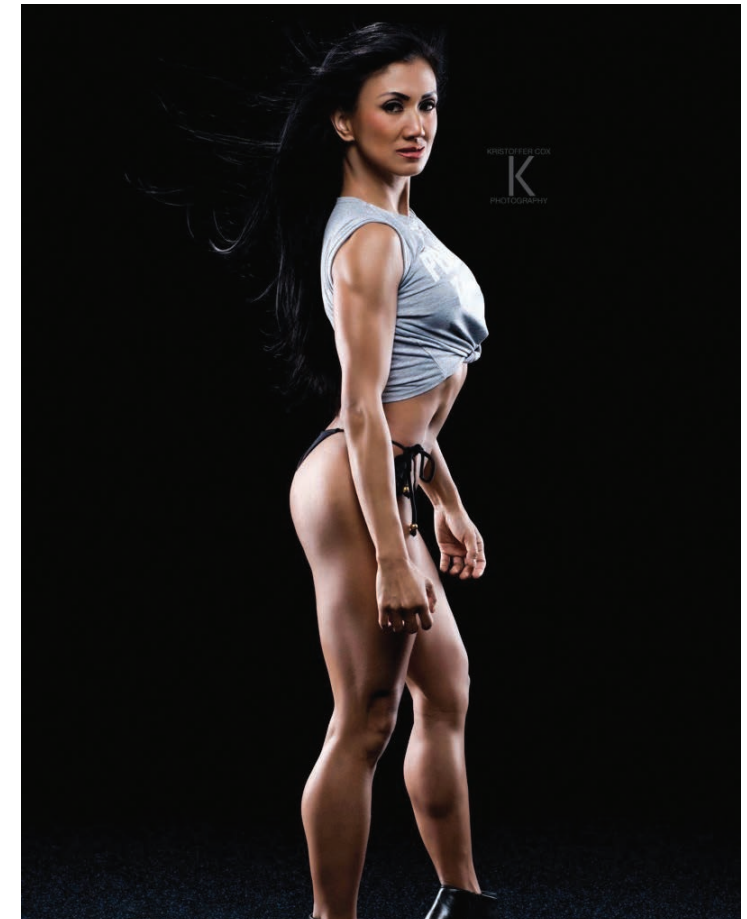
Wanting to take her fitness to another level after raising two kids, Charina began competing in the bikini category in 2013. Her first experience made her even more determined to create the shape the judges were looking for. Charina reached that goal earning her pro card at the 2016 NPC Teen, Collegiate, and Masters Championships, winning the Masters 40+ division.

Charina has learned that, "competing as an IFBB Pro is a humbling experience... you have to progress and continue to learn each time you step on the stage." Becoming an IFBB Pro has allowed her to make a new and successful career as a lifestyle and competition coach. Her company, TeamSlay, is based in Augusta, Georgia where she recently hired two more coaches to help with the business.



At 48, she is an inspiration to her clients, most of which are also masters age. As an IFBB Pro, Charina takes her role as a representative of the federation very seriously. She is passionate about the sport that has given her so much and strives to be a good example to others. After taking the year off to grow her business, Charina looks forward to competing in 2021. In addition, she is a strong supporter for more opportunities for master pros to compete. She explains, "masters athletes are a tight knit community and we will support more shows. We don't mind giving back and will even be a sponsor of masters pro divisions at a show, given the opportunity. We look forward to more opportunities to continue to compete in the future."

**“ Competing as an IFBB Pro is a humbling experience...you have to progress and continue to learn each time you step on the stage. ”**



# MASTERS ATHLETES

## STEFANIE LISA

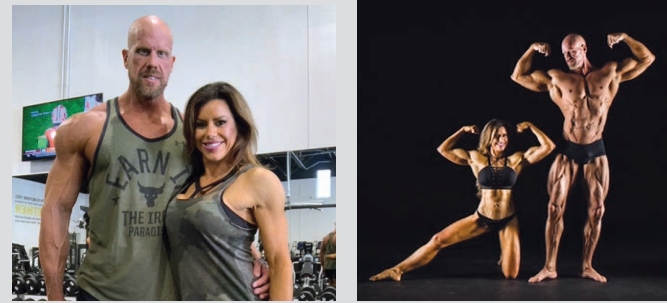
Figure Competitor

## LARRY WATERS

Bodybuilding and Classic Physique,  
North Carolina

Not only did Stefanie Lisa compete in her first show at the age of 52, but she did it alongside her boyfriend Larry Waters, who also competes. Being partners in and out of the gym, training together has brought them even closer. As an added bonus they cited their prep has become immeasurably easier, having each other's support through the process.

Stefanie began lifting at 19 largely influenced by female bodybuilder, Gladys Portugues in her book, *Hard Bodies*, co-authored with Joyce Vendra, PhD (1986). Young Stefanie was focused on shaping her body to what she envisioned as a better physique. Over the years, Stefanie discovered the importance of surrounding yourself with like-minded people, visualizing your goals, and learning how to overcome the challenges that life stresses and the occasional injury presented. The key is having a positive mindset so that you focus on what you can do rather than what you can't.



In his words, Larry describes himself as "the fat kid." But at 15, he was influenced by one of his dad's Flex Magazine's that showcased Berry DeMay. Larry said, "My dad tried to explain what it would take to develop a body like what I saw on the cover, but I wasn't deterred. I got my first weight set that Christmas, fell in love with it and haven't looked back." Larry began competing and continued to work toward muscle gains.

He discovered the key to his success was in planning and making his goals a priority. He shares, "When you make it a habit to plan and prepare, then it feels wrong not to do it. For the most part, "I know what my schedule is, so I plan ahead, restructure my schedule, do whatever it takes to make sure I can do what I need to do to work towards my goals." He's also thankful for how supportive his entire family is by not only going to his shows, but also having foods that are on his prep at family gatherings and even following his example of healthy living.



They both agree, it's a challenge to convince family, friends, and co-workers that taking care of their bodies on the outside, leads to healthier bodies on the inside, affording a better quality of life both now and in the future. Larry is the first to admit, he feels women have a harder time, from a societal perspective. This is mostly because they are expected, guilty, or even shamed into participating in social events more than men are. Stefanie feels that age is irrelevant and refuses to accept the normal paradigms when no matter the age, you have the ability to control how you train and what you eat to be the best you can. She recognizes how bodybuilding has affected all aspects of her life giving her more confidence, garnering more respect from others in the workplace, and providing an overall feeling of empowerment. This past year, Larry was encouraged to compete in the classic physique category and hopes to compete in his first national level show in 2021. Stefanie also plans to compete again. One thing is for certain, they will do it together and will be cheering on and supporting each other.

“ The key is having a positive mindset so that you focus on what you can do rather than what you can't. ”

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# MASTERS ATHLETES



These masters athletes inspire us all and are both willing to learn and they understand the benefits of healthy living knowing that it will give them longevity while keeping them young and full of vitality. Best of all, you can see the joy and the passion in what they do throughout the process and on the stage. They are the real influencers and it makes you realize that there's so much to look forward to as we all grow older.

## EDDIE FERRELL

In 2009, he weighed close to 400lbs. That's when, Eddie Ferrell, a middle Tennessee real estate broker at Crye - Leike Realtors, made the decision to dedicate himself to a healthier lifestyle. He has completed 2 Ironman Triathlons (140.6 Miles), 15 half Ironman Tri's (70.3 Miles), numerous marathons, and shorter races. He's now in love with the other Iron life & pumped to be a Gym Rat. Currently in his mid forties, Eddie himself is the epitome of a masters athlete. He understands the benefits of living a healthy lifestyle and the community that comes with being involved with positive, like-minded people. He sponsors the Masters Athlete section of SMG to celebrate the feats of these amazing individuals and with the hope that bringing these stories to light will encourage others.



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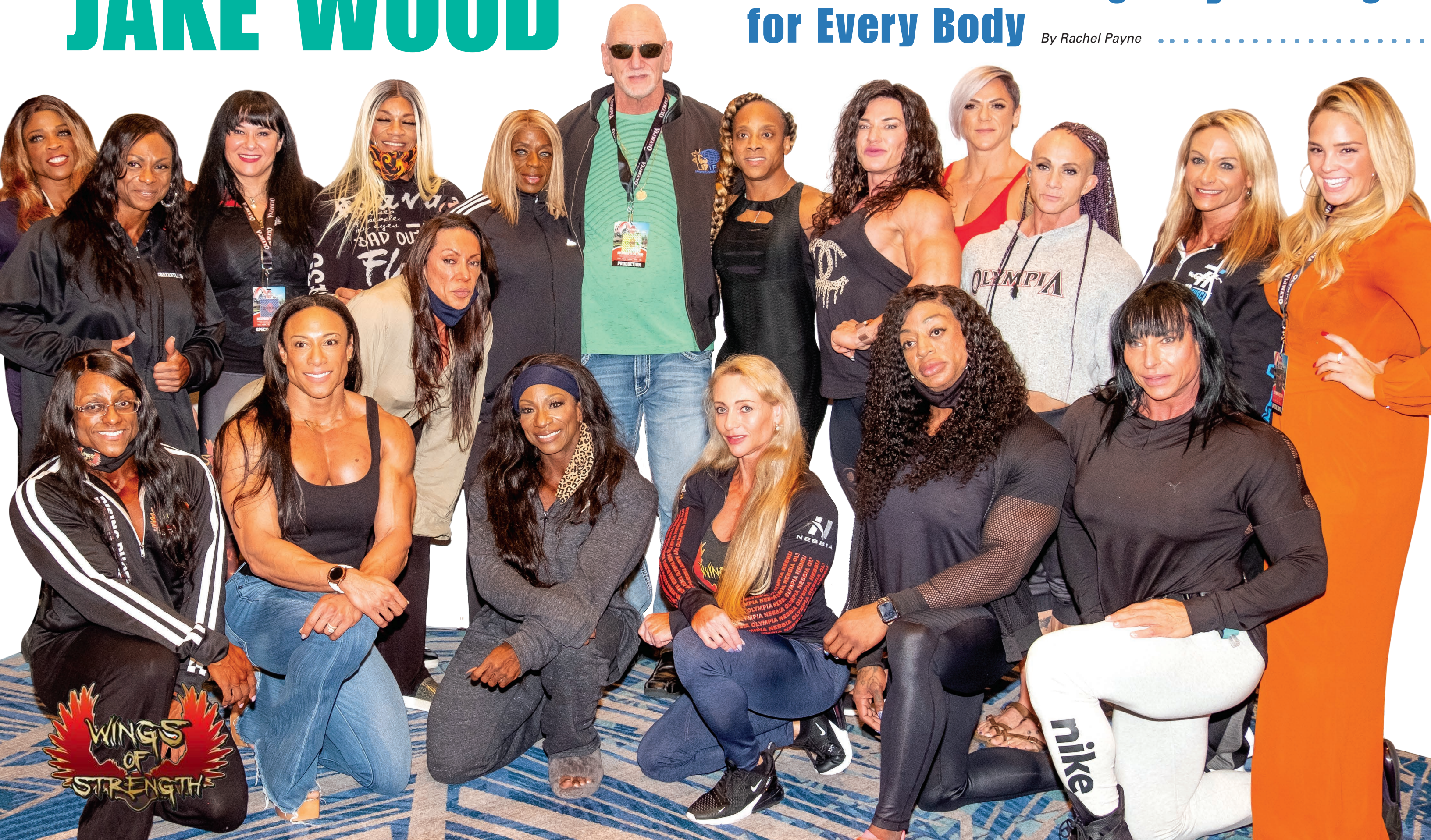
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# JAKE WOOD

## His Vision for Making Bodybuilding for Every Body

By Rachel Payne .....



**G**row not to accept limitations, but work at the possibilities and never stop. This is the mantra that Jake Wood grew up with. This mindset is the foundation that would pave the way for the success of Jake Wood, the owner of Mr. Olympia and Wings of Strength, an American multinational bodybuilding promotions company. How exactly do you learn to work at the possibilities? Jake shares one example, “my father and I built a sailboat together and we sailed around the world many times. It never occurred to us that we couldn’t. We just knew it was possible.”

When a 13-year old boy saw a bodybuilding magazine in a bookstore that had Bill Pearl, an American legend in bodybuilding, he thought it was “the coolest thing ever!” Jake continued to follow the sport and at 15 he realized the offices of Joe Weider, the co-founder of the International Federation of BodyBuilders (IFBB) alongside his brother Ben Weider were only six miles from where he lived. Knowing that Joe and Ben were the creators of the Mr. Olympia, the Ms. Olympia and the Masters Olympia bodybuilding contests, his interest was piqued. He decided to ride his bike there and while staring at the building and the people that came and went, Jake was envisioning the possibilities of how he was going to be a part of the bodybuilding industry.

Jake had a long and prosperous career in aerospace putting his bodybuilding endeavors on the back burner. After retiring at the young age of 46, it was time to “pick up those old goals and make them work.” Jake knew he wanted to be involved in the sport. He saw his path as a promoter, but needed to develop a plan. Then, he came across an opportunity. “I heard that this guy named Tim Gardner was promoting a show called the Tampa Pro. He needed a sponsor for the Women’s Bodybuilding Division. So, I sent Tim an email and it took off from there.”

Those that are new to the sport of bodybuilding will look to more seasoned athletes for advice, often times in the form of “What I Wish I Knew.” This prompted me to ask, “What’s the funniest mistake you made in the early years and what lesson did you learn?” Jake recalled, “I thought it would be a good idea to take a handful of elite professional female bodybuilders (names withheld) dressed to the nines to go down to Hollywood Boulevard for a photo shoot... and I was wrong! The lesson learned was, the women who take two hours to dress up, only need 10 seconds or less to whip off the jewelry and heels before fists fly.”

“I love the Olympia event. I regard the work of Joe Weider with the highest esteem. It’s an extraordinary honor to be part of the “O” that Mr. Weider built.”

Mr. Wood has achieved a level of success in this sport that most could never imagine. But with his mantra of “grow not to accept limits, but work at the possibilities,” Jake explains that it is his mother that always believed in him, his father showed him the ways of the world, and his kids give him the love and support that he needs today.

It’s hard to believe that it’s only been since 2011 that Jake began to focus on establishing his place in the bodybuilding industry. In 10 short years, he went from show sponsor to creating JW Media that includes the long term media brands you may know as Digital Muscle, Muscle & Fitness, Hers, and Flex. In addition, he owns Wings of Strength, a company that is a producer, promoter, and sponsor of events as well as having a media component. The growth of JW Media is evident. If he’s done this much in 10 years, imagine what the next 10 years could bring!

There are three things you can say about great leaders; they are humble, they strive to bring out the best in others, and they surround themselves with a great team of people. Jake Wood is a great leader and his team is integral to building his brand. He says, “the key people, mostly in the order that I came to know them are, Jan Summers, Jessica Schmitt, Alex Sacasa, Lenda Murray, Alina Popa, Dan Solomon, Niko Pigott, Angelica Nebbia, Tamer El Guindy, Martin Carrillo, Cayden Riley, Zack Zeigler, Sofia Evangelista, Bob Cicherillo, Shawn Ray and David Baye. Not to mention our long-term partnerships with Tim and Eileen Gardner along with Jack and Ann Titone. This list isn’t comprehensive and please forgive me if I forgot someone.” While their names may not be familiar, these are the people that work tirelessly to make the athlete and audience experience memorable at many events each year, and after being at a few shows, you’ll start to recognize their familiar faces.

The Olympia event is Jake’s most recent acquisition. I was curious to know why he wanted to add this event to his portfolio. Jake’s response was so genuine and heartfelt; “First and foremost, I love the Olympia event. I regard the work of Joe Weider with the highest esteem. It’s an extraordinary honor to be part of the “O” that Mr. Weider built. I see it as my most basic responsibility to be a good or maybe even great custodian of this near fabled institution.”

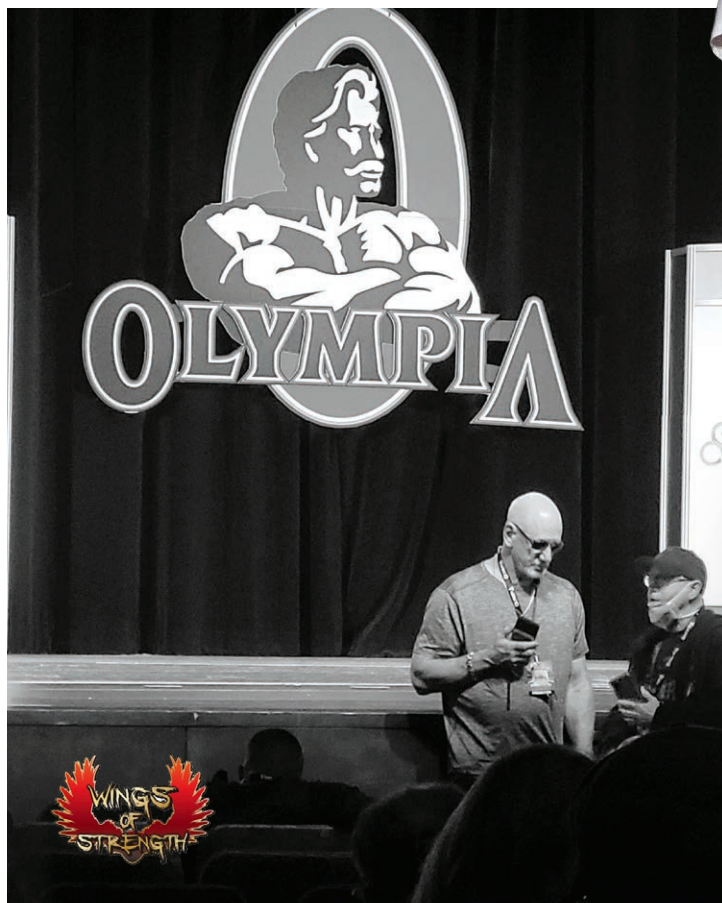




Without a doubt, the “O” is in good hands. 2020, Jake’s first year as the owner of this event, saw him working hard to plan a great event in Las Vegas. We witnessed him having to move the entire event to Orlando, Florida three weeks before it started due to Covid. This was the first time since 1991 that the event was not held in Las Vegas. While it wasn’t the event he had planned, Jake’s commitment and ability to adapt provided an amazing experience. From start to finish the Olympia ran smooth! I can’t even imagine what he’s going to do to make it better.

Jake gave me a sneak peak at his vision for the future of the Olympia for both the fans and the athletes. Jake boasted, “For the fans, I’d like to bring the fan experience and the entire Olympia, together, into one world class venue. The benefits of that I think are self-evident and were only hinted at this past year in Orlando.” Immediately, I began to imagine how I would like to see the Olympia; in an arena with large capacity and an expansive or a large-scale theater like the Zappos Theater in Vegas where even the worst seat is still a winner. Jake continued, “We’ve also discussed the idea

“I have long said the phrase ‘bodybuilding for every body’. This not only means for men and women, but also for people of all body types.”



Pictured from left to right:

- Patricia Cañas
- Jessica Schmitt
- Alexandra Sacasa
- Jake Wood
- Alina Popa
- Lenda Murray
- Jodie Camp

of taking the Olympia to various cities every fourth year to provide some variety, bring the event to new audiences, and to explore new or different ideas. Finding the venue that can help me make the experience the best for both the fans and the athletes is one of my goals...

For the athletes, working on better equity in the pay between the classes is at the top of my list." I asked him, what does gender parity in the Olympia prize money look like in terms of equal pay? The answer will surprise you. If you exclude one particular division, the women of our sport get paid more than men across the board, at the Olympia. If you remove the Mr. Olympia, you will see that Ms Olympia gets a total of \$95,000 vs Men's 212 Division which gets \$90,000, Women's Physique receives at total of \$80,000 vs Men's Classic Physique at \$50,000, Women's Figure wins a total of \$95,000 vs Men's Physique which totals \$61,000, and Fitness and Bikini each receive \$95,000. This realization makes the mission, not just parity between women and men, but parity among divisions as well. Jake explains, "Certainly, the way to do this is not to bring down the Mr. Olympia prize money, but to bring the other divisions up. Increased ticket sales and sponsorships will help, but I'd like to broaden the Olympia to

create a complete living experience for the direct attendees and an opportunity for people around the globe to join in. This in turn, will devise a more expansive audience that sponsors will want access to." When we see parity between men and women and across the divisions, I believe it will trickle down to the qualifying pro events. As they say, it starts at the top. Jake is committed to the process, knowing it will take time to leave his mark on the sport of bodybuilding. But if anyone can make it happen, Jake Wood is up for the task. He goes on to say, "I have long said the phrase 'bodybuilding for every body'. This not only means for men and women, but also for people of all body types. Not everybody has the same genetic makeup to fit into just one division, with one set of aesthetic principles. There must be enough divisions, for example, like the Wellness division, in order to develop that expansive audience that I'm talking about. People everywhere want to know what to do to build the best physique they can with the specific genetic tools they were given at birth and we need to show them." When speaking of the possibilities and opportunities that lie ahead, Jake's passion and excitement is infectious. Jake is making a positive impact and his vision for the future of bodybuilding has us hopeful for what's to come.



# TIM GARDNER PRODUCTIONS

## 2021 CONTEST CALENDAR



- |   |   |
|---|---|
| <p><b>04.10</b><br/>Fit Body Fusion &amp; Titan Medical<br/>NPC Mel Chancey<br/>REDCON1 Champion Muscle Classic<br/>TAMPA, FLORIDA</p>  | <p><b>09.25</b><br/>Wings of Strength &amp; Fit Body Fusion<br/>IFBB Professional League<br/>Yamamoto Nutrition San Antonio PRO<br/>NPC San Antonio Extravaganza<br/>National Qualifier<br/>SAN ANTONIO, TEXAS</p>        |
| <p><b>06.26-27</b><br/>Wings of Strength &amp; Fit Body Fusion<br/>IFBB Professional League<br/>Yamamoto Nutrition Puerto Rico PRO<br/>NPC Worldwide Flex Appeal Miami Gym<br/>World Caribbean Championships<br/>PRO Qualifier<br/>NASSAU, BAHAMAS</p>                                    | <p><b>10.23</b><br/>Wings of Strength &amp; Fit Body Fusion<br/>IFBB Professional League<br/>Hot Spot Tanning Hurricane PRO<br/>NPC Hurricane Bay Championships<br/>National Qualifier<br/>ST. PETERSBURG, FLORIDA</p>    |
| <p><b>07.23-24</b><br/>Fit Body Fusion<br/>IFBB Professional League<br/>Wings of Strength Chicago PRO<br/>NPC Worldwide Ms International<br/>Women's Bodybuilding PRO Qualifier<br/>NPC Chicago Extravaganza National Qualifier<br/>ATLANTA, GEORGIA</p>                                  | <p><b>11.13-14</b><br/>Mens Mentis<br/>IFBB Professional League<br/>Wings of Strength Romania Muscle Fest PRO<br/>NPC Worldwide Wings of Strength<br/>Romania Muscle Fest PRO Qualifier<br/>BUCHAREST, ROMANIA</p>        |
| <p><b>08.6-7</b><br/>Wings of Strength &amp; Fit Body Fusion<br/>IFBB Professional League<br/>Yamamoto Nutrition Cup Tampa PRO<br/>NPC Tampa Extravaganza National Qualifier<br/>TAMPA, FLORIDA</p>   | <p><b>12.04</b><br/>Wings of Strength &amp; Titan Medical<br/>IFBB Professional League<br/>Fit Body Fusion Atlantic Coast PRO<br/>NPC Atlantic Coast Championships<br/>National Qualifier<br/>FT. LAUDERDALE, FLORIDA</p> |
| <p><b>09.11</b><br/>IFBB Professional League<br/>Wings of Strength Rising Phoenix<br/>Women's Bodybuilding World Championship<br/>IFBB Professional League<br/>Wings of Strength Arizona Women's PRO<br/>NPC Arizona Women's Extravaganza<br/>National Qualifier<br/>PHOENIX, ARIZONA</p> | <p><b>12.12</b><br/>Fit Body Fusion<br/>NPC Flex Appeal Miami Gym<br/>Puerto Rico Championships<br/>National Qualifier<br/>BAYAMON, PUERTO RICO</p>   |

As the sponsor of the Inspirational Stories section of Southern Muscle Guide for the past three years, there have been some pretty amazing people who have risen to the challenges that life throws their way. What makes this year's features stand out, is the determination that both of these ladies display, and by coincidence, they both compete in the Fitness category. IFBB Pro Derina Wilson has experienced many highs and lows throughout her career that is also her passion. Now in her 40's, she continues her journey with the same determination and passion and a better understanding of her body. Whitney Jones, 2X Ms Fitness Olympia has faced her own share of highs and lows but she says, "Every time I've been knocked down, I get back up and come back stronger." The mental focus combined with a positive approach to life is what drives both of these ladies and is the reason they were selected as this year's featured LSR inspirational stories.

## Whitney Jones

2x Ms. Fitness Olympia, Gilbert, Arizona

### Competition Highlights:

- 2x Ms. Fitness Olympia
- 1x Ms. Fitness International
- 5x Pro Fitness Champ

### Business Owner:

- Pro Physiques Personal Training Gym
- The Pros Online Training and Competition Prep
- FEARless by Whitney Jones fitness apparel line
- Promoter, NPC Whitney Jones Classic

### Sponsors

Surge Supplements, TMarie Suits, LSR, FitChoice Foods Meal Prep, Legend Fitness, LiftTech, The Shoe Fairy, Chanel Molleo Beauty, 6 Pack Fitness, Lululemon Ambassador

*When I first approached Whitney about sharing her story as part of the 2021 LSR inspirational story feature, she immediately said yes even though she was prepping for the Olympia. This beautiful person has endless amounts of energy but as you read her story, you'll see, it's her pure determination and heart that makes her a fierce competitor in a sport she loves.*



Like anyone preparing for their first show, you don't know what you don't know. As I was standing backstage getting ready to compete in figure a year and a half after discovering the sport, I noticed some girls in costumes, looking like they were getting ready to perform. That's when I learned about the fitness division and I knew that was more my style.

As I prepared for my first fitness show in 2011, I was still very new to the sport, and unaware that the fitness routines had mandatory movements and a structure to follow. I had, instead, just choreographed a fun routine. In any event, I was hooked from the start, learned what I needed to do and have been in the fitness division ever since.

The sport of bodybuilding has opened a lot of doors for me. Through my success on stage, I have been able to build a brand for myself as a coach to other athletes, launch a fitness apparel line, and as of 2019, become a show promoter for the NPC Whitney Jones Classic. Truth be told, owning multiple businesses and trying to find balance as I juggle work, life, health and this sport is a challenge. But I love it! It gives me a goal to work towards and challenges me to step up and step out of my comfort zone, and push to be my very best.

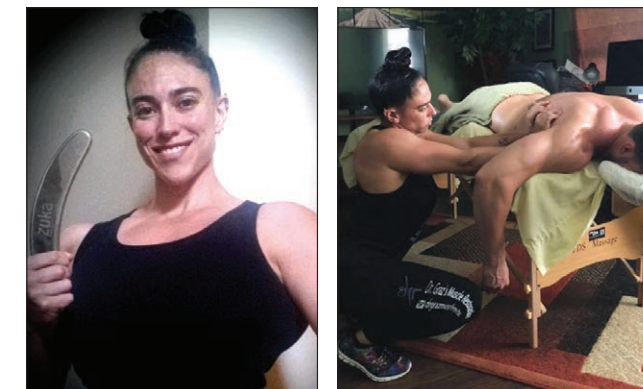
I know it looks like loads of fun but the fitness division is extremely hard because of the beating your body takes with training, and learning new skills each year to increase the degree of difficulty and introduce new skills each year in your routine. New skills equal new risks and with that come injuries. At this point in my career, I



have broken almost every major bone in my body and have had 16 surgeries. Not all of these are related to this specific sport, but they all play a role in my current health and trying to continue to excel with body parts that aren't exactly up to par. But, every time I've been knocked down, I get back up and come back stronger.

In 2017, I had a real scare when I suffered a severe neck injury and lost full function of my right arm. I underwent surgery for a double fusion in my neck and they used a metal cage to put my neck back together. Everyone labeled this as a career ending injury and nobody held out any hope that I would ever be able to return to the stage nor ever have the functionality that I once had. But I believed differently. The morning of my

neck surgery I created a countdown clock, setting my goal of getting back on stage for the 2018 Arnold Classic which was 276 days away. I was diligent with my recovery and making sure I did everything I could to get back and be healthy. Everything was going well, and I was on track until 3.5 weeks out from the show when I suffered a mishap in routine practice during a backflip gone wrong and I tore my ACL & MCL. I was devastated, but wanted to finish what I started and complete my goal of getting on the Arnold stage post neck surgery. So I had to create a completely new routine with unconventional skills utilizing only one leg and modified the upper body strength moves since my neck was still in the healing phases. Needless to say, I was forced to think out of the box. I kept the knee injury a secret because everyone was already doubting that I'd actually make it on stage but I was determined and I



## Dr. Graz's Muscle Restoration

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- [drgraztherapy@gmail.com](mailto:drgraztherapy@gmail.com)
- [drgrazmusclerestoration](https://www.instagram.com/drgrazmusclerestoration)
- [Dr Graz's Muscle Restoration](https://www.youtube.com/channel/UC...)



### Dr. Natalie Graziano

Dr. Natalie Graziano, DPT, OTRL, C-PS, Pn1, IFBB Pro, is an industry specialist in body work and rehabilitation, with emphasis on mobility and posing. She holds specializations in IASTM (Instrument Assisted Soft Tissue Mobilization) for the face and body, manual therapy for soft tissue and joints, cupping (static and mobile), ETSP/MPS (electrical pain and point specific release), as well as being a Certified Performance Specialist and Certified Nutrition and Wellness coach. Though her main office is located in Xclusive (f.k.a. Flex Lewis's Dragon's Lair) in Boca Raton, FL, she can be found traveling the country's best gyms and biggest shows, helping clients from general public to athletes, amateur to pro, including 8 Olympia winners and WWE athletes.

Contact her to set up a visit in Xclusive 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.southernmuscle-guide.com](http://www.southernmuscle-guide.com) on the ways she's helped her clients restore, rehabilitate, and increase mobility.



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did step on the Arnold stage in less than a year post surgery. Through the grace of God, actually won! This was the first title I had won and because of the circumstances leading to this show this was by far my most memorable moment. I flew home, had surgery the next day and began prepping for the 2018 Olympia, which I ended up winning.

I am so very fortunate to have an extremely supportive crew of friends and teammates that help make competing and prep so much fun. More importantly, I have the support of my two boys who love that I compete and even help me in choreographing my routines and deciding which combination and skills to include in my performances. Fun fact - I am the first ever mother to win the Olympia title!





The biggest lesson I've learned throughout this journey is, the more pressure you put on yourself going into a show the more likely you are to fail. Do the work, day in and day out and when show day comes it can and should be a celebration of all your hard work that can be enjoyed. If you spend the day stressed out and nervous, then you are missing out on all the joy that can be experienced, in a day that flies by so quickly.

I originally began competing because I wanted to have fun, enjoy the process and feel like I had succeeded and won before I even hit the stage. Have I reached that goal? Yes, and then some. I never thought I had the potential to be a pro or ever be

able to compete on the Olympia or Arnold stages. Having won titles at each of those shows, I know I have definitely succeeded.

Now that I've survived 2020, I'm celebrating, and 2021 is TBD. It's time for a little rest, recovery, and relaxation, and then I will evaluate show plans for myself. In the meantime, I'm focused on my clients and strategizing their 2021 plans. Ultimately, my desire is to help grow the fitness division. I'm currently working with many talented fitness athletes, choreographing their routines for the 2021 season.

My top tip for others is to make sure you're having fun. It's a lot of work but if you're having fun it's all worth it. Find a good coach, do your research, and utilize others' knowledge and experience to help you be as successful as possible. If you're working with a coach and something doesn't feel right (i.e. calories too low, cardio too high) then ask questions and make sure you're not doing anything to harm your metabolism or cause any long term effects. There is a healthy way to prep, I promise you that.

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## Derina Katia Wilson

IFBB Pro Fitness, Bayshore, NY

### Category & Competition Highlights:

- 4th Place Arnold Classic 2020
- 2nd Place Chicago Pro 2020
- 10th Place Mr. Olympia 2020
- 2 International Arnold's
- 2 Arnold Classics
- 3 Mr. Olympia

### Sponsors:

Fuel Chef Frank, Liquid Sun Rayz

*A background in competitive gymnastics gave Derina a strong foundation for many sports leading up to bodybuilding's fitness category. Watching the declining health and eventual passing of her parents made her determined to take better care of herself. Derina says, "I now compete in honor of them to show them how their support of me throughout my gymnastic years, has now turned into my career and my passion."*



**M**y journey began as a little girl. I was asked to try out for the local competitive gymnastics team at 6 1/2 yrs old. I was accepted onto the Level 8 team and by the age of 13, had quickly advanced to an Elite Level. I eventually turned down an offer to Bela Karolyi's Olympic training camp in Texas, due to injuries. In high school, I played Volleyball, was a Cheerleader and performed in Theatre. I completed an Associates Degree in Theatre while competing in Coed Cheerleading and Fencing.

**“ My comeback after battling breast cancer and having a double mastectomy, will forever be one of the most memorable moments of my career. ”**

I coached gymnastics, taught yoga and Pilates and competed in springboard diving on scholarship, while attending Queens College, where I received a Bachelor's Degree in Physical Education. A friend and now and forever coach Lena Squarciafico tried to convince me to compete on the bodybuilding stage for 15 years, but being a caretaker for both parents I had a lot on my plate. It wasn't until my

fathers passing, that I was ready to put the time and effort into bodybuilding. I competed in my first NPC show, won the overall title at the NPC Team Universe and earned a IFBB Pro card. Two weeks later, I made my pro debut at the Tampa Pro. I've had 5 years of competition bliss with some of the most amazing and uplifting women in the world! This sport has allowed me to be a part of an elite group of strong women as well as given me the opportunities to work as a fitness model, which has always been a dream of mine.

Losing both of my parents was absolutely devastating. A year after my mom passed, I was diagnosed with Stage 1 Breast Cancer, but I had already committed to the 2018 Arnold Classic. My oncologist cleared me to compete where I placed 6th in the world. My first attempt at a double mastectomy was the day after I came home from the Arnold. I suffered a life threatening allergic reaction to the Rocuronium (muscle relaxant used during surgery). My body blew up like a balloon and my blood pressure dropped to 50/10. After a month of testing and learning of my allergy, I finally had the double mastectomy surgery. I was fortunate to avoid chemo and radiation since no cancer was found in my lymph nodes. The tumor shrank

75% due to what I believe, was taking high doses of Cannabidiol (CBD+THC) for two months. My recovery took half the amount of time they said it would, and three months later, I was ready to go! I was invited back to the Arnold Classic two years after cancer surgery and this time I placed 4th!! It was one of the biggest challenges of my life, but one of the most rewarding. My comeback after battling breast cancer and having a double mastectomy, will forever be one of the most memorable moments of my career. I truly feel like I have a good support system in place but it's hard. I live alone and am single, so some days, it can be a lot to battle by myself. Those who truly know me, understand that my dedication to this sport is what helps me get through the hard times. It sounds cliché, but I've learned to trust the journey and enjoy the process.



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5-7 PM  
**PREJUDGING: JUNE 12TH**  
9 AM  
**NIGHT SHOW: JUNE 12TH**  
5:00 PM

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For show questions contact Allen Sizemore: (865) 384-9800

Sadly, during my prep for the Mr. Olympia 2020, my Black English Bulldog named Bubba, (named after my fathers nickname), suffered from a ruptured disc in his lower back making his back legs paralyzed. After spine surgery this past August, laser therapy, physical therapy, and a new wheelchair, he has not yet gained the strength to walk. Being a single mom to a handicapped 50lb fur baby during a pandemic, and having arthritis myself, I pick him up 4 times a day to help him empty his bladder. It was and is super challenging, but I have all of the belief in the world, that he will regain his ability to walk.

When I began this journey, my goal was to continue to move my body in the same way I had when I was younger, but with more awareness, as a woman in my mid 30's and now 40 years old. I continue to strive towards that goal. For 2021, I am planning for a wonderful year competing in the IFBB Pro League. If someone asks for my top tip, I would say, take time to understand the changes your body makes before and after a show. Your body cannot be healthy staying at a very low body fat for long periods of time, so you must be kind to your body when you are in the off season to not look at yourself with any negativity but to enjoy each season and how your body continues to grow in strength and have fun!



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2020 NPC Rocket City Classic



2020 NPC Tennessee State Championships



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2020 IFBB Chicago Pro Am



2020 Lenda Murray Savannah Pro-Am

Go to SouthernMuscleGuide.com for more show pics!

# Day Of Show Checklist

- All competitors must wear their competition suits to check-ins
- NPC card – can purchase online at npcnewsonline.com. We recommend you purchase before you go 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
- 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!



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## 2021 Competition Schedule

The competitions listed in this directory are npc competitions in the southeast, national level shows, and shows promoted by our advertisers as of January 20, 2021. 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. **Throughout the year, the competition calendar will be updated on our website southernmuscleguide.com.**

Show Name	Date	Location	Website/ Promoter/Contact
<a href="#">NPC Southern Tournament of Champions</a>	March 13	Manning, SC	<a href="#">kd-promotions.com</a> , Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Sunshine State & CJ Classic & NPC National Wheelchair	March 13	West Palm Beach, FL	<a href="#">frankdaltoevents.com</a> , Frank Dalto & CJ James, 561-627-9638, <a href="#">frankdalto44@yahoo.com</a>
<a href="#">NPC IFBB Pro League Klash Championship Series, NPC Border Klash Championships, IFBB Pro League World Klash Pro Bikini</a>	April 3	Orlando, FL	<a href="#">theklash.com</a> , elite promotions, Joe Pishkula, 937.536.9581, <a href="#">npcborderklash@gmail.com</a>
NPC Panhandle Showdown	April 3	Pensacola, FL	<a href="#">panhandleshowdown.com</a> , Russ Mesey, 850.499.2508, <a href="#">iammaxfit@yahoo.com</a>
<a href="#">NPC Tri-City Classic</a>	April 3	Columbus, GA	<a href="#">tricityclassic.com</a> , Roland Huff, <a href="#">hbodybe1@aol.com</a> , 706.405.9539
NPC Bayou Muscle	April 10	Metairie, LA	<a href="#">louisianamuscle.com</a> , Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, <a href="#">NPCLAoffice@aol.com</a>
<a href="#">NPC Mel Chancey Champion Muscle Classic</a>	April 10	Tampa, FL	<a href="#">timgardnerproductions.com</a> , Mel Chancey, Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
<a href="#">NPC Charlotte Cup</a>	April 17	Charlotte, NC	<a href="#">johnnystewartproductions.com</a> , Johnny Stewart, 704.449.5603, <a href="#">stewartfitness@yahoo.com</a> , Sanders Armstrong, 704.560.4637
NPC Diamond Classic	April 17	Boca Raton, FL	<a href="#">qcbbpromotions.com</a> , Andres Miller, 954.326.8821, <a href="#">qcbbpromotions@gmail.com</a>
NPC Atlanta All States Invitational	April 24	Atlanta, GA	<a href="#">npcgeorgiapremierbodybuilding.com</a> , Abdul Gibbs, Jag Fitness, 770.762.7682, <a href="#">info@amglifetimesystems.org</a>
NPC Kentucky Derby Festival Championships	April 24	Louisville, KY	<a href="#">kentuckymuscle.com</a> , Brent Jones, 502.387.3808

Show Name	Date	Location	Website/ Promoter/Contact
<a href="#">NPC Memphis Bodybuilding Championships</a>	April 24	Memphis, TN	<a href="#">npcmemphischampionships.com</a> , Allen Sizemore, 865.384.9800, Farsha Jones, 901.949.7154
NPC Southeastern USA	April 24	Orlando, FL	<a href="#">npcsoutheastern.com</a> , Chris Eaddy, 407.474.8502, <a href="#">chris.eaddy@gmail.com</a>
<b>NPC Florida Grand Prix</b>	<b>May 1</b>	<b>Boca Raton, FL</b>	<a href="#">floridasportsfestival.com</a> , Serge Saric, 561.460.6000, <a href="#">floridagrandprix2016@gmail.com</a>
<a href="#">NPC Palmetto Classic Competition</a>	May 1	Columbia, SC	<a href="#">kd-promotions.com</a> , Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<a href="#">NPC Riptide Classic</a>	May 1	Panama City Beach, FL	<a href="#">850fitproductions.com</a> , Mike McKinney, 850.527.4479, <a href="#">michael4palingen@gmail.com</a> or Vic Sellers, 850-541-2511, <a href="#">vsellers@timpcb.com</a>
<a href="#">NPC Rocket City Classic</a>	May 1	Huntsville, AL	<a href="#">robertmcadory.com</a> , Robert McAdory, robertmcaldory@gmail.com, 256.468.6166
NPC Battle on the Bluff Bodybuilding	May 8	Tunica, MS	<a href="#">battleonthebluffbodybuilding.com</a> , Chris Caudy, <a href="#">chriscaudy@att.net</a> , 901.857.2499, Cindy Caudy, <a href="#">cindycaudy@att.net</a> , 901.619.6064
<a href="#">NPC IFBB Pro League GRL PWR All Women's Weekend, NPC GRL PWR Championships, IFBB Pro League GRL PWR Pro Bikini</a>	May 8	Orlando, FL	<a href="#">npcgrlpwr.com</a> , Shannon Dey, 407.757.2804, <a href="#">ceo@bombshellfitness.com</a>
<b>NPC Junior USA Bodybuilding Championships</b>	<b>May 13-15</b>	<b>Charleston, SC</b>	<a href="#">npcjuniorusa.com</a> , Tres Bennet, <a href="#">tresb@comcast.net</a> , 843.270.4373
NPC Ancient City Classic	May 22	St. Augustine, FL	<a href="#">npcancientcity.com</a> , Tony Curtis, 386.697.6315, <a href="#">tony@monstaclotting.com</a>
NPC IFBB Pro League Optimum Classic	May 22	Shreveport, LA	<a href="#">optimumclassic.com</a> , Robert Blount, 318.347.2208, <a href="#">info@optimumclassic.com</a>
NPC Triumph Classic	May 22	Boca Raton, FL	<a href="#">nptriumph.com</a> , Rich Alvarez, 954.501.5858, Maria Ballando, 305-968-3318
<a href="#">NPC Vulcan Classic</a>	May 22	Birmingham, AL	<a href="#">npcvulcanclassic.com</a> , Morris & Kelly Pruett, <a href="#">kellywpruett@comcast.net</a> , 256.490.1115
NPC Iron Muscle Championships	May 29	Pearl, MS	<a href="#">ironmusclechampionships.com</a> , Richard & Amanda Stegall, 601.540.5182, <a href="#">ironmusclechampionships@gmail.com</a>
NPC IFBB Pro League Miami Muscle	June 5	Miami, FL	<a href="#">miamifitexpo.com</a> , Paula Geobanny, 786.217.2110, <a href="#">miamimusclebeachpro@gmail.com</a>
<a href="#">NPC Battle on the Gulf Coast</a>	June 12	Biloxi, MS	<a href="#">battleonthegulfcoast.com</a> , Douglas Sellers, 225.324.9991
<a href="#">NPC Battle at the River</a>	June 12	Chattanooga, TN	<a href="#">npcbattleattheriver.com</a> , Bryan Hayworth, 423.677.3347, Austin Hayworth 423.677.1493, Allen Sizemore, 865.384.9800, <a href="#">npcbattleattheriver@gmail.com</a>
<a href="#">NPC/IFBB Pro League, Clash of the Titanz Pro Am</a>	June 12	Austell, GA	<a href="#">titanzklash.com</a> , Daniel Stuckart, 706.449.9809, <a href="#">daniel@titanz.net</a>

Show Name	Date	Location	Website/ Promoter/Contact
<b>NPC Jr. National Championships</b>	<b>June 18-19</b>	<b>Chattanooga, TN</b>	<a href="http://npcjrnats.com">npcjrnats.com</a> , @spectrumfitnessproductions, @robinchang_ifbcpro,
<a href="#">NPC Enchanted Classic, NPC Worldwide World Caribbean Championships, IFBB Pro League Puerto Rico Pro</a>	June 18-20	Nassau, Bahamas	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="mailto:tgflex.florida@gmail.com">tgflex.florida@gmail.com</a>
NPC Greater Gulf States	June 19	Kenner, LA	<a href="http://louisianamuscle.com">louisianamuscle.com</a> , Luke Tesvich, 504.439.6224, Robin Tesvich, 504.650.0733, <a href="mailto:NPCLAoffice@aol.com">NPCLAoffice@aol.com</a>
NPC Mid-Florida Classic	June 19	Orlando, FL	<a href="http://dekewarner.com">dekewarner.com</a> , Deke Warner, 321.276.3057, <a href="mailto:deke@bellsouth.net">deke@bellsouth.net</a>
<a href="#">NPC Victory Classic</a>	June 19	Charlotte, NC	<a href="http://kd-promotions.com">kd-promotions.com</a> , Kevin DeHaven, <a href="mailto:KDprep@gmail.com">KDprep@gmail.com</a> , 704.661.5142
NPC West Palm Beach Bodybuilding Championships & Anna Level Figure, Fitness & Bikini Championships	June 19	West Palm Beach, FL	<a href="http://frankdaltoevents.com">frankdaltoevents.com</a> , Frank Dalto, 516.627.9638, <a href="mailto:frankdalto44@yahoo.com">frankdalto44@yahoo.com</a>
NPC Atlantic Coast	June 26	Wilmington, NC	<a href="http://carolinanpc.com">carolinanpc.com</a> , <a href="mailto:grady818@aol.com">grady818@aol.com</a> , 910. 200.0778
<a href="#">NPC Clash at the Capstone</a>	June 26	Tuscaloosa, AL	<a href="http://npcclashatthecapstone.com">npcclashatthecapstone.com</a> , Ron & Michelle Wedgeworth, 205.361.7137 <a href="mailto:clashatthecapstone@hotmail.com">clashatthecapstone@hotmail.com</a>
NPC Southern USA	June 26	Orlando, FL	<a href="http://npcsouthernusa.net">npcsouthernusa.net</a> , Shannon Dey, 407.757.2804, <a href="mailto:ceo@bombshellfitness.com">ceo@bombshellfitness.com</a>
<b>NPC Universe Championships</b>	<b>July 1-3</b>	<b>Teaneck, NJ</b>	<a href="http://bevfrances.com">bevfrances.com</a> , <a href="mailto:NPCnortheast@gmail.com">NPCnortheast@gmail.com</a>
NPC IFBB Pro League Europa	July 3	Orlando, FL	<a href="http://europaexpo.com">europaexpo.com</a> , Ed & Betty Pariso, 817.498.3631, <a href="mailto:betty@visionstarentertainment.com">betty@visionstarentertainment.com</a>
<a href="#">NPC Georgia Bodybuilding Championships</a>	July 10	Atlanta, GA	<a href="http://georgiabodybuilding.com">georgiabodybuilding.com</a> , Lloyd Herford, 678.630.1122
NPC Louisiana Championships	July 10	Lafayette, LA	<a href="http://lchampionships.com">lchampionships.com</a> , Magnum Productions, Tommy Guarisco, 985.868.3936, <a href="mailto:fitshow@bellsouth.net">fitshow@bellsouth.net</a>
NPC Southern States	July 10	Ft. Lauderdale, FL	<a href="http://npcsouthernstates.com">npcsouthernstates.com</a> , Maria Ballando, 305-968-3318, <a href="mailto:npcsouthernstates@gmail.com">npcsouthernstates@gmail.com</a>
<a href="#">NPC Body Be 1 Classic</a>	July 17	Dothan, AL	<a href="http://bodybe1.com">bodybe1.com</a> , Roland Huff, <a href="mailto:hbodybe1@aol.com">hbodybe1@aol.com</a> , 706.405.9539
<a href="#">NPC Mississippi Championships</a>	July 17	Jackson, MS	<a href="http://npcmsbodybuilding.com">npcmsbodybuilding.com</a> , Gordon & Cyndi Weir, <a href="mailto:npcmsstateshow@gmail.com">npcmsstateshow@gmail.com</a> , 601.906.8772 or 601.906.8837
NPC Ty Pope Classic	July 17	Orlando, FL	<a href="http://typopeclassic.com">typopeclassic.com</a> , Ty & Joanna Pope, 407.910.7074, <a href="mailto:tyjopope@yahoo.com">tyjopope@yahoo.com</a>
<b>Teen Collegiate &amp; Masters National Championships</b>	<b>July 21-24</b>	<b>Pittsburgh, PA</b>	<a href="http://garyudit.com">garyudit.com</a> , GMU Productions, Gary Udit, <a href="mailto:gary@garyudit.com">gary@garyudit.com</a> , 412.377.1438

Show Name	Date	Location	Website/ Promoter/Contact
<a href="#">NPC Chicago Extravaganza, NPC Worldwide Ms International Women's Bodybuilding, IFBB Pro League Chicago Pro</a>	July 23-24	Atlanta, GA	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="mailto:tgflex.florida@gmail.com">tgflex.florida@gmail.com</a>
NPC Dexter Jackson Classic	July 24	Jacksonville, FL	<a href="http://centerpodium.com/dexterjacksonclassic">centerpodium.com/dexterjacksonclassic</a> , Dexter Jackson, Gayle Elie, Chris Minnes, 775-375-5438, <a href="mailto:events@centerpodium.com">events@centerpodium.com</a>
<a href="#">NPC Greater Tennessee Valley Championships</a>	July 24	Huntsville, AL	<a href="http://greatertnvalleychampionships.com">greatertnvalleychampionships.com</a> , Will Wise, 256.653.0150, <a href="mailto:info@greatertnvalleychampionships.com">info@greatertnvalleychampionships.com</a>
NPC/IFBB Pro League Prestige Crystal Cup	July 24	Boca Raton, FL	<a href="http://qcbbpromotions.com">qcbbpromotions.com</a> , Andres Miller, 954.326.8821, <a href="mailto:qcbbpromotions@gmail.com">qcbbpromotions@gmail.com</a>
<b>NPC USA Championships</b>	<b>July 30-31</b>	<b>Las Vegas, NV</b>	<a href="http://musclecontest.com">musclecontest.com</a> , Lindsay Productions, <a href="mailto:Tracey@musclecontest.com">Tracey@musclecontest.com</a> , 310.796.9181
NPC/IFBB Pro League Janet Layug's Battle of the Bodies	July 31	Ft. Lauderdale, FL	<a href="http://janetsbattleofthebodies.com">janetsbattleofthebodies.com</a> , Sofia Evangelista, <a href="mailto:sofia4janet@gmail.com">sofia4janet@gmail.com</a>
<a href="#">NPC Tennessee State Championships</a>	July 31	Chattanooga, TN	<a href="http://npctn.com">npctn.com</a> , Allen & Becca Sizemore, 865.384.9800, <a href="mailto:sizemore365@yahoo.com">sizemore365@yahoo.com</a>
<a href="#">NPC Tampa Extravaganza IFBB Pro League Tampa Pro</a>	August 6-7	Tampa, FL	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="mailto:tgflex.florida@gmail.com">tgflex.florida@gmail.com</a>
NPC Camellia Championships	August 7	Slidell, LA	<a href="http://camelliachampionships.com">camelliachampionships.com</a> , Danielle Kifer, 985.774.9029, <a href="mailto:danielle@daniellekifer.com">danielle@daniellekifer.com</a>
NPC Knox Classic	August 7	Knoxville, TN	<a href="http://npcknoxclassic.com">npcknoxclassic.com</a> , Brian "Beano" Wallace, <a href="mailto:npcknoxclassic@gmail.com">npcknoxclassic@gmail.com</a> , 865.200.5880
SC NPC Excalibur Championships	August 14	Charleston, SC	<a href="http://carolinanpc.com">carolinanpc.com</a> , Tres Bennet, <a href="mailto:tresb@comcast.net">tresb@comcast.net</a> , 843.270.4373
NPC Florida State Championships	August 14	Orlando, FL	<a href="http://dekewarner.com">dekewarner.com</a> , Deke Warner, 321.276.3057, <a href="mailto:deke@bellsouth.net">deke@bellsouth.net</a>
<a href="#">NPC Iron City Showdown*</a>	August 14	Birmingham, AL	<a href="http://npcironcity.com">npcironcity.com</a> , Kelly Pruett, 256.490.5858, Will Wise, 256.653.0150, <a href="mailto:info@npcironcity.com">info@npcironcity.com</a>
NPC Kentucky Open & Kentucky State Championships	August 21	Lexington, KY	<a href="http://kyopenbodybuilding.com">kyopenbodybuilding.com</a> , Gene & Tina Goode, 859.516.4109 or 859.319.2122, <a href="mailto:kyopenbodybuilding@gmail.com">kyopenbodybuilding@gmail.com</a>
NPC Max Fit Classic	August 21	Pensacola, FL	<a href="http://maxfitclassic.com">maxfitclassic.com</a> , Russ Mesey, 850.499.2508, <a href="mailto:iammaxfit@yahoo.com">iammaxfit@yahoo.com</a>
IFBB Pro League and NPC Nashville Fit Show (female only)	August 21	Nashville, TN	<a href="http://nashvillefitshow.com">nashvillefitshow.com</a> , Whitney Wiser, <a href="mailto:info@nashvillefitshow.com">info@nashvillefitshow.com</a>
NPC ROC Atlanta Extravaganza	August 21	Atlanta, GA	<a href="http://rocatlantaextravaganza.com">rocatlantaextravaganza.com</a> , Roc Shabazz, <a href="mailto:therealroc@gmail.com">therealroc@gmail.com</a>
<a href="#">NPC Total Body Championships</a>	August 21	Tupelo, MS	<a href="http://totalbodygym.net">totalbodygym.net</a> , Judy & Timmy Gaillard, 662.837.5957

Show Name	Date	Location	Website/ Promoter/Contact
<a href="#">NPC Alabama State Championships</a>	August 28	Gadsden, AL	<a href="#">npcalabama.info</a> , Morris Pruett, <a href="#">GetFitStayFit@comcast.net</a> , 256.490.1115
NPC Mel Chancey Harbor Classic	August 28	Port Charlotte, FL	<a href="#">npcharborclassic.com</a> , Mel Chancey
<b>NPC North American Championships/ IFBB Pro League Pittsburgh Pro Masters</b>	<b>Sept. 1-4</b>	<b>Pittsburgh, PA</b>	<a href="#">garyudit.com</a> , GMU Productions, Gary Udit, <a href="#">gary@garyudit.com</a> , 412.377.1438
Lenda Murray Savannah Pro Am	Sept. 4	Savannah, GA	<a href="#">lendamurraybodybuilding.com</a> , Lenda Murray, <a href="#">MsOlympia8@msn.com</a> , Alex Sacasa, 480.747.7401, <a href="#">Alex@wingsofstrength.net</a>
<a href="#">IFBB Pro League Rising Phoenix Women's Bodybuilding World Championships and IFBB Pro League Arizona Women's Pro</a>	Sept. 11	Phoenix, AZ	<a href="#">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
NPC Iron Man	Sept. 11	Sarasota, FL	<a href="#">npcironman.com</a> , Stacy Taylor, 813.545.3312, <a href="#">npcironman@gmail.com</a>
<b>IFBB Pro League Ben Weider Natural Pro AM Natural Championships</b>	<b>Sept. 18</b>	<b>Toronto, Canada</b>	<a href="#">garyudit.com</a> , GMU Productions, Gary Udit, <a href="#">gary@garyudit.com</a> , 412.377.1438
<a href="#">NPC Stewart Fitness and Greater Triad Championship</a>	Sept. 18	High Point, NC	<a href="#">johnnystewartproductions.com</a> , Johnny Stewart, <a href="#">stewartfitness@yahoo.com</a> , 704.449.5603
NPC Tricky Jackson Classic	Sept. 18	Frankfort, KY	<a href="#">trickyjacksonclassic.com</a> , Tricky Jackson, <a href="#">tricky6162@aol.com</a>
<a href="#">NPC San Antonio Extravaganza, IFBB Pro League San Antonio Pro and Johnny Jackson Powerlifting &amp; Grid Ball</a>	Sept. 25	San Antonio, TX	<a href="#">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
<a href="#">NPC Southern Muscle Showdown</a>	Sept. 25	Dalton, GA	<a href="#">southernmusclerhowdown.com</a> , Steve Payne, 678.641.9188, <a href="#">steve@trainwithpayne.com</a>
NPC Ultimate Muscle Extravaganza	Sept. 25	Lakeland, FL	<a href="#">thedebsgym.com</a> , Deb Callahan, 863-812-8788, <a href="#">debsgym@gmail.com</a>
NPC IFBB Pro League Daytona Beach Classic	Oct. 2	Daytona Beach, FL	<a href="#">thedaytonabeachclassic.com</a> , Tony Curtis & Mike Matassa, 386.299.1314, <a href="#">toobehuge@aol.com</a>
NPC First Callout	Oct. 2	Coral Springs, FL	<a href="#">npcfirstcallout.com</a> , Rich Alvarez, 954.501.5858, <a href="#">getpumped121@aol.com</a>
<a href="#">IFBB Pro League and NPC Nashville Night of Champions</a>	Oct. 2	Chattanooga, TN	<a href="#">npctn.com</a> , Allen Sizemore & Kelly Webb, <a href="#">sizemore365@yahoo.com</a> , 865.384.9800
NPC Warrior Games	Oct. 2	Kenner, LA	<a href="#">louisianamuscle.com</a> , Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784, <a href="#">NPCLAoffice@aol.com</a>

Show Name	Date	Location	Website/ Promoter/Contact
<b>IFBB Olympia and Olympia Amateur</b>	<b>Oct. 7-10</b>	<b>Orlando, FL</b>	<a href="#">MrOlympia.com</a> , Dan Soloman/Tamer Guindy, <a href="#">contact@mrolympia.com</a>
NPC Kentucky Muscle Strength & Fitness Extravaganza	Oct. 16	Louisville, KY	<a href="#">kentuckymuscle.com</a> , Brent Jones, 502.387.3808
NPC Ultimate Grand Prix	Oct. 16	Ft. Lauderdale, FL	<a href="#">floridasportsfestival.com</a> , Serge Saric, 561.460.6000, <a href="#">floridagrandprix2016@gmail.com</a>
NPC Upstate Classic	Oct. 16	Spartanburg, SC	<a href="#">dutchstrengthpromotions.com</a> , Davina Cross, 828.989.0598, <a href="#">davina1@hotmail.com</a>
<a href="#">NPC Beach Bash</a>	Oct. 23	Mobile, AL	<a href="#">npcbeachbash.com</a> , Ron Wedgeworth, 205.361.7137, <a href="#">info@npcbeachbash.com</a>
<a href="#">NPC Hurricane Bay Championships, IFBB Pro League Hurricane Pro</a>	Oct. 23	St. Petersburg, FL	<a href="#">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
<a href="#">NPC Mid Atlantic Classic</a>	Oct. 23	Charlotte, NC	<a href="#">kd-promotions.com</a> , Kevin DeHaven, <a href="#">KDprep@gmail.com</a> , 704.661.5142
<a href="#">NPC Muscle For Heart</a>	Oct. 23	Panama City Beach	<a href="#">850fitproductions.com</a> , Mike McKinney, 850.527.4479, <a href="#">michael4palingen@gmail.com</a> , or 850-541-2511, <a href="#">vsellers@timpcb.com</a>
NPC Natural Kentucky Championships	Oct. 23	Covington, KY	<a href="#">garyudit.com</a> , GMU Productions, Gary Udit, <a href="#">gary@garyudit.com</a> , 412.377.1438
NPC Ruby Championships	Oct. 30	Boca Raton, FL	<a href="#">qcbbpromotions.com</a> , Andres Miller, 954.326.8821, <a href="#">qcbbpromotions@gmail.com</a>
<a href="#">NPC Puerto Rico Championships</a>	Oct. 31	Bayamon, Puerto Rico	<a href="#">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
<a href="#">NPC Klash Series All South Championships</a>	Nov. 6	Orlando, FL	<a href="#">theklash.com</a> , Joe Pishkula, 937-536-9581, <a href="#">pishkula@gmail.com</a>
NPC Rock Hard Show of Champions	Nov. 6	Ft. Walton Beach, FL	<a href="#">npcrockhard.com</a> , Russ Mesey & Aaron Stillwater, 850-499-2508, <a href="#">iammaxfit@yahoo.com</a>
NPC Southern Muscle	Nov. 6	Kenner, LA	<a href="#">louisianamuscle.com</a> , Luke Tesvich, 504.439.6224, Bubby Lupo, 504.330.4784, <a href="#">NPCLAoffice@aol.com</a>
<a href="#">NPC Worldwide Romania Muscle Fest, IFBB Pro League Romania Muscle Fest Pro</a>	Nov. 13-14	Bucharest, Romania	<a href="#">timgardnerproductions.com</a> , Tim Gardner, 813.518.5995, <a href="#">tgflex.florida@gmail.com</a>
NPC Elite Muscle Classic	Nov. 13	Greensboro, NC	<a href="#">quincyroberts.com</a> , Quincy Roberts, 336.987.4007, <a href="#">qrelite@gmail.com</a>
NPC Florida Gold Cup & Amanda Marinelli Classic	Nov. 13	West Palm Beach, FL	<a href="#">npcfloridagoldcup.com</a> , Frank Dalto & Amanda Marinelli, 561.627.9638, <a href="#">frankdalto44@yahoo.com</a>
<a href="#">NPC Lee Haney Games</a>	Nov 13	Atlanta, GA	<a href="#">leehaneygames.com</a> , Lee Haney, <a href="#">info@leehaneygames.com</a>

NPC Monsta Classic	Nov 13	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
<a href="#">NPC Atlantic Coast Championships and IFBB Pro League Atlantic Coast Pro</a>	Dec. 4	Ft Lauderdale Beach, FL	timgardnerproductions.com, Tim Gardner, 813.518.5995, tgfex.florida@gmail.com
IFBB Olympia and Olympia Amateur	Dec. 12	Bayamon, Puerto Rico	MrOlympia.com, Dan Soloman/Tamer Guindy, contact@mrolympia.com
NPC National Championships	Dec. 17-18	Orlando, FL	npcnationalchampionship.com, Gary Udit, 412.377.1438, gary@garyudit.com
NPC Mel Chancey Holiday Classic	Dec. 18	Ft. Lauderdale, FL	npcholidayclassic.com, Mel Chancey

The following shows have not yet been scheduled, but check the [southernmuscleguide.com](http://southernmuscleguide.com) website for updates throughout the year.

Show Name	Date	Location	Website/ Promoter/Contact
NPC Northern Kentucky Grand Prix Championships	TBD	TBD	garyudit.com, GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
Carolina State	WINTER 2021	TBD	carolinanpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Flex Lewis Classic	TBD	TBD	npctn.com, flexlewis.net, flexlewisclassic@gmail.com



## COMPETITION PREP AND POSING



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## 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](mailto:rachel@southernmuscleguide.com).

### AFTER PARTY

#### Fit Vine Wine

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#### Muscle Vodka

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

#### Pryor Entertainment

Films, [info@pryorent.com](mailto:info@pryorent.com), [pryorent.com](http://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  
770.633.8257, bodyfitaimee@gmail.com

#### Ashley K Fit

Ashley Kaltwasser, 3X Ms Olympia  
[AshleyKFit.com](http://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](http://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](http://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

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864.993.4810, info@mojotivation.com  
[mojotivation.com](http://mojotivation.com)

### CHIROPRACTIC & SPORTS REHAB

#### Dr. Graz's Muscle Restoration

IG: [drgrazmusclerestoration](https://www.instagram.com/drgrazmusclerestoration)  
[Drgraztherapy@gmail.com](mailto:Drgraztherapy@gmail.com)  
727.753.9094, Dr. Natalie Graziano

#### Lilburn Sports & Family Wellness

3035 Five Forks Tricuum Rd, Lilburn, 30047  
770.985.5223, [www.lilburnchiropractic.com](http://www.lilburnchiropractic.com)  
Dr. Robert Pruni

#### Well Adjusted Buckhead

70 Lenox Pointe Rd NE, Suite D, Atlanta, GA 30324  
404.600.4117, @drjessica\_welladjusted  
[welladjustedbuckhead.com](http://welladjustedbuckhead.com)

### FACE & SKIN CARE

#### Arbonne

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

#### Beauty Fit

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[@beautyfit](https://www.instagram.com/beautyfit), [Beautyfit.com](http://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](mailto:i.brwows@gmail.com), [ibrwows.com](http://ibrwows.com)

### FITNESS FACILITIES/ PERSONAL TRAINING GYMS

#### Biltmore Fitness

711 Biltmore Avenue, Asheville, NC 28803  
828.776.0524, [biltfit.net](http://biltfit.net)

#### Body Be 1

2536 Weems Road, Columbus, GA  
706.405.9539, @bodybe1  
[Hbodybe1@aol.com](mailto:Hbodybe1@aol.com), [bodybe1.com](http://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](http://carbonculture-usa.com)

#### Elite Fitness

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

#### House of Payne Personal Training

4565 Lawrenceville Highway NW, Lilburn, GA 30047, 678.641.9188, [trainwithpayne.com](http://trainwithpayne.com)

#### Iron Works Gym

220 Eisenhower Drive, Biloxi, MS 39531  
228.456.9496, [ironworksgymbiloxi.com](http://ironworksgymbiloxi.com)

#### Rise Athletics

4332 Mundy Mill Road, Oakwood, GA 30566  
[riseathleticclub.com](http://riseathleticclub.com)

#### Titanz Fitness

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

#### Total Body Gym (Two Locations)

104 Cooper Street, Ripley, MS  
8975 Highway 178, Olive Branch, MS  
662.512.6060, [totalbodygym.net](http://totalbodygym.net)

#### Tres Gym

1662 Savannah Hwy, Ste 125, Charleston, SC 29407, 843.270.4373, [tresgym.com](http://tresgym.com)

#### Willmore Total Fitness

209 Rescia Avenue, Rainbow City, AL 35906  
256.302.9011

## FOOD & MEAL PREP

### Clean Eatz

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### Eat Clean Bro

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### Southern Athletics

6597-G Roswell Rd NE, Sandy Springs 404.481.5263, @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

### Scott Pryor Law

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

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## REAL ESTATE

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eddie@eddieferrell.com, eddieferrell.com

## SUPPLEMENTS & CBD

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ATLDispensary.com

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## Complete Nutrition

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(541) 286-4022

## HiveFit

Healthy supplements  
info@hivefit.com, hivefit.com, Raul Hiteshev

## Lee Haney Nutrition

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

## MTS Nutrition

@mtsnutrition, 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](http://Liquidsunrayz.com)

### LSR Certified Service Providers

#### FLORIDA

##### Hot Spot Competition Tanning

[hotspotsarasota.com](http://hotspotsarasota.com)  
[hotspotcompetitiontanning.com](http://hotspotcompetitiontanning.com)  
FB: HotSpotOnTheGo  
IG: @hotspotcompetitiontanning

#### GEORGIA

##### Spray Tans by Maggie & Co

[spraytansbymaggie.com](http://spraytansbymaggie.com), 678-642-9972  
[Maggie@spraytansbyMaggie.com](mailto:Maggie@spraytansbyMaggie.com)  
IG @maggiesmith09  
FB business page: spraytansbymaggie  
[Spraytansbymaggie.com](http://Spraytansbymaggie.com)

#### LOUISIANA

##### Sundaes Spray Tanning

Keysha Joosten  
[Sundaes.treatyourself@gmail.com](mailto:Sundaes.treatyourself@gmail.com)

#### T5 MOBILE TANNING

Kim Trahan  
337.288.6508  
[www.getspraytan.com](http://www.getspraytan.com)

#### NORTH CAROLINA AND SOUTH CAROLINA

##### Heidi Zeiss

Show Tanning Professionals  
[showtanningprofessionals.com](http://showtanningprofessionals.com)  
FB: showtanningprofessionals  
IG: @showtanningprofessionals

#### TEXAS

##### Show Glo Competition Tanning

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[Shoglotan@gmail.com](mailto:Shoglotan@gmail.com)

## TATTOO ARTIST

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## EVENTS


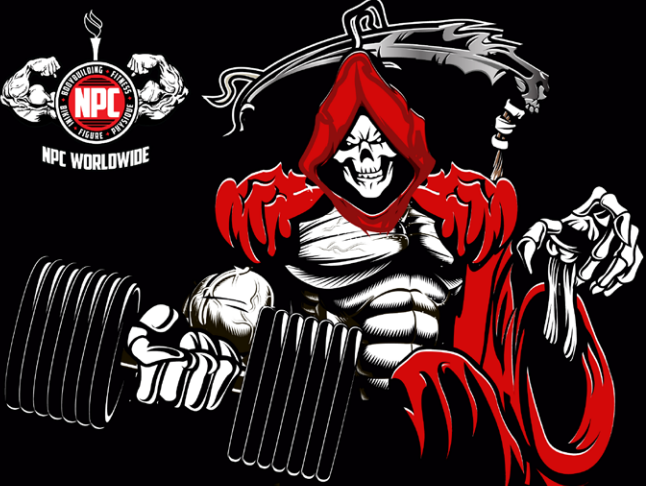


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