

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 20, 2022 and is arranged alphabetically by category. There are hundreds of other businesses that support this sport and we appreciate them all. We encourage you to support the businesses that support the sport of bodybuilding. If you would like your business to be listed, please contact rachel@southernmuscleguide.com.

AFTER PARTY

Fit Vine Wine

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

Muscle Vodka

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

Pryor Entertainment

Films, info@pryorent.com, pryorent.com

APPAREL & SHOES

Asesina Designs

Asesinadesigns.com, FB, IG @asesinadesigns

Bellringer Athletic Gear

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

Bulletproof Sports Inc.

bulletproofsportswear.com, Amy Kozle,
Ken Richardson, bulletproofsw@yahoo.com

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, aimeeparscale.com
770.633.8257, bodyfitaimie@gmail.com

Ashley K Fit

Ashley Kaltwasser, 3X Ms. Olympia, AshleyKFit.com

Mojotivation - Positive Power

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

Nikkifit Fitness

nikkifitfitness.com, IG: @nikkifit_fitness
D. 678.832.2265 | C. 770.366.3176

BOOKS AND MOTIVATION

Fit at Any Age

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

Build Your Back, HIT Your Way Fit, MPower Your Life, Seven Day Dial-In Six Days of Squats, Bodybuilder's Kitchen, Train Like A Bodybuilder

Erinstern.com, 2X_ms_olympia
also available at Amazon

CHIROPRACTIC & SPORTS REHAB

Lilburn Sports & Family Wellness

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

Well Adjusted Buckhead

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

FACE & SKIN CARE

Arbonne

Rachel Bochat, District Manager & Independent Consultant, @rachelbochat

Beauty Fit

Providing you the knowledge and quality tested products to promote overall wellness for you and your family, @beautyfit, Beautyfit.com

IBrows

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

FITNESS FACILITIES/ PERSONAL TRAINING GYMS

Biltmore Fitness

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

Body Be 1

2536 Weems Road, Columbus, GA
706.405.9539, @bodybe1
Hbodybe1@aol.com, bodybe1.com

Carbon Culture - USA (Two Locations)

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

Elite Fitness

15903 Old Statesville Rd, Huntsville, NC
704.727.0710, huntersvilleelitefitness@gmail.com
Elitefitnesshuntersville.com
@elitefitness_huntersville

House of Payne Personal Training

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

Iron Works Gym

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

Titanz Fitness

1834 South Cobb Ind. Blvd, Smyrna, GA
770.989.1884, @titanzfitness
titanz.net

Total Body Gym (Two Locations)

104 Cooper Street, Ripley, MS
8975 Highway 178, Olive Branch, MS
662.512.6060, totalbodygym.net

Tres Gym

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

Willmore Total Fitness

209 Rescia Avenue, Rainbow City, AL 35906
256.302.9011

FOOD & MEAL PREP

Clean Eatz

Cafe and meal prep service, locations throughout the southeast cleaneatz.com

Eat Clean Bro

Bringing chef-prepared meals to your front door
866.258.1890, eatcleanbro.com

Obsessive Cookie Disorder

ocdcookieco.com, ocdcookieco@gmail.com
IG: @ocdcookieco

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

Maximum Beauty

Instagram: @sarahnicole
BeautyAtItsMaximum.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
[southernmuscleguide.com](#), Rachel Payne

MEDICAL & HEALTH SERVICES

CPR First

American Heart Association
CPR/AED/FIRST AID INSTRUCTOR
678.4141.0288, [DScottCPRFirst@aol.com](#)
Dave Scott

The Healthicians

1230 Johnson Ferry Pl., Suite a-20, Marietta, GA
678.996.6151, [@thehealthicians](#),
[thehealthicians.com](#)

Dr. Randy Rudderman MD FACS

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

Rejuvenate Georgia Restorative Health

12195 Highway 92, Suite112, 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
[colgrove.com](#), Dr. Colgrove

MUSIC DJ'S

Brett Gardner

IFBB Pro League DJ, [@trashtronaut](#)

DJ Nelson

[@djnelsonmusic](#)

Freddy Naidu

DJ/Emcee, [freddy.naidu@gmail.com](#)

DJ Shannon C.

[Djshannonc.com](#)

ORGANIZATIONS/ EDUCATION

International Association of Fit Sciences

P.O. Box 142489, Fayetteville GA
770.460.8844, [IAFSCertification.com](#)

National Physique Committee (NPC) and IFBB Pro League

[npcnewsonline.com](#)

State Chairman

- **Kentucky**
Gary Udit, [garyudit.com](#)
- **Mississippi**
Zonie McLaurin, FB: NPC MS
- **Louisiana**
[louisianabodybuilding.com](#)
- **Tennessee**
Allen Sizemore, Chairman;
Kelly Webb, Vice Chairman, [npctn.com](#)
- **North & South Carolina**
Tres Bennett, [carolinanpc.com](#)
Vice Chair, MarieAnn "Mo" Newman
- **Alabama**
Morris Pruett, [npcalabama.info](#)
- **Georgia**
Vince Crawford, Chairman; Maynard "Chip"
White, Vice Chairman, [Georgianpc.com](#)

• Florida

Tim Gardner, South District Chairman, Joe
Pishkula, Central District Chairman & Tony
Curtis, North District Chairman
[floridanpc.com](#)

PHOTOGRAPHY

Dan Ray Photography

IG [@danrayphoto](#)

Hector Mendoza Photography

IG [@mdozaphotography](#)

JM Manion Photography

[NPCNewsOnline.com](#) | [jmmanion.com](#)
IG: [@aroundtheNPC_JM](#)

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@monstaclotthing.com](#)
[monstaphotos.com](#)

Nvision Photography of Atlanta

404.663.8991
[www.nvisionatl.com](#)
Michael Brewer

POSING SUITS, COMPETITION JEWELRY, COMPETITION SHOES

CJ's Elite Competition Wear

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

SKS Competition Bikinis

[@sksfitness](#)
[sksfitness@hotmail.com](#),
[sksfitness.com](#)

The Shoe Fairy

Bikini, Figure & Wellness Competition heels,
jewelry & extras
[Shoefairyofficial.com](#)

Vandella Costumes

Custom Bodybuilding & Bikini Suits
[Vandellacostumes.com](#)

Waterbabies Bikini

2005 Beckenham Walk Ln., Dacula, GA 30019
404.285.2000

www.waterbabiesbikini.com

designer@waterbabiesbikini.com

Christine Shen

REAL ESTATE

Eddie Ferrell, Crye-Leike Realtors

Cell: 931.320.4552, Office: 615.650.7447

eddie@eddieferrell.com

eddieferrell.com

SUPPLEMENTS & CBD

Atlanta Dispensary

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

ATLDispensary.com

Beauty Fit

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

Better Rebuild

402.452.9808, sales@abetterrebuild.com

ABetterRebuild.com

Calm Peak

[@calmpeak](https://www.instagram.com/calmpeak), calmpeak.net

FIQ

Mike.casey@theformulaiq.com

678.382.2264, activatefiq.com

HiveFit

Healthy supplements

info@hivefit.com, hivefit.com, Raul Hiteshew

Lee Haney Nutrition

P.O. Box 142489, Fayetteville, GA 30214

770.460.8844, support@leehaney.com

leehaney.com

MTS Nutrition

[@mtsnutrition](https://www.instagram.com/mtsnutrition), Mtsnutrition.com

O15 Nutrition

[@o15nutrition](https://www.instagram.com/o15nutrition), O15nutrition.com

Priceless-Nutrition

Priceless-Nutrition.com

Tennessee Pre

[@tennessee_pre](https://www.instagram.com/tennessee_pre), Tennesseepre.com

TANNING & ACCESSORIES

Liquid Sun Rayz

Competition Make up & Hair, Liquidsunrayz.com

LSR Certified Service Providers

FLORIDA

Hot Spot Competition Tanning

Hotspotsarasota.com

hotspotcompetitiontanning.com

FB: HotSpotOnTheGo/

IG: [@hotspotcompetitiontanning](https://www.instagram.com/hotspotcompetitiontanning)

GEORGIA

Spray Tans by Maggie & Co

spraytansbymaggie.com, 678-642-9972

Maggie@spraytansbyMaggie.com

IG [@maggiesmith09](https://www.instagram.com/maggiesmith09)

FB business page: [spraytansbymaggie](https://www.facebook.com/spraytansbymaggie)

Spraytansbymaggie.com

LOUISIANA

Illegal Tanz

Kimberly Trahan, 327.288.6508

NORTH CAROLINA AND SOUTH CAROLINA

Heidi Zeiss

Show Tanning Professionals

[showtanningprofessionals.com](https://www.facebook.com/showtanningprofessionals)

FB: [showtanningprofessionals](https://www.facebook.com/showtanningprofessionals)

IG: [@showtanningprofessionals](https://www.instagram.com/showtanningprofessionals)

TEXAS

Show Glo Competition Tanning

Scott and Lisa Ramsey, Shoglotan@gmail.com

Wear and Away

Laurie Tuck, info@wearandaway.com

wearandaway.com/fitness

TATTOO ARTIST

Sink or Swim Studio

Tattoo, Piercing, Fine Art

1289 Roswell Rd., Marietta, GA

770.977.8287, [@sinkorswim_studio](https://www.instagram.com/sinkorswim_studio)

Sinkorswinstudio.com