

A Directory of Resources for Bikini, Figure, Fitness, Women's Physique, Men's Physique, Classic Physique, and Bodybuilding Competition Training in the Southeast.

SOUTHERN™

MUSCLE

GUIDE
2018

9 MUST
SEE
GYMS

The Choice Is Yours

Learn How To Live Your Dream

Behind the Muscle

With Ms. Figure Olympia Cyd Gillon

CHRIS HOLLINGSWORTH'S

ELITE

PERFORMANCE TANNING

**COMPETITION
CALENDAR**

POWERED BY **Pro Tan**
Since 1987



GORILLA WARFARE FITNESS + APPAREL

Est. 2015



AMERICAN MADE VETERAN OWNED

Preston David Perry, Owner of Gorilla Warfare Fitness and Apparel and Golden1 Pharma, has been immersed in the world of fitness since his youth. He grew up as a multi sport athlete playing baseball, basketball and his all time favorite, football. Many people don't realize that growing up in a rundown neighborhood made sports a way of escape. From Mobile, Alabama to Atlanta, Georgia and finally ending up in the small town of Benton, Kentucky, life wasn't always the easiest. Growing up in a lower class family and fighting for everything he had just strengthened Preston's passion for football, ultimately gaining him options for scholarships as a running back and linebacker. Part of weight training day-in and day-out served to expand his knowledge of human anatomy and physiology.

Upon finishing high school football, Preston earned his GED, joined the United States Army and began learning about not only leadership and character but also strength training and conditioning without the benefits of a weight room. Dumbbells, barbells and cable machines were quickly replaced by pushups, sit ups and two-mile runs. After returning from Afghanistan in December 2012, he left the Army and began working within the fitness industry, taking a job at Complete Nutrition where he learned about supplements and the science behind the compounds needed to grow and recover the body. In 2014, he made the decision to leave Complete Nutrition and accepted a job at Olympus Athletic in Murfreesboro, TN. Preston soon found his niche in the body building world by competing in Men's Physique and not long after, making the leap into Body Building as a Super Heavyweight.

Preston credits IFBB pros such as James "Flex" Lewis and Brandon "The Prodigy" Curry for inspiring him to launch Gorilla Warfare in January of 2015 and Golden1 Pharma at the end of 2017. Gorilla Warfare is in hopes to be the first of its kind by providing the fitness industry with something they have never seen before; a clothing line which is meant for EVERYONE: Body Builders, Powerlifters, Bikini Competitors, the Average Joe, the woman who seeks to lose weight or tone up, the man who hopes to put on size and feel good, and lastly, just the everyday person who wants to better themselves.

"I want to see my shirts in every gym and at every fitness event nation-wide. Not just as a business and brand, but as a movement, as a lifestyle. We want people to get behind what Gorilla Warfare stands for: the brand for someone who has their own personal objectives in the gym, doesn't want to fall into a fitness stereotype and isn't afraid to take steps forward by pushing through all obstacles that may arise."

-Preston David Perry (a.k.a) Gorilla



Preston D. Perry
Owner: Gorilla Warfare Fitness
Age: 27
Branch Of Service: Army
Rank: E-5 Sergeant

-  theking_gorilla
-  Preston David Perry III
-  GorillaWarfare6
-  615.645.5160
-  pperry@gorillawarfarefitness.com
-  GorillaWarfareFitness.com
Golden1Pharma.com

It's more than a brand. It's more than a gym. It's a lifestyle.

 100 Bonabrooke Drive, Hermitage, TN 37076  615.645.5160  gorillawarfarefitness.com
 @gorillawarfarefitness, @gorillawarfarehermitage  @gorillawarfarefit

The Southern Muscle Guide presents the 2018 COURAGE AWARDS

ASHLIE HENDRICKSON

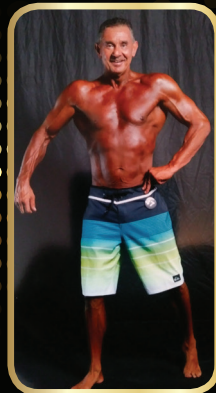


2017 WINNERS



(pictured above with Lee Haney)

SCOTT GARMAN



Celebrating Inspirational Transformations

Enter your story for a chance to win the Best Self Courage Award.

TO ENTER:

- Complete the entry form at southernmuscleguide.com
- Entries will be accepted June 1 through Aug. 31, 2018
- Tell your story in 500 words or less, typed. You will be instructed on how to submit your essay and photos on the entry form.
- Must include photos (example: before and after) that are high resolution (300 dpi). Pictures taken with a phone will be high resolution if kept at "actual size."
- Story must have occurred within the past 2 years.
- Deadline to submit entry is: **August. 31, 2018.**

INSPIRED TO BE YOUR BEST!

The five professionals from the fitness, media, and marketing industries that comprise the Advisory Board will judge the athletes based on their personal story and transformations. One male and female winner will be announced and awards will be presented at the Lee Haney Games on October 27, 2018. In addition to the Southern Muscle Guide Award trophy, winners will be interviewed in a Facebook Livestream, receive prizes valued at \$100 including a fitness photo shoot with Nvision Photography, HiveFit supplements and spray tan with Liquid Sun Rayz.

For more information and entry form,
go to SouthernMuscleGuide.com or call 678.641.9188.



SOUTHERN MUSCLE™ GUIDE 2018

CONTENTS

Tips from the Pros	6
How To Save Up To \$2,800 & Be Stage Ready!.....	12
Message From The Chairman	14
Day of Show Checklist	16
Fitness Model Experience	18
To Live Your Dream, You Have To Lead Your Dream ...	22
Behind The Muscle	24
Fashion, Accessories & Supplements	26
Liquid Sun Rayz Inspirational Stories.....	28
9 Must Visit Gyms In The Southeast	34
Build Big Shoulders	38
Directory of Resources	40
Elite Performance Tanning 2018 Competition Schedule.....	44

On the Cover: Damon Gillespie, actor/ dancer from Chattanooga, TN & Kelsie Chandler, singer and bikini competitor, that lives in Atlanta, GA.

Photography by Michael Brewer, Nvision Photography.

Location: House of Payne Personal Training

Graphic Designer: Michelle Thompson

Southern Muscle Guide is an annual guide of the resources available to competitors in the sport of bodybuilding. The mission of this publication is to support and encourage the sport of bodybuilding.

Throughout the year, *Southern Muscle Guide* is always seeking editorial content. If you have a transformational story or event to share, please email us.

To advertise or contribute:
rachel@SouthernMuscleGuide.com

© Copyright 2018

SouthernMuscleGuide.com

Photo by Michael Brewer, Nvision Photography



Rachel Payne
Publisher,
Southern Muscle Guide

Letter From the Publisher

2018 is the start of year three for Southern Muscle Guide. I'm excited to say we've grown 300% as both a digital and print publication since starting in 2016 and have established ourselves as the premier resource guide for all things bodybuilding whether you are a newcomer or seasoned competitor. The guide has more than doubled in size since we first started.

With growth comes change. We've collaborated with Richard Basantes CEO of RB Image & Marketing Management with the goal of increasing audience engagement, developing interactive events both virtual and on location as well as increasing the athlete network in the southeast. Our prime initiative for this year is to reach the new competitor not yet familiar with the bodybuilding industry. By reaching that newcomer, we believe is the most effective way to grow the sport.

For those of you who have been involved with the sport for years, this gives you the opportunity to influence a new audience in your field of expertise and grow your brand. In addition, we will be at numerous events this year, handing out magazines, meeting our readers, spectators, and fan base to grow the sport. We encourage people to seek us out as we are growing rapidly and will be looking for athletes, coaches and trainers to partner with us in this upward journey for 2018.

Tips from the Pros

ASHTON PENNINGTON

IFBB Pro Fitness, Fort Payne, Alabama

Competition Highlights

2017 Jr. U.S.A. Bodybuilding Championship, Open, Fitness - Pro Status Obtained

2017 NPC BodyBe1 Classic, Open, Fitness

My love for health and fitness started with competitive gymnastics. I was flipping around from the age of 5. I started coaching gymnastics at 17 and have been coaching ever since. I am also studying for my bachelor's degree at Jacksonville State University. Fitness is a huge part of my life; it's a lifestyle for me. I thrive on having a consistent commitment to my health, fitness and wellbeing as an investment in myself. Not only that, I thrive on the challenge of becoming a better version of myself each and every day.

I did a lot of research before I ever decided to compete. I came across Oksana Grishina who inspired me to compete in the fitness division. It's the best of both worlds. I get to perform and express my passion and I also compete in the two piece round. I started my competition prep at the beginning of January 2017. The most challenging thing I faced was how to balance it all. It definitely helped that my husband was also prepping for a competition so we would help each other with meal preps. I weight trained 6 days a week for roughly 2 hours. On top of that I would train for my routine 4 days a week.



PHOTO BY DAN RAY

My first competition was in May at the NPC BodyBe1 Classic, in my home state of Alabama. The following weekend, I competed at the NPC Jr. U.S.A. Championships in Charleston, SC where I received my pro card. When I made the decision to train towards a competition, never in my wildest dreams did I see my journey taking the incredible path it has taken.

What advice do I have for those who want to compete?

1. Before deciding to enter in a bodybuilding competition, think about the reason you want to compete. The demands of prepping for a competition are not for the weak minded. Be motivated to get on stage for the right reasons, such as self-improvement, embracing the challenge, and pushing your training.
2. Find a coach that you are comfortable with because they will see you at your worst and help lead you to your best!
3. ASAP buy your heels and start practicing posing. Practice without looking in a mirror because on stage it's only lights and eyes.
4. Having a strong support team is vital during prep. I couldn't have done it without my husband, family, and friends.
5. Stay true to your diet and workouts so no matter what, win or lose, there is no doubt that you brought your absolute best. One of my favorite quotes is, "Will Power is a Muscle. The more you use it, the stronger it gets!"
6. Lastly, always remember, you have the patience, the strength, and the passion to achieve your ambition, goals, and dreams. All you need to do now is TRY!

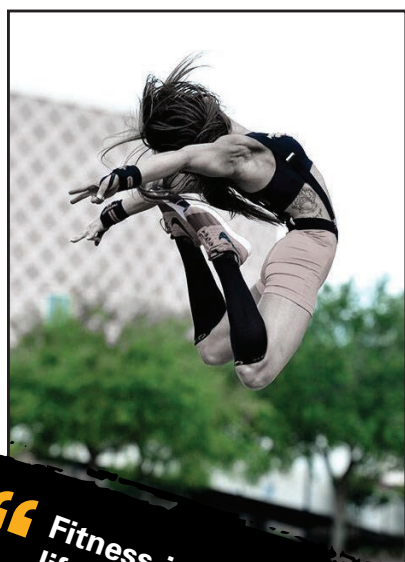


Photo by npcnewsonline.com

“Fitness is a huge part of my life; it's a lifestyle for me.”

MARKELL THOMAS

IFBB Pro, Atlanta, GA

Category: Men's Physique
thomasfitness.net

Competition Highlights:

2017 NPC Teen Collegiate & Masters National Championships, Masters 40+, 1st place Masters & IFBB Pro Card obtained, 45+ Men's Physique, 1st place

2016 NPC Teen Collegiate & Masters National Championships, Masters 40+, 5th place Masters 40+ Classic Physique, 13th

2015 NPC Lee Haney Games, Open Men's Physique, 2nd place Masters 40, 1st place

Like many National Level competitors, I had high hopes competing in my very first National Show. I had put in the work and I was coming off an impressive showing at the inaugural NPC Lee Haney Games in Atlanta. I placed 2nd in Open Men's Physique and 1st in Masters Men's Physique. I was nationally qualified! Next stop the 2016 NPCTeen, Collegiate, & Masters Nationals in Pittsburgh, PA.

I prepped for this national show with the same focus and vision I had for all of my previous shows. I had a winning formula and stuck to what I knew. I had never placed out of the Top 2 in any show and I had no reason to think Nationals would be any different. I trained hard, brought up my weak

points, practiced my routine and stuck to my nutrition 100%. I was never more prepared for any show. I knew I had it in the bag. The day of the show arrived and I didn't feel any nerves. I was ready. That Card was mine for the taking.

I was qualified and had decided to compete in Classic Physique as well as the Men's Physique categories. Prejudging for Classic Physique was an absolute disaster. I cut too much sodium during peak week. BIG mistake. No matter how much I tried I couldn't maintain a pump! One of the more seasoned competitors saw my struggles and offered me some rice cakes and peanut butter. Too late, I hit the stage "pumpless". I posed my butt off but didn't make 1st callouts. Didn't make 2nd callouts. 3rd Callouts!!! What the Hell just happened? I'm standing there gobsmacked. Going from NEVER having placed outside of the TOP 2 to being 3rd callouts...Well damn.

I had to regroup and get ready for Men's Physique competition. I was still a little miffed having made 3rd callout. Now I was down to my throw away class. I only did Men's Physique because my coach Steve Payne suggested I give it a go at Nationals. He said "Markell you look like a National Level Physique Guy". The rice cakes and peanut butter did the job. I was able to get a better pump and did much better in Men's Physique. I made first callouts and ended up placing 5th in my first National Show!

I took my feedback from the judges, refocused my efforts on Men's Physique Class and trained my ass off for an entire year. I came back to Masters Nationals and won both of my Classes Masters +40 and Masters +45 and won my IFBB Pro Card. Even though I actually obtained my Pro card in 2017, it was the wake up call I got in 2016 that sticks in my mind!



“ Become a student of the sport. Study the champions’ habits and methods.”

Here are a few takeaways from my experiences:

1. Check and double check your training sessions and nutrition. I was so focused on banging out a national win that I didn’t listen to my body. The SHOW is only one endpoint. In bodybuilding we have endpoints everyday. Nutrition, Training, Rest. Those are the components that lead to the SHOW.
2. Examine each division. How does your chosen division fit your natural body type? What are your weak points and strengths as they relate to your chosen division?
3. Become a student of the sport. Study the champions’ habits and methods. Tweak them to fit your training style and temperament. I, for example studied Jeremy’s FST-7 training style and adopted it into my own training sessions. It helped improve my physique and that’s when I won on a national level.
4. No matter how many shows you have won, every show is different. Commit to learn from each experience.
5. Lastly, if you have the opportunity to help or advise new competitors, be a good sport and give them a good word.

– Markell Thomas



Photo by npcnewsonline.com



Photo by npcnewsonline.com

CLIFF WITHERSPOON

IFBB Pro, Atlanta, GA

Category: Classic Physique

Instagram: Cliff Witherspoon

Competition Highlights

2017 NPC North American Championships, Masters 50+ Classic Physique, 2nd place & obtained IFBB Pro Status, Masters 40+ Classic Physique, 3rd place

2016 NPC Lee Haney Games, Open Bodybuilding, Middleweight, 3rd place, Novice Bodybuilding, Middleweight, 1st place, Masters 50+, Bodybuilding, 1st place

My journey to IFBB Pro status started in Cleveland, Ohio at the age of 14. I played every sport - track, basketball, football, boxing, and martial arts. In college, I began studying how the body works and I trained at different types of gyms, i.e. powerlifting, boxing, hard core gyms, always learning something from each one. One gym in particular, stands out - Kings Gym in Cleveland, Ohio. Family owned and still open, it was there that I learned the details on proper form. When I moved to Georgia, I was well equipped with the tools to continue training on my own.

In 2014, I began preparations for my first competition in April of the following year and went on to win several shows. But it was in 2016 at the Lee Haney Games that set me on the path to obtain IFBB Pro Status in the Masters Division of Classic Physique. I continue to grow my business as a contest prep coach, Xtremeshape, BodybyCliff.

SHATONDRA DEAN

IFBB Pro

Category: Figure

Email: dean.s524@gmail.com

Competition Highlights

2017 NPC National Championships, Open Figure, 2nd place, obtained IFBB Pro Card

2017 NPC North American Championships, Open Figure, 2nd place

2017 NPC Tennessee State Championships, Open Figure, 1st place

2016 NPC Junior Nationals, Open Figure, 4th place

2015 NPC Music City Muscle, Open Figure, 2nd place

2015 NPC North American Championships, Open Figure, 9th place

2014 NPC Kentucky Muscle, Open Figure, 5th place

2014 NPC Battle at the River, Novice Figure, 1st place & Overall Novice Winner

I envisioned my 20’s to be a personal growth period, where I would define who I am and what I wanted to become. My goal was to finish college and receive my degree in Biology and Chemistry. In 2009, I graduated from Tennessee State University. Three years later, I gave birth to my son Kelan. He was the best thing to ever happen to me. As a mom, I learned patience and saw the true beauty of having a plan. I knew I wanted the world for my child, but I couldn’t forget about me.



Photo by npcnewsonline.com

For a while, I couldn’t fit into any of my old clothes. I was unhappy about myself and my body at that time. That’s when I decided I had to do something about it. My new goal was to lose weight and create a healthy and balanced lifestyle for a working mom.



When Kelan was around 9 months old, I called Omar, a fitness trainer, and told him the goals I wanted to accomplish. After dates were put in place, I set out on my journey and did not look back. Omar and his business partner, Bronson were in the process of starting their own gym but initially, I trained in Omar’s living room, while my baby boy watched me in his baby carrier. I was determined and 4 months later I had met my goals. I was running miles, I had lost 20 pounds, and I was happier and more confident about my appearance.

I next began training with Bronson to focus on adding more muscle to my physique and prepare for my first figure bodybuilding competition. With support from my family and friends, I competed at the 2014 NPC Battle at the River Bodybuilding Show in Chattanooga, TN. There, I placed 1st and overall in the novice figure division. I couldn’t believe it! I did seven more shows before I earned my IFBB Pro card at the 2017 NPC National Championships in Miami, Florida. I was setting short term goals and accomplishing them. Babe Ruth said, “it’s hard to beat a person that never gives up.” I replay this in my mind every time I prepare for a competition. It’s not always about winning. That’s just a bonus. Honestly, I was not planning on competing in Miami, but I met prep coach, Mandus Buckle, through my friend and he convinced me to give it one more go. To me, there’s a lot to be learned in overcoming obstacles in life, while continuing to accomplish your goals or dreams. In life, I have learned that in order to get where you want to be, you have to go through some trials. It’s the hard times that help you truly appreciate your journey.

“ I have learned that in order to get where you want to be, you have to go through some trials.”

“Every time I prep, it forces me to go deeper within myself to realize my true potential.”



Photo by npcnewsonline.com

ASHLEY D. HAMPTON

IFBB Pro, Atlanta, GA

AshleyDFitness.com

Follow IG: @AshleyDFitness

Email: AshleyDFitness@gmail.com

Competition Highlights

2016 NPC National Championships, Open Bikini, 1st place & obtained IFBB Pro status

2016 NPC Lee Haney Games, Open Bikini, 1st place

2016 NPC Jr USA Championships, Open Bikini, 10th place

Transformation Begins in the Mind. That is my website's tagline and it is the basis of my success as a professional bodybuilder and trainer. We all start somewhere. No matter where you are on the road to your destiny, a positive attitude is the building block that will elevate you.

When I first began working out it was because I wanted to create a healthier lifestyle for myself. I had a few health concerns that I knew could be overcome by improving my diet. I added exercise to my schedule and was introduced to the sport of bodybuilding. It was amazing how fast my body transformed. I fell in love and I reclaimed good health!

I enjoyed pushing myself in ways that were new and challenging. Two years after I began bodybuilding, I entered the NPC Phil Heath Classic in the bikini category. My excitement and confidence were not rewarded, however, I learned my biggest lessons that still serve me to this day. Yes, it took me a minute to cast off the doubt and melancholy from the Classic,

7 TIPS TO HELP YOU PREPARE FOR THE STAGE:

1. Focus on getting to know your body and how it responds to certain foods and supplements.
2. Believe what you see and feel because what works for other competitors may not work best for you.
3. Never feel bad about taking time off when you need to.
4. Social Media can be a gift and a curse. If you get caught up in comparing your journey to other competitors, it may make you feel like you should be doing more. Instagram and other platforms should be used for inspiration not discouragement.
5. Always finish what you start. I have met many aspiring competitors that have picked a show date, began to prep, then suddenly decided not to do the show. Even though everyday life sometimes gets in the way of us accomplishing our goals, I personally don't believe in backing out of shows unless it is absolutely necessary. The only way you can truly know what you need to work on from an unbiased perspective is to get in front of the judges and get feedback.
6. Developing muscle and creating a balanced physique is a process that can't be rushed. If your goal is to become an IFBB Pro, you should be using your off season as a time to build on the areas that need improvement.
7. Finally, when you put in hard work, confidence comes naturally and when you believe in yourself there is no such thing as losing. Truth is, there is no finish line. Once you become a pro there will be another goal to reach, so be patient and persistent and find people that support your vision of becoming your best self. Above everything, remember it is your mind that transformed your body and your life.

but I replaced those thoughts with a positive mindset and attitude. I began to prep for the competition that earned me national qualification. It took two national shows before I was able to earn my IFBB Pro card at the 2016 NPC National Championships in Miami.

Each competition challenged me in a different way. No two preps are the same. Every time I prep, it forces me to go

deeper within myself to realize my true potential. I connect with God in that process which is why I exude so much confidence on stage. I know that God is with me. The best advice I have for anyone who is on a bodybuilding journey is to set goals in stone and relentlessly pursue them. You will not always get the placing you'd like, but if you truly fall in love with the process you will gain knowledge that will help you in future competitions.

“There is no replacement for working your hardest, even when no one is watching...”

LEAH HUMPHREY

IFBB Pro, Atlanta, GA

Category: Bikini

Competition Highlights

IFBB Chicago Pro, Bikini, Top Ten

2017 NPC Jr. USA Championships, IFBB Pro Status Obtained

2017 NPC Eastern Seaboard, Open Bikini, 3rd place

2016 NPC National Championships, Open Bikini, 7th place

2016 NPC Paradise Classic, Open Bikini, 1st place

2016 NPC Universe Championships, Open Bikini, 7th place

2016 NPC Border Klash, Open Bikini, 2nd place

2016 NPC Atlantic, Open Bikini, 2nd Place

After my gymnastics career ended at age 18, I missed the competitive mindset of the sport and I craved a consistent training routine. I had no idea what to do inside a gym, so I started by doing bodyweight workouts in my college dorm room. I reached a point where I needed more challenging workouts in order to progress, so I taught myself how to weight train through research, study, and practice. I gradually perfected my form, increased my strength, and achieved the level of muscularity I wanted. When I found out about bodybuilding competitions, they seemed like the perfect way to challenge myself and channel my competitive nature.

My first NPC show gave me a sense of joy and athletic accomplishment I had been



Photo by npcnewsonline.com

missing, and I've never looked back. With each show, I focused on the feedback I got from judges and consulted with professionals on what I needed to do to achieve the look I needed to win. It wasn't just about the what happens in the weight room, walking in the heels was a challenge in itself! But with practice, I finally earned my Pro card at the 2017 NPC Jr. USA's. I now strive to compete on the Pro circuit to earn a spot on the Olympia stage.

My years in gymnastics helped prepare me for the high level of discipline that is required in bodybuilding. There is no replacement for working your hardest, even when no one is watching, or doing extra practice and preparation that no one has told you to. Selecting knowledgeable professionals to work with during your prep is crucial, but you are the only person who will know if you really gave your all to that last rep or last minute of cardio. Refuse to rest on compliments and past successes if you know deep down you could dig deeper and achieve more.

Whether you're a beginner to competing or it's your first national or pro show, it's easy to feel intimidated when stepping on stage. However, confidence is crucial, and to convince the judges that you are a winner, you have to believe you are a winner yourself and convey that through your stage presence. Don't compare yourself to other competitors or worry that you can't be successful until you have more social media followers, a longer resume, or sponsors. Instead, focus on achieving your own best body and perfecting your presentation. Take pride in the physique you've built and the hard work you've put in and your confidence will shine through.



How To Save Up To \$2,800 & Be Stage Ready!

You finally decided you want to compete in a bodybuilding competition. Competing can be an expensive hobby but there are ways to save money and we've broken it down for you here:

Coaching

Including weight training, nutrition, cardio, & posing

Every competitor can benefit by having someone to be accountable to, someone that has an objective set of eyes. With a desire to compete, alternatives to a trainer include online prep program, occasional consultations, occasional training sessions to help increase your intensity. For most people, posing is harder than it looks. One way to save, is to do a group posing as often as possible. For those categories that require a 45-60 seconds posing routine your cost can be significantly cut. With today's technology, you can edit your own music and you may be able to choreograph your own routine and have a coach review it.

Dollars saved here: \$400-\$1000 per month

Food & Supplements

While the average person may not realize it, to be lean, competitors eat between 6-10 times a day and that can add up at the cash register. To keep food costs down plan and prepare ahead, search for coupons; buy foods on sale, and freeze foods. Many supplement companies give discounts to the clients of trainers or fitness facilities for referring them, will sponsor athletes, and offer sales and frequent buyer programs. Cost can vary greatly here but on average you can spend between \$400-\$600 per month but with good planning and smart shopping for sales and discounts you can easily save money.

Possible savings: \$200 per month

Shoes, Jewelry, Nails, Accessories

Women's shoes are suggested to have a 5" heel height for Bikini and Figure categories. Without a doubt, The least expensive place to purchase competition shoes is online. For the perfect look, it's the finishing touches that make you stand out from the rest on stage. Earrings, bracelets, rings and polished nails are those little things that make your look complete. For big savings here go to discount stores to find competition-similar costume jewelry, manicure supplies, such as press on nails, bra inserts can be found at fabric stores, and Elmer's Craft Bond Glue can be used to keep some suits in place.

Average dollars saved: \$200

Tanning, Hair & Make-up & Photography

Each show has a spray tanning company that is affiliated or a sponsor of that show. Their prime responsibility is to spray tan and glaze before walking on stage. Plan ahead and set aside money for the tan in advance; this is not an area you want to skimp on. Take note - everybody needs a tan, no matter how dark you are naturally, a tan provides even skin tone and prevents you from looking washed out under the stage lights. Hair and makeup are considered as part of your overall presentation. Often times, the tanning company sponsoring a show will also offer hair and makeup. Ways to save here include learning how to do the makeup and hair yourself for the day of your show. Make the time to practice applying your makeup and learn which products work for

you to avoid any potential allergic reactions. Often times the show will also offer photography and videography services. You've done the hard work and you look the best you've ever looked - of course you want photos! Again, with today's technology, you may be adept as a do it yourself photographer. If professional photography is still your desire, you could inquire about splitting the cost of a photo shoot with other competitors, or see if any of the students at a photography school may be available at a less expensive rate.

Potential to save: \$50-\$1000

Posing Suits

Posing Suits can make a big difference in showing off your hard work on stage. The most important factor is the fit, so just make sure the suit fits well. A good fitting suit is equally as important for men. To save money rather than have a posing suit custom made, you may consider borrowing or renting a suit or purchasing a used suit. In shopping for board shorts for men's physique look both in stores and online for the brands that fit your body best and are on sale. You may also consider borrowing suits, or renting suits from other competitors or purchasing a used suit. Classic Physique suits are required to be black in color and can be purchased directly from the NPC organization and are one basic price. Don't wait til the last minute to get these, plan ahead! High demand means these shorts can sometimes sell out quick.

Average possible dollars saved: \$600 for women, \$80 for men

Entry & Organization Fees

The NPC organization is a membership that enables you to compete in shows governed by the NPC organization which allows you the opportunity to turn IFBB Pro. This is the only path to the Olympia stage. Some shows include entry into other shows as a part of the prize package for the overall winners of their show. Otherwise, choose wisely the categories you wish to compete in and consult with a coach to put together a smart competition schedule.

Possible savings \$200

Hotel, Travel & Transportation

The promoter of the show attains a host hotel for a competition and often arranges for discounts for the athletes. To save, you might share a hotel with another competitor to split the cost or if you are competing at a local show, a hotel may not be necessary. Driving, flying, car rental and parking costs can be quite expensive when having to travel to a show. We recommend you save for your trip in advance, look for sales, use credit card or frequent flyer points, determine if it's more cost effective to drive instead of fly and see if car-pooling is an option.

Average savings: \$200

Bottom line

Where there is a will, there is a way and if you are smart and plan ahead, you can compete and have fun knowing that you're staying within budget. See you at the show!

SouthernMuscleGuide.com

Spartanburg's Newest Gym Opening Spring 2018



- State of the art equipment
- Free weights
- Cardio machines
- Group fitness classes
- Kids fitness program
- Powerlifting
- Functional training
- Personal training
- Smoothie bar

The Firm Fitness Center

473 East Blackstock Rd.
Spartanburg, SC 29301



20% OFF
USE CODE:
HOP20



www.intervallnutrition.com

Message from the Chairman

DON HOLLIS Chairman, NPC Southeastern Zone

"We are excited to have two new NPC District Chairpersons in our Zone. The New Mississippi Chairperson is Dr. Zonzie McLaurin. She is a Pro Figure competitor and her husband Tony McLaurin is a Pro Physique competitor. They are both National Judges. The New Tennessee Chairperson is Allen Sizemore. He has lots of experience with the NPC as well as being a National level Bodybuilding competitor. His wife Becca Sizemore is a IFBB Pro Fitness competitor as well as a judge and tabulator. I know that both Zonzie and Allen with their knowledge will do an outstanding job for the NPC. Both of them are very dedicated to the athletes and growing the NPC."

proud of our NPC TN athletes and our goal is to provide the athletes with a great experience at each show while helping them reach their full potential. We are looking forward to a bigger and better 2018 show season and we would like to invite all athletes and fans to come be a part of our NPCTennessee family."

MORRIS PRUETT Chairman, Alabama

"We are looking forward to a great competition season in Alabama this year. Our shows are growing each year, attracting top competitors who are moving up to the national level and into the pro ranks. We would love to see all competitors come check out our Alabama shows and enjoy our hospitality. Come and compete in a national show like atmosphere in front of some of the top national judges in the country. If I can help you in any way, feel free to contact me at GetFitStay@comcast.net or 256-490-1115."

TYRONE "ROPEMAN" FELDER & VINCE CRAWFORD Chairman, Georgia

"On behalf of the Georgia District of the NPC we would like to thank all of you for participating in the local and national NPC shows. The NPC organization continues to grow due to your active participation and support. Please note that your participation as an athlete in the NPC is not taken for granted but greatly appreciated. As you prepare for 2018 'Remember there is always time to regroup from past failures, revisit your attitude and revise your physique.' See you in 2018!"

PETER POTTER Chairman, Florida

"I am extremely excited and proud to look at our 2018 calendar of events from the north to the south and see the many opportunities we are giving the NPC athletes in age groups from teens to grand masters, novice to open and in the different categories of bodybuilding, fitness, figure, bikini, classic physique and men's and women's physique. It will be an awesome year of nearly 50 competitions. We have a great leadership team, promoters and judges to run these contests and provide a high level of honesty, integrity and efficiency. Coupled with these events are the many seminars/workshops planned to educate those interested in our sport."

"We were fortunate in having 15 NPC Florida athletes turn IFBB Professional League Pro at just the recently concluded 2017 NPC Nationals, attesting to the quality of Florida athletes. The number is far larger when you consider the other pro qualifiers. As we embark on this challenging and what promises to be a great year, I believe 2018 will continue to bring success to our Florida athletes."

DR. ZONZIE MCLAURIN Chairman, Mississippi

"Unquestionably, there are a lot of fascinating things about our state of Mississippi, which makes us uniquely solemn and beautiful. This holds true for the athletes of our state in which we strive to enrich, grow, and be that window that brings light to their hard work and efforts. A part of our mission and vision is to fundamentally embody the character of all the athletes with perspective and purpose. This cannot be done alone, so I want to thank all of our promoters, ambassadors, and supporters for their sovereign commitment and passion for the sport. And so, our NPC Mississippi Family is excited about what is to come in 2018, and we look forward to serving our athletes and spectators in the most professional, inspiring and rewarding ways possible."

TRES BENNETT Chairman, South Carolina

"The SCNPC witnessed another banner year in 2017. All SCNPC shows experienced an increase in athlete participation and audience attendance. The SCNPC continues to strive for excellence in competitor satisfaction and overall quality of production. I am honored to be at the helm of the SCNPC and I am blessed to be surrounded by a group of officials and staff that comprise our SCNPC Family."

MIKE VALENTINO Chairman, North Carolina

"We are looking forward to a great year of competition in 2018! Best of luck to all the competitors! We hope to see you gracing one of the NC NPC event stages!"

ALLEN SIZEMORE Chairman, Tennessee

"Thank you to all of the NPC Tennessee athletes and staff for an amazing 2017 season! We are very

PALMETTO Classic
APRIL 28th 2018
Columbia, SC

VICTORY CLASSIC
JUNE 23rd 2018
Charlotte, NC

JAY CUTLER CLASSIC
AUGUST 11th 2018
Richmond, VA

2018 SOUTHERN TOURNAMENT OF CHAMPIONS
npctoc.com
SEPTEMBER 30th 2018
Manning, SC

MID-ATLANTIC CLASSIC
OCTOBER 20th 2018
Charlotte, NC
(Date Subject to Change)

REGISTER ONLINE!

KD PROMOTIONS

NPC: BODYBUILDING | FITNESS | PHYSIQUE | CLASSIC PHYSIQUE | FIGURE | BIKINI
KD-PROMOTIONS.COM

R. BASANTES
IMAGE & MARKETING MANAGEMENT

Richard Basantes, CEO
www.rbmarketing.net
678-461-0481

- FITNESS MODEL MANAGEMENT
- APPAREL DESIGN
- SOCIAL MEDIA MARKETING
- WEB DESIGN
- GRAPHIC DESIGN
- BUSINESS & MARKETING CONSULTING
- SCREEN PRINTING
- PHOTOGRAPHY
- OFFICE SETUP
- RESEARCH & DEVELOPMENT
- ATHLETE MANAGEMENT

Day Of Show Checklist

- Confidence & a smile!
You're going to do great!
- 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) along with gloves, sprayer, sponges
- 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
- Bikini Bite or Elmer's craft bond 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
- Tampons – can't tell you the number of girls who start their cycle the day of the show! (female only)
- Safety pins, needle & thread, scissors, sequin glue
- Sheets – if you are staying in a hotel, bring a set of dark sheets, pillowcase, hand towel and bath towel
- NPC card – can purchase online at npcnewsonline.com or can purchase card at show (must have driver's license & cash money)
- 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.

MARCH 24, 2018
AIKEN, SC

BEAUTY FIT presents
IFBB/NPC PRO LEAGUE

KLASH CHAMPIONSHIP SERIES

www.ifbbworldklash.com
www.npcborderklash.com

IFBB PROFESSIONAL LEAGUE
NATIONAL PHYSIQUE COMMITTEE
USA BODY BUILDING
OLYMPIA OLYMPIA QUALIFIER

Open & Masters
IFBB WORLD KLASH PRO BIKINI CHAMPIONSHIPS
NPC BORDER KLASH CHAMPIONSHIPS

"bringing the BEST in the WORLD together on one stage"

Prize Money: **\$17,500**
IFBB PRO LEAGUE PRIZE MONEY

Email: npcborderklash@gmail.com

NPC Southern Tournament of Champions

NATIONAL PHYSIQUE COMMITTEE

September 29, 2018
www.npcetoc.com

NPC National Qualifier
Open Nationwide
Manning, SC
Weldon Auditorium
email: jpishkula@gmail.com



COMPETITION PREP & POSING

We can help you look your best.

- On-site or Online
- Weight Training
- Nutrition
- Cardio
- Posing
- 24 Hour Access

HOUSE OF
PAYNE
PERSONAL TRAINING

Contact us to schedule a complimentary consultation.

678.641.9188 • www.trainwithpayne.com • 4565 Lawrenceville Hwy NW, Lilburn, GA 30047

Fitness Model Experience

REUBEN BROOKS

I am a fitness professional and was searching for ways to gain more exposure as well as become a professional fitness model. I entered the Bodybuilding.com Model Search. I actually entered the contest twice, in 2016 and 2017.

To enter, I had to create a 5 minute video about why I wanted to become a Bodybuilding.com spokesperson and what I represent. I also had to send in a picture. I was notified by email that I had been chosen as a Top 20 finalist, there were 10 men and 10 women. Next our photos and videos were put up on the Bodybuilding.com website for a period of time for people to vote. This process would narrow the finalists down to the Top 5 men and Top 5 women. Again, I was chosen!

We were flown to the Bodybuilding.com headquarters in LA. We were provided multiple outfits for a photo



NPC UPSTATE CLASSIC
June 2, 2018 - Spartanburg, SC
An NPC Sanctioned National Qualifier - 14570

Josh Wade
IFBB Pro
Guest Appearance

Lee Haney
8x Mr. Olympia
Guest Appearance

www.DutchStrengthPromotions.com

Nikita's EUROPA, CHRIS HOLLINGSWORTH'S ELITE PERFORMANCE TANNING, INTERNAL NUTRITION

shoot with two top photographers. It was very cool, we took photos as groups, as individuals, some at the headquarters and some off-site. Next, they held an actual competition with judges and during this process they also asked interview questions. Then, they chose the winner. While I was not chosen as the winner for either of the two years that I competed, I was one of only three people given a contract last year. I am fortunate that in January 2018, I was re-signed as a Bodybuilding.com Athlete.

In this journey I have learned a few things. First, social media is a factor but probably not as big a factor as I initially thought. Second, and the most important thing that the Bodybuilding.com Model Search is looking for, is that their athletes are a good representation of the company. The first year I entered the contest I was not as prepared. The second year, I made sure I watched the previous winners videos, saw what the winners looked like, had current pictures available and in general was fitness model material.

My advice to anyone wanting to pursue their own Fitness Model Experience is to be Fitness Model ready. Do your research, make sure you know what the company represents and make sure it aligns with who you are. Finally, be persistent, if you are not successful the first time, get feedback, see what you need to improve and work towards preparing for the next time.

Becoming a fitness model can open a lot of opportunities for you in the future and the process can be a lot of fun but in the end, remember, it is about being marketable and representing a brand.

JACKI FRYE

My name is Jacki Frye and my love for sports began at an early age. After ending my competitive cheerleading career, I committed my newfound passion to health, fitness and bodybuilding. In 2015, I began competing in the National Physique Committee (NPC) as a bikini competitor. My passion for bodybuilding and dedication to the sport, lead me to competing in 4 NPC regional shows and 4 national shows along with the 2017 Arnold Model Search. I continue to pursue my dream of becoming an IFBB Bikini pro.

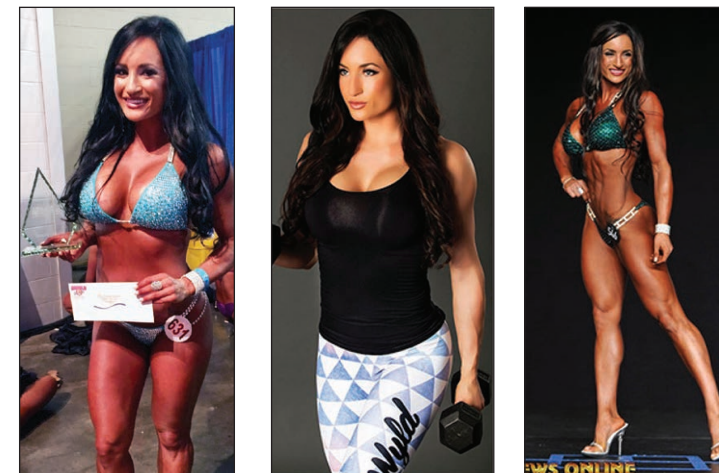
In January of 2017 I received amazing news... I was headed to my very first Arnold Sports Festival as part of the One 1 Brands team to work the expo booth that weekend. Super excited, I had also seen the opportunity to enter into the 2017 Arnold Model Search. How awesome would it be to step on stage inside the expo during this prestigious event?! I submitted 3 photos of myself, evening wear, swimwear and sportswear. These three photos were placed on a personalized social media flyer which we were able to use to promote ourselves during voting.

The two week voting period was held in the second half of January with winners announced on the 31st. The goal was to get as many votes entered through the site as possible, encouraging friends, family and supporters to visit once daily to vote. There were many sponsors that provided prizes for the contestants that made it to the finals: The Cardio Boss, MDFU, Rock Star Bikini, Elite 1 Fit Gear, Marandi Productions Physique Photography, ProTanUSA, Eclipse Luxury Contacts, Steel Fit and eBodyFIT.com.

I had advanced to finals!! "The Arnold Model Search strives to identify the next great 'fitness models' who have the IT factor," said contest chair Mike Davies of Mike Davies Fitness Universe. To prepare for the fit and toned look that is fitness model search I started working with Mr. Steve Payne to come up with parts of my stage routine. I used my 2015 Ravish Sands competition bikini and my Celestial Bodiez fitness two piece.

I arrived in Columbus, Ohio on March 2, registration day and received my credentials for the weekend, a promised ticket for the weekend and other amazing gifts for making it to finals. Protan, the 'Official' tanning company of the AMS, was provided for all finalists. Hair and makeup was also offered if needed. The event coordinators Shonda Lewis and Julie Palmer were amazing, and available at any time for us. It was extremely organized and well put on.

Finals were held on March 3 at 1:30 pm on the main expo stage of the Columbus Convention Center inside the expo. We met an hour before time to hit the stage and we were led by huge signs through the expo. Everyone was looking and it was such an awesome feeling! We were taken to a changing room to get ready. The fitness wear round took place first followed by the swimwear round and then awards. During my fitness wear round, I surprised everyone by doing a cartwheel! I guess, once a cheerleader, always a cheerleader.



After the bikini round was over, we waited for the placings on stage. WOW, out of 12 amazing girls, I got 5th place and received an award! I was on cloud 9!

As finalists, we were introduced Friday evening on stage during the finals of the Pro show and got to meet Mr. Arnold Schwarzenegar backstage. My advice to anyone interested in doing a model search is DO IT! It was one of the best and most memorable experience I have had!



CJ'S ELITE
CUSTOM COMPETITION SUITS

GLAMCOMPETITION
JEWELRY

www.cynthia-james.com
954.786.9977

2018 Fitness Model Searches The competitions listed in this directory are both online & onsite events. The contests are arranged by date.

Contest Name	Deadline for Entries/Event Date	Prizes	Website
International Contest:			
FitFest Fitness Model Competition	Competitions in Jan., Feb. & Oct. Limited spots available	14 categories, win cash, prizes, & more	FMCcanada.com
Miss Jetset Cover Model Search	Dec. 17, 2017-Feb. 18, 2018 6 rounds, winner announced April 11, 2018	Magazine cover and cash	jetsetmag.com/model-search/
The 2018 Arnold Model Search	Feb. 22, 2018 registration limited to female models & first 100 registrants/ March 1-4, 2018, Columbus, OH	Cash, prizes and more	ArnoldModelSearch.com
2018 Muscle Mania Model Universe Championships	June 22-23, 2018, Miami Beach, FL	Cash, prizes & more	musclemania.com
Muscle Insider Model Search	July 2018	3 categories - male fitness, female fitness & bikini model, cash, prizes & more	modelsearch@vancouver-proshow.com
2018 Bodybuilding.com Spokesmodel Search	October 2019	Cash, prizes & more for 1 male & 1 female & prizes for top 5 males & top 5 females	bodybuilding.com/fun/spokesmodel-search.html

National Contest:			
The Bikini Tribe 2018 Calendar Girl Contest	Entry & Voting Period: Dec 1, 2017-March 15, 2018	Appear in the 2018 Bikini Tribe Calendar & chance for FREE entry to Miss Bikini US Pageant	gogophotocontest.com/thebikinitribe
Fitcon Utah Model Search	April 6-7, 2018, Salt Lake City, Utah	More info coming soon	fitcon.com/contact-us/
2018 Miss Bikini United States Pageant & Model Search, Miami Beach, FL	July 10-12, Miami Beach, FL/ To enter contact your state representative (see website)	Prize package includes magazine cover!	missbikinius.com/state--pageants.html
Baltimore Fitness Expo	July 1, 2018 females only/July 14, 2018	Cash, prizes & more	email: baltimorefitnessexpo@gmail.com, tel: (410).889.1188
Flex Bikini Model Search	August 24, 2018/Sept. 14-15, 2018	Cash, prizes & more	bikinimodelsearch@flexmagazine.com
2018 Muscle Mania Model America & Ms. Bikini America	Oct 6, Charlotte, NC (check website for dates for additional regional shows throughout the US)	Cash, prizes & more	musclemania.com

Body Transformation Challenges The contests listed in this directory are online and arranged by date.

Contest Name	Deadline for Entries/Event Date	Prizes	Website
Team BeachBody Challenge 2017-2018	April 1, 2017-March 31, 2018	Over \$1,000,000 cash & prizes	teambeachbody.com
Naturally Fit 2018	Registration open now, deadline June 15, 2018	\$3,000 value in prizes	naturallyfit.com
Bodybuilding.com \$250K Transformation Challenge presented by Optimum Nutrition	Jan 21, 2018/Jan. 15, 2018-April 8, 2018	Total cash & prizes valued at \$250,000.	bodybuilding.com
Strong Magazine Transformation Challenge	Registration Jan. 15-April 29, plus other dates throughout the year	Winner prize package valued at \$2500	strongfitnessmag.com
Body For Life Challenge	12 weeks, 4 challenge dates throughout 2018/ Jan. 29-April 23, March 19-June 11, June 4-Aug. 27, Aug. 27-Nov. 19	Cash & prizes	bodyforlife.com
ISABody Challenge	3 challenges throughout year	Cash, prizes & trips over \$200,000	isagenix.com/isabody-challenge
Lee Haney's 30 Day Transformation Challenge	February 1, 2018 plus other dates throughout the year	\$5,000 value in cash & prizes	leehaney.com
Journey to Wellness Body Challenge	8 week challenge, Jan. 2018 & April 2018	Chance to win back you registration fee	journey2wellness.ca/bodychallenge.html
Southern Muscle Guide Courage Award	Entries submitted June 1 - Sept. 1, 2018	Trophy & prizes valued at \$1000	southernmuscleguide.com & www.leehaneygames.com
USN Body Makeover Challenge	12 weeks	Cash & prizes	www.usn.co.za
MP Transformation Challenge	Complete & submit your MP 12 week Program anytime throughout the year, deadline Nov. 17, 2018, must be a mp-body.com member	Cash & prizes	mp-body.com/articles-1/new-rules-new-challenge

Launching Your Personal Training Business

ONLINE COURSE



You have your personal training certification. Now what?

What is your first step? How do you start your new business?

In a streamlined path to starting your new career or taking the steps necessary to get you from good trainer to fitness professional, the "House of Payne Personal Training" business model will walk you through the process of developing a successful and powerful business.

Follow the plan to save time & energy!

This downloadable professional development course takes you through:

- 7 Key Components to growing your business
- Generating revenue streams
- And building a winning program

Are you ready to profit?

Sharing over 30 years of experience, you will systematically:

- Build the foundation for your personal training business
- Learn what it takes to set yourself apart from other trainers
- Learn how to create and market your brand (on a budget)
- Learn how to sell yourself & close the deal
- Learn what it takes to provide a support system for your clients so they become your advocates.

House of Payne Personal Training is recognized by NASM & AFAA as a continuing education provider. (1.9 CEU's)



AFAA provider #11,811



NASM provider #4,081

TOTAL COST
only **\$299**

Sign up today!
trainwithpayne.com

To **LIVE** Your Dream,

Most of us look at the cover of a magazine, whether a celebrity, an IFBB Pro, an Olympia champion or just a good-looking athlete, and think, "I could never be like that." But inside, we secretly dream how amazing it would be to be cover-worthy.

At some point, all of these successful people had those same thoughts. They just chose to do something about it. They had a dream, they set a goal, and they went for it. They made a plan and one step at a time, one workout at a time, one meal at a time, stayed committed and consistent. Let's take a closer look at the steps successful people take in order to "Live their Dream".

The Choice Is Yours

The first step is to define the dream. What would it be to live our dream life? Define it and keep saying it until you start believing it. Acknowledge that you deserve to live the dream!

Our cover model, Damon Gillespie, is an actor and dancer from Chattanooga, Tennessee who now lives in New York. In the 6th grade while watching performances of "A Chorus Line" and "Billy Elliot", Damon decided, "that's what I want to do; I want to be an actor and dancer." I asked him, "what does it take to make that dream happen?" He responded, "Many blessings, classes, vocal lessons, and training. I stay in shape by following a weight training plan 5 days a week, I dance for my cardio and most importantly, I eat the right things at the right times so I have the energy to perform at my best. It's not easy, but if you want it bad enough, you are willing to work hard for it."

Choose to work hard towards making your dream a reality every single day. Do it with a positive attitude because that is what propels us towards successful results. It all breaks down to the choices you make and the actions you take. Damon is driven in his artform and is passionate about his life. He asks himself everyday, "What can I do to make myself a little bit better?" and then he does it.

Commit To Discipline And Sacrifice

How committed are you to achieving success? Are you willing to do "whatever it takes" to be successful? The late Zig Ziglar was quoted as saying, "It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through." Commitment is essential to success and right next to commitment is sacrifice. Determine what sacrifices you need to make in order to obtain that extraordinary success. Remember what you are making the sacrifice for. This is how you take one step closer to living your dream.

Get Out Of Your Comfort Zone

The only way we can grow and move forward is by getting out of our comfort zone. Pushing yourself beyond what you ever thought you could do will increase your level of confidence and allow you to achieve the results you desire. Focus on improving yourself every day. Dream big and set high expectations for yourself and your life. Get excited about a big goal; it can help you stay inspired. And know that through the process, it is normal to have a lot of successes and a lot of failures. How you handle these life experiences is where true growth lies. Evaluate yourself, identify your abilities, and develop your weak points. Chart your plan of progression, measure achievements and have the self-discipline to stick to the plan, even when you don't feel like it. These tactics set the stage for creating the results desired. Remember, the reward far exceeds the task.

You Have To **LEAD** Your Dream

Our female cover model, Kelsie Chandler has been singing for as long as she can remember. She will tell you she is blessed to be able to make a living doing something she loves. Originally from Texas, she moved to Atlanta, Georgia and eventually joined the band "Party on the Moon". What began as a way to keep in shape for a very busy performance schedule, has grown into a newfound passion in bikini competition. She says, "While I'm used to being on stage, my first experience in a bikini competition was exciting and a different type of adrenaline rush combined with a bit of nervous energy. Competing in my first show was so much fun! I learned so much about myself and what I am capable of. I now have big dreams and I am committed to working towards them."

.....
Achieving success in any form...is to surround yourself with positive influences.
.....

Persistence And Perseverance

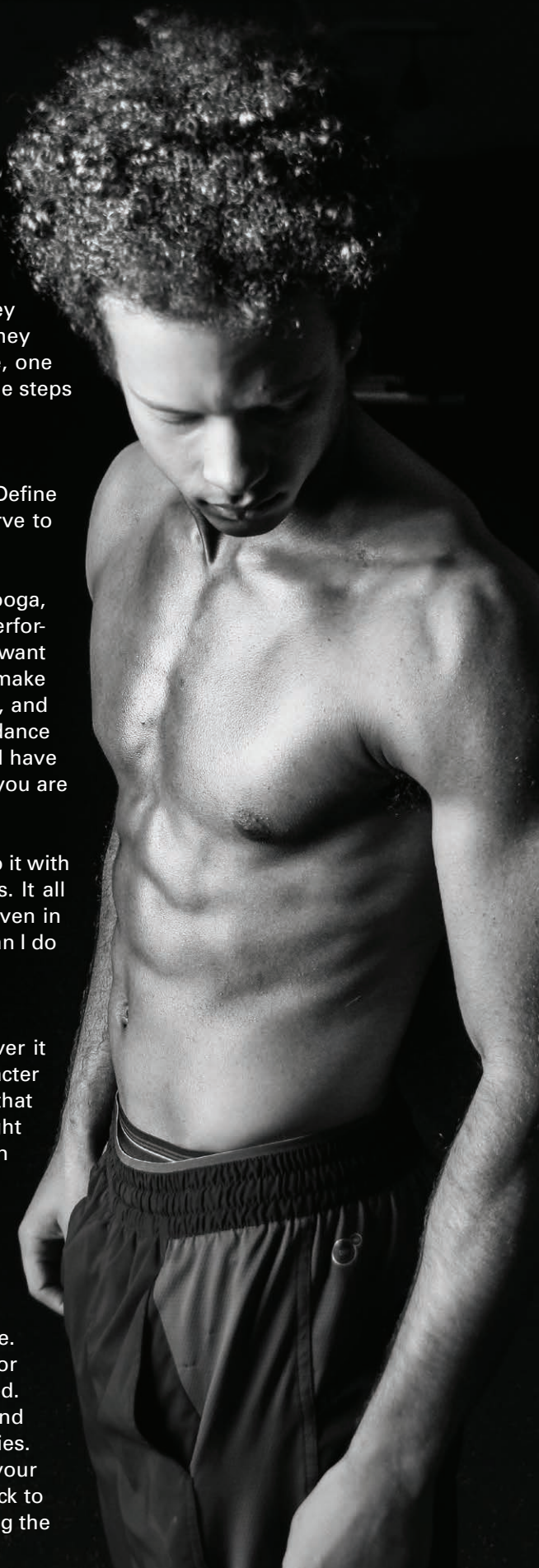
The most successful people are still people, just like you and me. But they chose to pursue their dreams. Even though they face the same daily challenges that we do, they forged ahead. What sets them apart from you and me? Persistence and perseverance. Being successful is hard work. There will be those who don't believe in you and others who think you are wasting your time. The power to endure and push-on to overcome obstacles, and do what's necessary to reach your goals in spite of these challenges leads to success.

Positive influences

Achieving success in any form, whether as a competitor, model, or actor, is to surround yourself with positive influences. 8-time Mr. Olympia Lee Haney says, "Watch what you eat and the company you keep." Feed your mind with positivity. Surround yourself with positivity. Assess what you watch, what you read, what music you listen to, who you hang around with, who you follow and who you look up to. Be sure your influences help you be your best.

There is no reason why any one of us can't strive to accomplish that secret dream. Damon, once a kid who just liked to dance, is now debuting in his breakout role on "Rise" premiering on TV on March 13th. Like many, Kelsie's dream is to, "go as far as I can with the competitions but success for me is loving what I look like in my body and knowing that I'm going to be happy today because I have good balance in my life and support from the people who are the most important to me."

Kelsie and Damon both agree: Don't worry about everyone else, just focus on what you can do better. To live your dream, you have to lead your dream.



Photos by Michael Brewer, Nvision Photography

Behind The Muscle

CYDNEY GILLON

Ms. Figure Olympia

Stats:

Height: 5' 3¾"

Competition Weight: 133

Age: 25

Coach/ Team: Damian Segovia with Pro Physiques

Occupation: Student Athlete, Posing Coach

Sponsors: Get Flawless Hair, TMarie suits, Elite Tan, Dr. Mike Rice of Synergy, Glam Company Jewelry

Competition Highlights:

2017 Figure Olympia, Overall Winner

2017 Figure International, 2nd

2016 Figure Olympia, 3rd

2016 Pittsburgh Pro Figure, 1st

2015 Wings of Strength Chicago Pro Figure, 1st

2012 NPC Nationals, Figure, Class D Winner

Some would say the sport of Bodybuilding is in her blood. Her commitment and desire to succeed were instilled in her and inspired by Cydney's parents who are also bodybuilders. She began going to shows when she was just six years old. While her first love was the Fitness category, Figure was introduced when she was 9 years old and that would become the category that led to her success. Here is what she had to say about her journey to becoming Ms. Olympia.

Your journey to turning Pro and qualifying for the Olympia was fast-paced compared to most? Can you share a little about it?

I did two NPC shows before turning Pro at the 2012 NPC National Bodybuilding Championships and then competed in three pro shows before I qualified for the Olympia at the 4th Pro show.

Cydney has always been an athlete and commitment and discipline are two qualities that many people would say describe her. It obviously shows when she steps on stage!

What is your favorite quote?

"Control what you can control." - Unknown

How ironic, in the sport of bodybuilding, we often hear you can't control anything else, only you and the package you bring to the stage. What are you thinking when you step on the stage?

My whole thing is to make progress every time I step onstage. Obviously, as an athlete, you want to win, but my goal is to improve every time."



Photos by npcnewsonline.com

Why do you refer to the Arnold Australia as a pivotal point in your journey?

Because it gave me the confidence to know I could get to the Olympia stage.

What did you learn from making it to the final four on the television show Survivor?

I learned that physically, I am able to function at all levels regardless of food intake. Mentally, I learned how to keep calmer during preps because I was having to constantly strategize while being extremely hungry. As an athlete, I was always willing to push myself but now that I've been on the show, I know I can go even further. Before Survivor, I used to feel really hungry preparing for a contest. However, I was literally starving on the show; I might get 100 calories a day and it was all coconut. So now during prep, I might be hungry—but not that hungry! And since I am able to stay calmer, overall prep isn't as hard as I once thought it was.

What was it like the first time you were on the stage in 2014 compared to 2017 when you won and what did you do differently?

I was a nervous wreck my first Olympia. I was shaking like a leaf backstage and my cortisol levels were through the roof. While I placed third in 2014, I realized that everything I choose to do will get me closer to that ultimate goal. I had always coached myself throughout my career. I did my own diet and training, everything. But in preparing for the 2017 Olympia, I came to a new reality and joined Team Pro Physique, in Arizona. Damian Segovia is my nutritionist and helps me by tweaking the training based on what I need. When I stepped on the stage, I was excited and ready to get it done.

What are your future plans?

I plan to graduate in December 2018 with a Masters in Strategic Public Relations and of course, I plan to continue competing. I hosted my first posing seminar this past December and hope to do more.

What advice do you have for competitors?

Believe in yourself and know that your journey is simply that, your journey. You should not look at someone else and assume you should or will have the same results. Just work hard and focus on you.

Can you share with us an example of your training program and nutrition plan leading up to the Olympia?

I stay on a plan year round so you can say I prepped for two years for this Olympia. When a show is not in the near future, I stay 5 to 6 lbs. away from my stage weight. The weeks before the Olympia were low cardio and maintenance lifts and for nutrition I ate the standard protein, carbs, and vegetables.

As you can see, there are two main things that contribute to Cydney's winning attitude: commitment and a strong desire to succeed. These are the tools she has used to achieve her success on the stage will undoubtedly lead to her success off the stage as well.

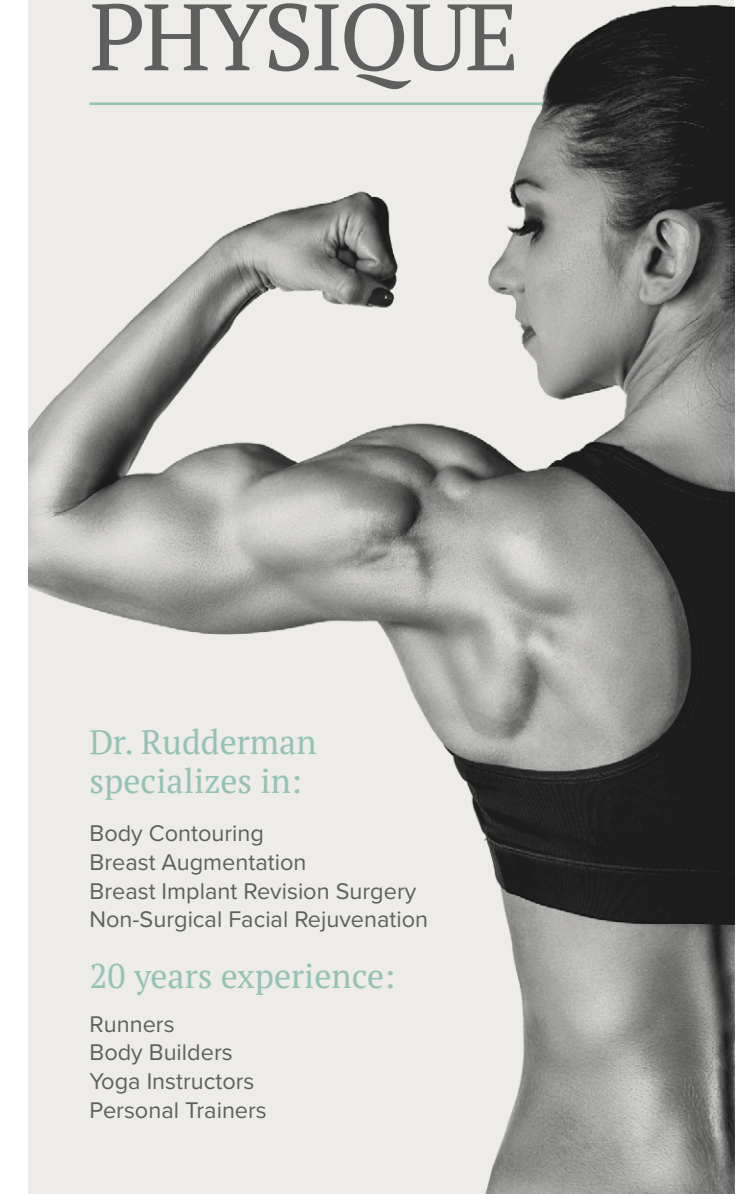
8 things you didn't know about Cydney:

1. **Favorite Movie?** Set It Off
2. **Favorite TV Show?** MasterChef
3. **Favorite Book?** A Time to Kill
4. **Favorite Cheat Meal?** Publix Sub sandwich, sweet potato fries, and cookies with ice cream
5. **Favorite brand makeup?** I don't wear makeup really
6. **Favorite store to shop?** online stores
7. **Dream Job?** Work for the Public Relations sector of a large sports team
8. **Person that inspires you?** My mother

Cydney Gillon, IFBB Pro & 2017 Figure Olympia is a Posing Coach and offers One-on-One sessions as well as Workshops. For more information contact her at cakefactoryfitness@gmail.com

DR. RANDY RUDDERMAN MD FACS

PERFECT YOUR PHYSIQUE



Dr. Rudderman specializes in:

Body Contouring
Breast Augmentation
Breast Implant Revision Surgery
Non-Surgical Facial Rejuvenation

20 years experience:

Runners
Body Builders
Yoga Instructors
Personal Trainers

RANDY RUDDERMAN MD, FACS

3400-C Old Milton Parkway, Suite 450
Alpharetta, GA 30005

678.566.7200

www.drdudderman.com

MIDTOWN LOCATION OPEN 2018

Fashion, Accessories and Supplements

JOG BRA

Athleta

TAN

Liquid Sun Rayz

EYEBROWS

Expressions Brow Studio

SUPPLEMENTS

HiveFit



MAKEUP

Valerie Payne, Make up Artist

JEWELRY

First Class Fit Jewelry

ISOBAG

Meal prep bag



LEGGINGS

HiveFit



Inspirational Stories

"Helping you be your best" is a philosophy shared by Liquid Sun Rayz, which led them to become our Inspirational Stories Sponsor and 2018 Southern Muscle Guide Courage Award Sponsor. As you read the stories of Whitney, Joe and Ernie, know that you also have the means within you to take your own journey to success.

In the fitness industry, healthy and strong is a mantra we live by. In the sport of bodybuilding, we take healthy and strong to another level, shaping the body and leaning out to present the best possible package on stage. In between, it is the journey that we take, the process we go through in transforming the body that enables each and everyone of us to be a shining inspiration for someone else. Overcoming obstacles, persevering, and surviving can be seen in so many stories. And, if you are inspired by someone and become your best, then you in turn, can be the inspiration for the next person. Each of us has a story to share.

WHITNEY WISER, IFBB BIKINI PRO

Age: 31

IFBB Pro, NPC Judge, Personal Trainer, Promoter

Sponsorships: Liquid Sun Rayz, Optimum Nutrition, Defiance Fuel

I have always been active playing basketball, volleyball and track & field in high school as well as being a lifeguard. I began weight lifting when I was sixteen as part of basketball training but got serious about lifting when I was a senior at Middle Tennessee State University.

Competition

While working as a bartender, a trainer observed that I might be well suited for figure competitions. At the time, I didn't know a thing about the sport of bodybuilding, but the seed had been planted. I decided I would give it a try. I was young, and didn't fully comprehend the requirements of discipline and consistency that this sport demands. While my first prep was only 8 weeks long, I managed to place 2nd in the Bikini division of the 2009 NPC Knox Classic. That first competition fueled a fire in me.

I trained for a whole year before I did my next show. This time I tried both Figure and Bikini and once again I placed 2nd in the Bikini division. In 2011, since I was qualified, I decided to see how I would do on a national stage so I competed at the NPC JR. USA Championships with a personal goal of placing in the top 15. I won my height class! After that, a trainer strongly suggested I compete at the NPC JR. National Championships and again, I won my class!



Off Stage

Momentum was with me; I was on track on a national level and I was featured in Flex Magazine. Unfortunately, also during this time I found myself in a mentally turned physically abusive relationship. I finally decided I had to leave this relationship. But one day in 2011, he called me at work saying he wanted to talk. We met in my work parking lot. After discussing the end of our relationship for a few minutes, I started to walk back across the parking lot to go inside. The next thing I knew, he was driving full speed ahead and straight towards me. The front of his SUV hit me. I was then pulled under the vehicle and dragged several feet across the parking lot. As my body collapsed to the ground, the rear tire rolled over my midsection crushing my spine and ribs.

“ God was definitely watching over me that day because no one was sure if I would even walk again.”



Photo by npcnewsonline.com

I was so lucky there were two eyewitnesses: one was a former EMT and the other called 911. I was taken to the Vanderbilt University Medical Center for emergency back surgery. The vertebrae in my back was fused from T-10 to L-2. There were many additional injuries, but the crushed vertebrae was the worst. God was definitely watching over me that day because no one was sure if I would even walk again. The doctors initially thought I would be paralyzed because of the nerve damage I had sustained.

My family was very supportive and helpful, but they were also trying to prepare me for the fact that I might not ever be able to compete again.

Back On Stage

Determined, I was back on the stage after one year, but I knew I needed more time to get back to a nationally competitive level. I continued to make progress and three years later in 2014, I earned my Pro Card at the NPC Jr. USA Championships. It took another year before making my Pro debut in 2015. I competed in several more shows

that year but in 2016, I placed 1st at the Muscle Mayhem Pro which qualified me for the Olympia. It was beyond my wildest dreams to compete at the 2016 Olympia. It was an experience I will never forget!

The Future

I am fortunate to be sponsored by several companies including Liquid Sun Rayz. It is an honor to have the opportunity to represent them in this article in hope of inspiring others. I have traveled all over the world and learned so much about the sport. Moving forward, I am promoting my first show, the 2018 NPC Nashville Fit Show. I have such passion for the sport and truly want to share what I've learned over the years to create a great experience for competitors. The NPC Nashville Fit Show is one of the first-ever ALL female shows. I believe a strong and healthy body is empowering and anytime you can bring women together in a positive and uplifting environment, it creates a strong bond. This is the experience I am striving to bring to women in Nashville on May 12th. I am excited for the sponsors, the vendors, the organizers and all of the many people who are helping to put the show together with me. And most importantly, I am excited for the participants and spectators to all come together to see how great this sport is.

YOU'RE AT THE TOP OF YOUR GAME.

HE'S AT THE TOP OF HIS.
RANKED IN THE TOP 1% OF LITIGATORS IN THE COUNTRY
BASED ON ACTUAL RESULTS

SERIOUS INJURY
AUTO ACCIDENTS
UNSAFE PREMISES
WRONGFUL DEATH
BICYCLE ACCIDENTS
TRUCKING ACCIDENTS
MEDICAL MALPRACTICE
MOTORCYCLE ACCIDENTS
WORKER'S COMPENSATION
DRUNK DRIVING ACCIDENTS
...AND MORE

SCOTT A. PRYOR
Personal Injury Attorney

Contact us today for a free consultation.

4500 Hugh Howell Road, Suite 520, Tucker, GA 30084
P: 404-474-7122 | F: 678.302.9366
scottpryorlaw.com | scott@scottpryorlaw.com



JOE ADAMS

Age: 27

Full-time personal trainer, full-time college student pursuing bachelors in business administration, model for Pathways Talent Services

I moved around quite a bit growing up, but spent most of my childhood in Georgia and my high school years in Pilot Mountain, NC. I played all sports, but once I got to high school I put all of my efforts into football. That was my love. But I was 18 and hanging out with the wrong type of people and as a result, I began heading down the wrong path.

Like so many people, I had a secret, I had an issue with prescription drugs. I was lazy, and didn't know what I wanted out of life. All I did was dream and try to escape the pressure of being so lost. I now know it was childish and immature of me. Adding to my stress, my family has always been a blessing, they always pushed me to do right. I have always had the best parental figures to look up to. So I hid my problems because I feared they would be disappointed.

Joining the Military

While I was attending a university in NC, I woke up one morning late for class yet again. I felt like hell, was out of shape and examined my failing grades. I was extremely disappointed and honestly disgusted with myself. I looked at myself in the mirror, examining every flaw in and out, but also saw the potential I had to do something with my life and succeed. That's when I decided to join the military. I spoke to many veterans of all different branches and based on their



Photo by Kim Reasonover Photography

suggestions, I went to the Air Force recruiter with my best friend who was also going through the exact same thing as I was. I was 19, and on November 1, 2009, I started basic training.

While I had been in shape through my football years, prior to bootcamp I needed to lose a little weight to get in shape. After bootcamp, I began going to the gym every day and fell in love with fitness.

“I looked at myself in the mirror, examining every flaw in and out, but also saw the potential I had to do something with my life and succeed.”



Photo by Kim Reasonover Photography

Photo by Kim Reasonover Photography



Lessons Learned

The military gave me a sense of working for something that was much bigger than I am. It gave me a strong sense of purpose and fulfillment. Initially, I had thought I found what I wanted to do for the rest of my life. Eventually, I realized that I wanted try civilian life again, with a different mindset. I have six years in the military to thank for that.

Personal Trainer

I met Preston Perry at Brian's Man Cave barber shop in Mount Juliet, TN. We kind of knew each other, but had never formally met until then. He invited me to Gorilla Warfare, and our relationship and my employment grew from there.

ERNIE JOHNSON

Age: 37 years old

Tumbling & Cheer Coach/pursuing motivational speaking

I was born and raised in Conway, South Carolina. I come from a family of athletes. Both of my older brothers wore the number 34, as did I. After my football accident in August of 1997, Conway High School retired the number 34 in a Johnson Family tradition. My oldest brother received a scholarship to play college football; my other brother received a scholarship to run track. I played basketball and football. I was being looked at by some major universities to play football, but on August 21, 1997 (3 days before my senior year). Everything changed when I broke the C4 vertebrae of the spinal cord in a preseason football game. That accident left me a C4-C5 incomplete quadriplegic.

I began weight lifting as a freshman in high school. About a year after my accident, I began lifting again. It wasn't until 2013 that I started lifting to compete in wheelchair bodybuilding.

How did I get over the challenges I faced?

Family! Faith! Friends! Community! I had an amazing support group. From August 21st till October 3rd I had at least 10 visitors and there were days where I had 40 to 50 visitors. My mom, my sisters, my brothers, my high school, and the city of Conway took care of me when I got home. I was probably a bit spoiled; the Mayor of Conway even named November 16th Ernie Johnson Day. I was also blessed with resilience and a positive attitude.

How did I get into Bodybuilding?

I was up late one night looking for things to do in a wheelchair and I came across Wheelchair Bodybuilding. This was about four weeks before the CJ classic in West Palm Beach. I gave the promoter, Frank Dalto, a call and he strongly encouraged me to come to the competition. Since my first CJ Classic, where I placed 4th in novice, 4th in physique, and 2nd in middleweight, I have done three competitions. In 2013, along with the CJ Classic, I competed in the Palmetto Classic

Plain and simple, I knew I wanted to help people accomplish their goals. The commitment and dedication that it takes to reach your fitness goals translates to every aspect of life. I want to show people that with consistency, hard work, and discipline, results will happen.

Future Goals

I am currently attending college. My goals are to keep training while I'm interning to try to determine what the next path will be for me. I plan to always be involved in fitness, and be a good influence for young adults that may need a push into the right direction. Down the road, I'd love to open my own little gym but for now, my focus is school. Only time will tell!



Photo by npcnewsonline.com

in Columbia, South Carolina. I placed 1st place in that competition. Later that year, I competed at Jen Hendershott's Classic in Charleston, South Carolina. I placed 1st in that competition as well. In 2014, I only competed in the CJ Classic. I placed 5th in that competition.

Who inspires me?

I am my favorite person. Who really inspires me is a loaded question. I'm inspired by something and someone different everyday.

Something I never thought I could do?

Almost everything. While I was unconscious after my spinal surgery, the doctor told my mom I would be lucky if I could move my arms after a few years of therapy. I got more function back in the first two weeks after my surgery than the doctors thought I would get the rest of my life.

The most appealing answer if probably surfing. Thanks to Brock Johnson, Luke Sharp, Brian Hughes, Kelly Rhodes, Kelly Richards, Caleb Reed, Tyler Watkins, and host of other people. I am ranked the 8th best adaptive assist surfer in the nation. I began adaptive surfing a few months after my first

“While I was unconscious after my spinal surgery, the doctor told my mom I would be lucky if I could move my arms after a few years of therapy.”

bodybuilding competition. I got that competitive itch again. I have now surfed in South Carolina, Florida, and California. The least appealing answer is vacuuming.



Future Goals

My short-term goals for 2018 are: get first place in the first ever quad division at this year's CJ Classic, win the national adaptive surfing title in San Diego, start competing in hand cycling, and start my career in motivational speaking.

Long-term goals...Olympics!!! I would like to qualify for hand cycling in Tokyo in 2020, and qualify for surfing in Paris in 2024 for surfing and hand cycling.

Final Thoughts

I am only an inspiration if something about me causes a positive change in your behavior.

Become your favorite person!

LEE HANEY
8-TIME MR. OLYMPIA



PHYSIQUE & FITNESS GAMES

#LEEHANEYGAMES
www.LeeHaneyGames.com

LEE HANEY
2018 GAMES

PHYSIQUE | FITNESS GAMES | EXPO



2017 OVERALL WINNERS

GEORGIA INTERNATIONAL CONVENTION CENTER

WB
Waterbabies Bikini

When you accept
NO COMPROMISE
Only the **BEST** will do

✉ designer@waterbabiesbikini.com
f facebook.com/waterbabiesbikini
i instagram.com/waterbabiesbikini
t twitter.com/waterbb
y youtube.com/waterbabiesbikini

waterbabiesbikini.com
404.285.2000

The Coolest Gym in Town!

BILTMORE FITNESS
45 LB 20.4 KG

711 Biltmore Ave., Asheville, NC
located in historic Biltmore Village
Family Owned and Operated

828-253-5555
www.biltfit.net

INTERNATIONAL ASSOCIATION OF FITNESS SCIENCES

“The Cutting Edge in Lifestyle Training”

Created by Lee Haney 8-Time Mr.Olympia

Where Passion meets fitness

www.IAFSCertification.com

Sign Up or Host A Workshop Today!

- ▶ Get More Clients
- ▶ Help More People Change Lives
- ▶ Make More Money
- ▶ Work More Efficiently



9 Must Visit Gyms In The Southeast

As a Fitness Professional, I do my best to get my workouts in no matter where I am. I want to share the nine fitness facilities in the southeast that are on my "must visit" places to workout. From Mississippi to North Florida, each of these facilities offers something special that makes adding them to your travel itinerary well worth it.

1 In the Magnolia State, the Iron Works Gym makes all their guests feel right at home. Members claim that "Iron Works is the only REAL gym on the Mississippi Gulf Coast" offering two floors of Hammer Strength/ Life Fitness equipment and open 5am-10pm, 7 days a week. For anyone needing to stay on point in their workouts, this place has what you need. As an added bonus Iron Works is a big sponsor and supporter of the NPC bodybuilding community and the Home of the Battle on the Gulf Coast Bodybuilding Show.



IRONWORKS GYM

220 Eisenhower Drive, Biloxi, MS 39531
228.456.9496
Ironworksbiloxi.com
Day Pass: \$10/ \$20 week pass

3 Next, head east to North Carolina and Biltmore Fitness in Asheville, NC. Located less than 10 minutes from the historic Biltmore Estates, Biltmore Fitness is the coolest gym in town. Family owned and operated, this facility has something for everybody. Here you will find weights, powerlifting, a kinesis wall, cardio, group fitness, spin classes, yoga, a dry sauna, an on-site chiropractor, and most importantly, a wealth of knowledge and experience from the staff.



BILTMORE FITNESS

711 Biltmore Avenue, Asheville, NC 28803
828.253.5555
biltfit.net
Day Pass: \$10 for same day pass/
\$7 for member guest pass

2 Moving on to the Big Orange, we suggest you check out Gorilla Warfare Fitness. American Made and Veteran Owned, Gorilla Fitness is located in Hermitage, 20 minutes east of Nashville. This gym and its owners are strong supporters of the local community buying all their equipment and merchandise locally. Now located in a brand new facility, Gorilla Warfare provides a friendly atmosphere to both competitors as well as those just starting out. They also offer JiuJitsu and Mixed Martial Arts.



GORILLA WARFARE FITNESS

100 Bonabrooke Drive, Hermitage, TN 37076
615.645.5160
gorillawarfarefitness.com
Day Pass: \$5

4 Tres Gym in Charleston, SC is a true bodybuilders gym. This place has everything you need to get in a great workout, as expected with gym owner Tres Bennett, the SC NPC Chairman. An added bonus, your post workout meal can be found at a variety of restaurants within walking distance!



TRES GYM

1662 Savannah Hwy, Ste 125, Charleston, SC 29407
843.270.4373
tresgym.com
Day Pass: \$5 for all NPC Members
Free of charge on SCNPC Show weekends.

6 You'll be greeted with some real southern hospitality at the The Athletic Club at the Pump House. This facility is known as Gadsden's most unique fitness facility, locally owned and operated by Morris and Kelly Pruett. While this is a private club with limited membership, it does allow day passes and is a must visit place with all the amenities. Enjoy your workout with a river view! The outdoor classes are held on the club's dock and afterwards you can enjoy a post workout drink at the clubs smoothie bar.



THE ATHLETIC CLUB AT THE PUMP HOUSE

128 River Road, Gadsden, AL 35901
256. 312.8456
TheAthleticClubGadsden.com
Day Pass: \$10

5 From I-85, House of Payne Personal Training is located just 4 miles off the interstate. With an old school feel, the primary focus of this facility is competition prep. At 10,000 square feet, House of Payne includes classic pieces of equipment and boasts the largest posing practice stage in the country. Group posing practice is held twice a week year round with one-on-one sessions available by appointment.



HOUSE OF PAYNE PERSONAL TRAINING

4565 Lawrenceville Highway NW, Lilburn, GA 30047 • 678.641.9188 • trainwithpayne.com • Day Pass: \$5

7 As you cross into the Sunshine State, check out Seminole Strength and Conditioning for a serious workout. Conveniently located right off I-10, it's less than 10 minutes from FSU. This facility is owned and operated by Jeremy & Shelly Hoornstra who are experts in both powerlifting and bodybuilding on a competitive level.



SEMINOLE STRENGTH AND CONDITIONING

3944 Northwest Passage, Unit 204, Tallahassee, FL 32303 • 352.504.5567
seminolestrengthandconditioning.com
 Day Pass: \$10

8 Down the Florida coast, find Lion Heart Gym, a gym focused on creating a place for anyone with a desire to be exceptionally strong or fit plus the will to follow through. Lion Heart Gym is a "real" gym and the place to go if you like sticking to basics and prefer no frills and no distractions. This facility caters to both powerlifters and bodybuilders. Open with 24-hour access, 7 days a week, Lion Heart Gym is just 20 minutes from Clearwater Beach!



LION HEART GYM

1203 49th Street N, Clearwater, FL 33762 • 727.743.1515
lionheartgym.com
 Day Pass: \$10/ \$25 week pass

9 Heading to Florida's southern tip is a great gym called Flex Appeal Miami, where you'll find the right motivation, the right environment, and a common goal. Competitors, non-competitors, pros and amateurs alike train side-by-side and everyone pushes each other forward.



FLEX APPEAL MIAMI

12814 SW 122nd Avenue,
 Miami, FL 33186
 786.293.1776
flexappealmiami.com
 Day Pass: \$5

When you're on the road, stop in at one of these training facilities and get in a great workout!
No excuses!



• • •
 You Work
 Hard For
 Your Fitness

I'll Work
 Hard To
 Protect Your
 Legal Rights
 • • •



The ORLANDO Firm, P.C.



Expert truck, automobile & work injury trial lawyer

678-LAW-FIRM • www.Atlanta.law



Photo by npnewsonline.com



Photo by Marcello Nine Photography

BUILD BIG SHOULDERS

By Markell Thomas and Rachel Payne

When Markell Thomas went to Masters Nationals the first time, he quickly realized that to reach his goal he would need to build bigger shoulders. Creating the well balance men's physique body with symmetry, size, and conditioning can be achieved with a smart training plan and he was on a mission to do just that! Here are his thoughts on the process that got him there and ultimately helped him earn his Pro card.

Young bodybuilders understand that packing on more muscle makes one physically bigger yet they often overlook the small details that help create the illusion of size. A great set of shoulders can be just the ticket to put the final touch on the body you've worked hard to create.

Face forward and look in the mirror. Focus on the outer edges of your physique. The most prominent body part as it pertains to width should be your shoulders. Your shoulders "finish" your entire upper body from the front and back. They give that beautiful flow to your arms, add polish to your chest, and create balance between your upper and lower body. Follow your lines. Out (shoulders) In (waist) back out again (quad sweep) What I've just described is the Classic- X FRAME. Your shoulders set the table so to speak.

Being a "smaller" bodybuilder I have to focus greatly on width

to create "the illusion of size." I have fairly narrow clavicles so getting wider required me to focus on my shoulder development.

Let's take a very basic look at the anatomy of our shoulders/deltoid muscles :

The anterior deltoid fibers run along the front part of the shoulder muscle and when contracted move the arm anteriorly, think reaching forward or lifting the arm to grab something – or give a high five :). The middle or lateral deltoid fibers run along the side of the shoulder; when contracted create lateral abduction or the arm moving away from the body – think reaching out to the side. The posterior deltoid fibers run along the back of the shoulder and assist the latissimus dorsi to extend the shoulder.

To build a great set of shoulders we must focus on all three muscle heads. Commonly, the **Lateral Deltoids** and the **Posterior Deltoids** are neglected.

Let's start with the **Lateral Deltoid**, the "Let's Get Wide" part of the shoulder because the wider you are, the bigger and more prominent you'll look. I focus on high volume and light to medium weight when training shoulders. Focus is key. Creating the mind-muscle connection is paramount. We want to concentrate on the middle of the muscle without allowing the traps to take over. Heavy weight and bad form recruits our traps.

When training the **Lateral Deltoids**, Side Raises are my main go to. I like to do them from multiple angles. Seated, with a starting position of my arms hanging by my sides. Raise the weight to ear height, slightly pause, and then lower the weight. Watch your form. Never sacrifice form for weight. Another variation is standing utilizing the cable rack. This provides constant resistance throughout the entire range of motion. There are many variations of this basic movement that you can add to your training program.

Next up we have the **Posterior Deltoid**. Symmetry not only occurs from left to right, but also from front to back in our upper body. When we're on stage we want to look great from all angles! Poor Posterior Deltoid development leads to a loss of symmetry and balance in the physique from TWO angles - the back and the side! The importance of training this often neglected body part can not be emphasized enough.

.....

A great set of shoulders can be just the ticket to put the final touch on the body you've worked hard to create.

.....

One of my favorite movements to train **Posterior Deltoids** is the bent over and/or seated dumbbell rear delt raise. Again, our goal is to maintain the mind-muscle connection. Squeeze at the top of the movement and don't forget to add a slight pause at the top. **PRO TIP: Adding pulsing half reps for a few sets adds intensity and really promotes growth! Another great movement is face pulls.** It's very important to retract your shoulder blades while performing this movement to minimize the recruitment of the trapezius muscles. Pull with slow, focused and deliberate movements. Maintain equal tension and good form throughout the rep. Always remember that **concentric contractions** and **eccentric contractions** have the same level of importance during each rep!

The third head of the shoulder is the **Anterior Deltoid**. This area of the deltoids tends to receive the most attention because



Photo by Marcello Nine Photography

they are secondary movers in all of our pressing motions. They are often the most well developed because even the most basic of programs include pressing movements such as Bench Presses, Push Ups, and Military Presses. However, as with the other parts of our deltoids, deliberate focused movements are the goal.

The final component to getting big shoulders is training frequency. Our shoulders are a relatively small muscle group which allows them to recover more quickly than the larger muscles like legs or back. I often train shoulders every 2-3 days. This allows for adequate training frequency and optimal recovery time.

Building Big Shoulders comes from understanding what it will take to make the changes in your body that will help achieve the desired result. Good form and attention to detail combined with the right amount of intensity and frequency are essential to improving any body part. The results of following a high volume and light to medium weight when training program for shoulders enabled Markell to make BIG changes during his improvement season and the reward came when he was awarded his Pro card.

Sample Shoulder Routine To Build Big Shoulders

(Always warm up prior to starting any exercise routine.)

Primary Muscle Worked	Exercise	Sets and Reps
Lateral Deltoids	Military Presses	3-4 sets 10-15 reps
Lateral Deltoids	Standing Cable Lateral Raises	3 sets 8-15 reps
Anterior Deltoids/ Posterior Deltoids	Seated Front Raises superset with Seated Rear Dumbbell Raises	2 sets 10-12 reps
Posterior Deltoids	Standing Face Pulls	2 sets 10-12 reps
Lateral Deltoids	Seated Lateral Raises	4-5 sets 8-12 reps

Directory of Resources

The businesses listed in this directory support the sport of bodybuilding. The information was verified as of January 10, 2018. 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. **Note: Advertisers listed in RED.**

APPAREL & SHOES

Barbell Apparel

Jeans, pants, shirts-quality with athletic fit, incredible comfort and unbelievable flexibility
barbellapparel.com

BootyQueen Apparel

Apparel, bands, autographed photos, training by Amanda Latona Kuclo
info@bootyqueenapparel.com
bootyqueenapparel.com

Carbon 38

Luxury active apparel
888.505.0897, customercare@carbon38.com
carbon38.com

Combat Iron Apparel

Veteran/LEO Owned Apparel Line
Veteran Printed/Sewn fitness gear and clothing needs • 470.323.4033
combatironapparel.com

FitFlops

Best in biomechanics, variety of styles and comfortable footwear
877.861.1988 • info.us@fitflop.com
fitflop.com

Gorilla Warfare Apparel

4656 Lebanon Pike, Hermitage, TN 37076
615.645.5160 • info@gorillawarfarefitness.com
gorillawarfarefitness.com

Monsta Clothing Company

Tyler Wilson
2370 SW State Road 47, Lake City, FL 32025
386.466.1001
monstaclothing.com

Otomix

Fitness gear and bodybuilding shoes
800.701.7867 • otomix3@aol.com
otomix.com

SheFit

Ultimate sports bra
616.209.7003 • info@shefit.com
shefit.com

Silverback Krew

Adam Weidel, Owner
Silverbackkrew@gmail.com
Silverbackkrew.com

CHIROPRACTIC & SPORTS REHAB

Carolina Sports Medicine

Offices in 3 NC locations:
Wilmington, Whiteville, Oak Island
910.799.0110
carolinasportsmed.com

H2H Wellness Centers

1610 Lavista Road NE, Suite 9, Atlanta, GA 30329
678.632.6212
h2hwellnesscenters.com

Knoxville Spine & Sports

8029 Ray Mears Blvd, Suite 300,
Knoxville, TN 37919 • 865.337.5574
knoxvillespineandsports.com

Lilburn Sports & Family Wellness

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

Dr. Mike Rice, Synergy Release Physician

Synergy Sports Wellness Institute
3565 Piedmont Road, N.E., Atlanta, GA 30305
Ph: 404.352.8900 • Cell: 404.576.2698

Southeast Sports Rehabilitation

A, 445 South Blackstock Road,
Spartanburg, SC 29301 • 864.804.6395
sesportschiro.com

DATING SERVICES

1-on-1 Matchmaking

Professional matchmakers
3102 Roswell Road NE, Atlanta, GA 30305
404.355.4646
1on1matchmaking.com

FACE & SKIN CARE

Beauty Fit

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

Expressions Brow Studio

Microblading by Angela James
1544 Piedmont Avenue, Suite 117,
Atlanta, GA 30324 • 770.883.7371
Expressionsbrowstudio.com

Fierce and Fancy

whipped sugar scrubs
fiercelandfancysoap.com

IBrows

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

Sara Justice

Cosmetic tattoo artist
Permanent makeup services
Ink & Dagger Tattoo
755 Holcomb Bridge Road C, Roswell, GA 30076
404.410.0462
sarajustice.com

Skin Care by Coreen

Permanent makeup, laser hair removal
954.235.5994
info@skincarebycoreen.com
skincarebycoreen.com

Wunder2

High Tech Beauty
800.699.4670
wunder2.com

FITNESS FACILITIES/ PERSONAL TRAINING GYMS

Biltmore Fitness

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

Flex Appeal Miami

12814 SW 122nd Avenue, Miami, FL 33186
786.293.1776
flexappealmiami.com

Gorilla Warfare Apparel & Fitness

100 Bonabrooke Drive, Hermitage, TN 37076
615.645.5160
info@gorillawarfarefitness.com
gorillawarfarefitness.com

Iron Works Gym

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

House of Payne Personal Training

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

JAG Fitness

2120 West Liddell, Duluth, GA 30096
770.962.7682
jagfitness@bellsouth.net
JagFitness.net

Lion Heart Gym

11203 49th Street, Clearwater, FL
727.743.1515
lionheartgym.com

Seminole Strength & Conditioning

3944 Northwest Passage, Unit 204,
Tallahassee, FL
352.504.5567
seminolestrengthandconditioning.com

Tres Gym

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

The Athletic Club at the Pump House

128 River Road, Gadsden, AL 35901
256.312.8456
TheAthleticClubGadsden.com

FOOD, MEAL PREP & SPICES

Clean Eatz

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

CP Meal Prep

Atlanta based meal prep service
Instagram: CP Meal Prep
CPMealPrep@gmail.com
CPmealprep.com

FlavorGod

Fresh & Healthy Seasonings, low sodium
support@flavorgod.com
flavorgod.com

Oh My Spice

Seasonings low in sodium, gluten-free,
MSG-free
info@oh-my-spice.com
oh-my-spice.com

Wake Up Waffles

2 WAFFLES = 138 CALORIES
1.5G FAT | 9G CARBS | 22G PROTEIN
Ships in USA, USPS Priority mail
wakeupwaffles.com

JEWELRY & COMPETITION SHOES

Bling Competition Jewelry

Bikini, Figure & Pageant
& special occasion jewelry
Blingcompetitionjewelry.com

First Class Fit Jewelry

Lifestyle & competition jewelry & posing suits
www.firstclassfitjewelry.com

Glam Competition Jewelry & Accessories

750 E. Sample Road, Building #4 Unit #1,
Pompano Beach, FL 33064
954.786.9977
Instagram: @glamcomp jewelry
Glamcompetitionjewelry.com

Glamour Goddess Jewelry

Rhinestone jewelry • 800.993.0961
Glamourgoddessjewelry.com

Mojotivation

Motivational jewelry for men & women
864.993.4810 • info@mojotivation.com
mojotivation.com

Snaz75

5" Fitness Model Heels M Brooke
585.645.6110
20% off discount code: SOUTHERNMUSCLE
Snaz75.com

LEGAL

The Orlando Firm

Roger Orlando
Decatur Court, Suite 400
315 West Ponce de Leon Avenue, Decatur, GA
404.373.1800 • roger@OrlandoFirm.com
OrlandoFirm.com

Scott Pryor Law

4500 Hugh Howell Road, Suite 520,
Tucker, GA 30084 • 404.474.7122
scott@scottpryorlaw.com
scottpryorlaw.com

MAKE-UP & HAIR SERVICES

Competition Hair by Devy Barnes

770.366.4150
Instagram: punkybrewster007, FB: Devy Barnes

Hi-Tek Beauty

Tina Ibisann
678.800.3640, Instagram: @hitebeauty

Valerie Payne, Make Up Artist

Everyday. Special occasions. Competition prep.
Tutorials teaching you how to do your own
makeup also available
770.330.9960, Instagram: makeup.by.val

MASSAGE

House of Payne Personal Training

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

MEAL PREP BAGS

Fit Style Brand

Food prep bags, apparel & jewelry
info@fitstylebrand.com
FitStyleBrand.com

Isolator Fitness

Meal prep bags, accessories, pasta,
lifting straps
610.370.7915 • support@isolatorfitness.com
isolatorfitness.com

Six Pack Bags

Meal prep bags, accessories, sauces
888.240.7009 • info@sixpackbags.com
sixpackbags.com

MEDIA & MARKETING

Best Self Atlanta Magazine

80 West Wieuca Road, Suite 115,
Atlanta, GA 30342
404.303.9333
bestselfatlanta.com

FITTALK RADIO, WVGA 105.9

Maria Wells
229.241.1059
Valdostatoday.com

RB Image & Marketing Management

Design, management, consulting,
social media & more
678.461.0481
rbmarketing.net

MEDICAL & HEALTH

CPR First

Dave Scott
American Heart Association
CPR/AED/FIRST AID INSTRUCTOR
678.414.0288, DScottCPRFirst@aol.com

Dr. Randy Rudderman MD FACS

Body contouring, breast augmentation, Implant
revision, non-surgical facial rejuvenation
3400-C Old Milton Parkway, Suite 450,
Alpharetta, GA 30005
678.566.7200
drrudderman.com

Vinings Surgery Center

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

ORGANIZATIONS/ EDUCATION

Chiro-athleta

Council on Fitness and Sports Health
sports@chiropractic.org
icafitness.org

Fit Ops Foundation

Training and Certification Program for veterans to become elite personal trainers
info@fitops.org
fitops.org

International Association of Fitness Sciences

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

PHOTOGRAPHY

Nvision Photography of Atlanta

Michael Brewer
404.663.8991
nvisionatl.com

Studio Primetime

Afif Cherif
404.314.1994
info@studioprime.com

PORTABLE WORKOUT EQUIPMENT

At Home With Daniela

6-week workout program
trainwithpayne.com

Monkii Bars

Ultra portable bodyweight trainer
info@monkii.co
Monkii.co

Power Systems

Provider of fitness and performance products for professional settings and home gyms
5700 Casey Drive, Knoxville, TN 37909
800.321.6975
webcustomerservice@power-systems.com
Power-systems.com

Pro Source Fit

Products for active, healthy lifestyles
855.552.2637 • support@prosourcefit.com
prosourcefit.com

The Booty Belt

Portable glute exercise equipment
thebootybelt.com

The Booty Pro

Portable glute exercise equipment
info@thebootypro.com
thebootypro.com

TRX Suspension Training

Suspension trainer
888.878.5348
trxtraining.com

POSING SUITS

CJ's Elite Competition Wear

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

Doc Sports

Doc Neely
Men's bodybuilding posing suits
6415 Tara Blvd, Jonesboro, GA
770.471.9006 • doc@docssports.com
docsports.com

Fox Competition Bikinis

Tiffany Fox
Competition Suits
704.576.6900 • etsy: etsy.com/foxcompbikinis
Instagram: foxcompetitionbikinis

Waterbabies Bikini

Christine Shen
2005 Beckenham Walk Ln., Dacula, GA 30019
404.285.2000
designer@waterbabiesbikini.com
waterbabiesbikini.com

SUPPLEMENTS

5 Star Nutrition

Jonathan Cheeves
5005 Riverside Dr Suite E, Macon, GA 31210
478.254.6595

Health Unlimited

Rick Kraus
2968 N Druid Hills Rd NE, Atlanta, GA 30329
404.633-6677
healthunlimitedonline.com

HiveFit

Raul Hiteshew
Healthy supplements
info@hivefit.com
hivefit.com

Hi-Tech Pharmaceuticals

6015 B Unity Drive, Norcross, GA 30071
888.855.7919
hitechpharma.com

Interval Nutrition

13318 Phillip Michael Rd, Huntersville, NC 28078
704.661.5142
discount code 20%: HOP20
Intervalnutrition.com

Ixion Nutrition

pre-workout formula
888.405.3122 • info@ixion-nutrition.com
ixion-nutrition.com

Lee Haney Nutrition

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

Max Muscle Sports Nutrition

Mike Pringle
5295 Stone Mountain Hwy, Suite G, Stone Mountain, GA 30087
678.344.1501
metroatlantamaxmuscle.com

TANNING

3D Competition Tan, Make Up & Hair

Allen Sizemore
865-384-9800, 3dcompetitiontan@gmail.com
3dcompetitiontan.com

Elite Performance Tanning

– Powered by Pro Tan
Chris Hollingsworth
Tanning, Make up & Hair
Serving NC, SC, GA & Beyond
910.264.9182
eliteperformancetanning.com

Liquid Sun Rayz

Competition Make up & Hair
Liquidsunrayz.com

Spray Tans by Maggie & Co.

Maggie@spraytansbyMaggie.com
678.642.9972
spraytansbyMaggie.com

Skinny Tan

Natural tanning agent, streak-free self-tanner for daily wear
888.341.2511
skinnytan.com

WATER BOTTLES

Metal Shake by Sweden

stainless steel multi-function sports bottle
info@metalshake.com
metalshake.com

Nalgene

Original wide mouth BPA free reusable water bottles
800.625.4327
nalgene.com

Shaker Factory

Branding and promotional merchandise for health & fitness industries
info@shakerfactory.com
shakerfactory.com



be **FIT** and **HEALTHY**

Your health should not be
compromised when looks are the goal!



HiveFit Standards



NO Gluten



NO Banned
Substances



NON GMO



NO Added
Sugars



NO Artificial
Colors



NO Artificial
Sweeteners



NO Gluten



NO Binders
or Fillers



Grass Fed
ONLY

Become better inside and out! HiveFit® supplements include an assortment of health and nutritional supplements designed to enhance and increase health and nutritional well-being.

Each product featured in HiveFit's® Supplement line has been uniquely formulated to meet, and often exceed, industry standards for being one of the cleanest, most natural, and highest quality products available.

We are passionate about fighting infant and child famine and giving back through the HiveFit® Foundation, a non-profit 501(c)(3) created to fight starvation and famine globally. Through the Foundation, HiveFit® is donating 25% of profits from HiveFit® Supplements to help kids who don't have a choice.



2018 Competition Schedule

The competitions listed in this directory are shows that are NPC competitions in the southeast plus national level shows and submitted their information to this publication as of the January 25th deadline. The shows are alphabetical, arranged by date. All shows are national qualifiers unless denoted by *. Pro Qualifiers are in **Bold**.

Show Name	Date	Location	Website
NPC Topamania	Feb-24	Miami, FL	topamaniaclassic.com, Stan Mcrary, 786.399.8743, topamania2006@gmail.com
NPC IFBB Arnold Classic & Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini & Physique Championships	Mar 1-3	Columbus, OH	arnoldsportsfestival.com, Bob Lorimer & Schwarzenegger, bob@arnoldexpo.com
NPC Sunshine State & CJ Classic and National Wheelchair	Mar-10	Palm Beach, FL	frankdaltpromotions.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Atlantic USA	Mar-17	Atlanta, GA	georgianpc.com/RopeElite, 770.962.7682
IFBB/NPC Atlantic Coast	Mar-24	Lauderhill, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
IFBB World Klash & NPC Border Klash Championships	Mar-24	Aiken, SC	npcborderklash.com/elite promotions, Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Charlotte Cup	Apr-7	Charlotte, NC	stewartfitness.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
NPC Panhandle Showdown	Apr-7	Pensacola, FL	panhandleshowdown.com, Russ Mesey, 850.244.1629, iammaxfit@yahoo.com
NPC Rocket City Classic*	Apr-7	Huntsville, AL	rocketcitybodybuilding.com, Robert McAlldory, Robertmaldory@gmail.com, 256.468.6166
NPC Europa	Apr-14	Orlando, FL	europaexpo.com, Ed & Betty Pariso, 817.498.3631, bettypariso@aol.com
NPC Elite Physique Championships*	Apr-28	Memphis, TN	tennesseebodybuilding.org/elitephysiquechampionships.com, Tivasy Brireno-Dushane, tv@tivisaybrireno.com, 901.268.5721
IFBB/NPC Grand Prix	Apr-28	Boca Raton, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Monsta Classic*	Apr-28	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Palmetto Classic	Apr-28	Columbia, SC	kd-promotions.com/Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC North Carolina State Championships & IFBB Champions of Power & Grace	May 4-6	Raleigh, NC	ncnpc.com
NPC Diamond Classic	May-5	Boca Raton, FL	QcbbPromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Lee Banks Natural Championships* (steroid tested)	May-5	Ponte Verde, FL	leebanksnaturalchampionships.com, Lee Banks, 904.422.3251, teambankslc@gmail.com
NPC Battle on the Bluff Bodybuilding	May-12	Tunica, MS	battleonthebluffbodybuilding.com, Chris Caudy, chriscaudy@att.net, 901.857.2498, Cindy Caudy, cindycaudy@att.net, 901.619.6064
NPC Eastern Seaboard	May-12	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
NPC Nashville Fit Show*	May-12	Nashville, TN	tennesseebodybuilding.org/nashvillefitshow.com, Whitney Wisser, info@nashvillefitshow.com
NPC Riptide Classic	May-12	Panama City Beach, FL	npcRIPTIDEclassic.com, Tony Curtis/Vic Sellers, 850.527.4479, michael4palingen@gmail.com
NPC IFBB/NPC Southern USA	May-12	Orlando, FL	npcsouthernusa.net, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
NPC Junior USA Bodybuilding Championships	May 18-19	Charleston, SC	npcjuniorusa.com/ scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Champions Cup* (steroid tested)	May-19	Longwood, FL	championscup.com, Chris Challenger, 407.493.1481, npcchampionscup@gmail.com

Show Name	Date	Location	Website
NPC Beach Bodies Classic*	May-26	Melbourne, FL	beachbodiesfitness.com, Rick Blackwood, 321.720.5175, beachbodiesfitness@ymail.com
NPC Hub City Fitness Quest	May-26	Jackson, TN	tennesseebodybuilding.org/hubcityfitnessquest.com, Nick Shelby, 731.695.1067
NPC Southeast Classic	May-26	Hollywood, FL	npcseclassic.com, Alex & Maggy Cambranero, 786.877.0438, maggy305@gmail.com
NPC Vulcan Classic	May-26	Birmingham, AL	npcvulcanclassic.com, Morris & Kelly Pruett, Kellywpruett@comcast.net, 256.490.1115
NPC Iron Muscle Championships	Jun-2	Pearl, MS	ironmusclechampionships.com, Richard & Amanda Clack Stegall, ironmusclechampionships.com, 601.540.5182
IFBB/NPC Miami Muscle Beach	Jun-2	Miami, FL	miamimusclebeachpro.com, Paula Geobanny, 786.217.2110, miamibeachmusclepro@gmail.com
NPC Upstate Classic	Jun-2	Spartenburg, SC	dutchstrengthpromotions.com, Dutch Hulst,
NPC Tampa Bay Classic*	Jun-2	Tampa, FL	tampabayclassicbodybuilding, John Schleicher, 813.962.1354, johntclassic82@gmail.com
NPC Battle at the River	Jun-9	Chattanooga, TN	tennesseebodybuilding.org/ Bryan Hayworth, 423.677.3347
NPC Florida Muscle Championships	Jun-9	Lakeland, FL	thedebsgym.com, Deb Callahan, 863.812.8788, debsgym@gmail.com
NPC Jr National Championships	Jun 15-16	Chicago, IL	Betz/Larsen Event Mgt, npcjrnationals.com, Pam Betz, PamBetz@aol.com, 407.876.4467
NPC Atlantic Coast Classic	Jun-16	Wilmington, NC	ncnpc.com
NPC Battle on the Gulf Coast	Jun-16	Biloxi, MS	battleonthegulfcoast.com, Douglas Sellers, 225.324.9991
NPC Mid-Florida Classic*	Jun-16	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC National All Military Force Championships	Jun-16	Wilmington, NC	ncnpc.com
NPC Bill Willmore Classic	Jun-23	Hollywood, FL	WILpowerUSA.com, Bill & Sandi Wilmore, 954.665.6175, willpower8599@gmail.com
NPC Southeastern USA	Jun-23	Orlando, FL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
NPC Victory Classic	Jun-23	Albemarle, NC	kd-promotions.com/Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Universe Championships	Jun 29-30	Teaneck, NJ	bevfrances.com, NPCnortheast@gmail.com
NPC 34th Annual West Palm Beach Bodybuilding & Physique Championships	Jun-30	West Palm Beach, FL	frankdaltpromotions.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Anna Level Figure, Fitness & Bikini Championships	Jun-30	West Palm Beach, FL	frankdaltpromotions.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Clash at the Capstone	Jun-30	Tuscaloosa, AL	npcclashatthecapstone.com, Ron & Michelle Wedgeworth, clashatthecapstone@hotmail.com, 205.361.7137/ 256.390.1087
IFBB/ NPC South Carolina Grand Prix Pro-Am	Jun-30	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Ancient City Classic*	Jul-7	St. Augustine	ancientcityclassic.com, Gene Schlossberg, 904.471.9093, flexgene@aol.com
NPC Georgia Bodybuilding Championships	Jul-7	Atlanta, GA	georgiabodybuilding.com/ Kenneth "Doc" Neely, doc@docsports.com, 770.471.9006
NPC Miami Classic Bodybuilding Championships*	Jul-7	Miami, FL	miamiclassicbody.com, George Prince, 786.236.4691, rosyprince21@yahoo.com
NPC Mississippi Championships	Jul-14	Jackson, MS	npcmsbodybuilding.com, Gordon & Cyndi Weir, gcweir@comcast.net, 601.906.8772 or 601.906.8837
NPC Southern States Championships	Jul-14	Ft. Lauderdale, FL	npcsouthernstates.com, Peter Potter, 954.763.2718, usasports1980@gmail.com
Teen Collegiate & Masters National Championships	July 18-21	Pittsburg, PN	GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438

Show Name	Date	Location	Website
NPC Body Be 1 Classic*	Jul-21	Dothan, AL	BodyB1Classic.com, Roland Huff, hbodybe1@aol.com, 706.405.9539
NPC Seminole Classic*	Jul-21	Winter Springs, FL	seminoleclassic.com, Ty & Joanna Pope, 407.910.7074, tyjopope@yahoo.com
NPC USA Championships	Jul 27-28	Las Vegas, NV	Lindsay Productions/ musclecontest.com, Tracey@musclecontest.com, 310.796.9181
NPC Dexter Jackson Classic	Jul-28	Jacksonville, FL	dexterjacksonclassic.com, Dexter Jackson, 904.234.1182, dextertheblade@gmail.com
IFBB/NPC Prestige Crystal Cup	Jul-28	Boca Raton, FL	qcpromotions.com, Andres Miller, 954.326.8821, qcbpromotions@gmail.com
NPC Tennessee State Championships	Jul-28	Nashville, TN	tennesseebodybuilding.org
NPC Tim Gardner Tampa Extravaganza and Wings of Strength Tampa Pro	Aug 3-4	Tampa, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Knox Classic	Aug-4	Knoxville, TN	tennesseebodybuilding.org/ knoxclassic.com, Brian "Beano" Wallace
NPC Stewart Fitness Championships	Aug-4	Rock Hill, SC	stewartfitness.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
NPC City of Champions*	Aug-11	Birmingham, AL	cityofchampionsbodybuilding.net, Chris Carter, cityofchampionsbodybuilding@charter.net, 205.267.9631
NPC Florida Muscle Classic*	Aug-11	Boca Raton, FL	floridamuscleclassic.com, Jocelyn Jean, 954.445.4454, trainer83@yahoo.com
NPC Gainesville Classic*	Aug-11	Gainesville, FL	gainesvilleclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Coastal USA's	Aug-18	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
NPC Florida State Championships	Aug-18	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Total Body Championships	Aug-18	Tupelo, MS	totalbodygym.net, Judy & Timmy Gaillard, 662.837.5957
NPC Alabama State Championships	Aug-25	Gadsden, AL	npcalabama.info, Morris Pruett, getfitstayfit@comcast.net, 256.490.1115
NPC Excalibur	Aug-25	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
NPC Greater Naples Classic*	Aug-25	Naples, FL	goldenlionproductions.com, Giovanni Conigliaro, 239.253.9956, gio@goldenlionproductions.com
NPC Max Fit Classic	Aug-25	Ft. Walton Beach, FL	maxfitclassic.com, Russ Meseey, 850.244.1629, iammaxfit@yahoo.com
NPC Treasure Coast Championships*	Aug-25	Port St. Lucie	cityofpsl.com, Ann Stadius, 772.807.4466, astadius@cityofpsl.com
NPC North American Championships	Aug 29-Sep 1	Pittsburgh, PA	GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438
NPC Iron Bay Classic*	Sep-8	Tampa, FL	ironbodyproductions.com, Jose E. Santiago & Son Tran, 813.440.9258, jsantiago169@hotmail.com
NPC Royal Palm Classic*	Sep-8	Miramar, FL	royalpalmclassic.com, Calvin Choy & OJ Jaichon, 239.247.7324, royalpalmclassic@yahoo.com
NPC Muscle Heat	Sep-15	Greensboro, NC	qrelite.com
IFBB Professional League Hurricane Pro, NPC Hurricane Bay Championships & NPCTyphoon Bay Naturals	Sep-22	Clearwater, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Datoyna Beach Classic	Sep 29	Daytona Beach, FL	thedaytonabeachclassic.com, Tony Curtis & Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Ruby Championships	Sep 29	Boca Raton, FL	qcbpromotions.com, Andres Miller, 954.326.8821, qcbpromotions@gmail.com
NPC Southern Tournament of Champions	Sep-29	Manning, SC	npctoc.com, kd-promotions/elite promotions, Kevin DeHaven, KDprep@gmail.com, 704.661.5142, Joe Pishkula, Jpishkula@gmail.com, 937.536.9581

Show Name	Date	Location	Website
NPC Volunteer State Classic*	Sep-29	Mount Juliet, TN	tennesseebodybuilding.org/ Dwayne Hampton, 615.568.4265
NPC First Callout	Oct-6	Pompano Beach, FL	npcfirstcallout.com, Rich Alvarez, 954.501.5858, getpumped121@aol.com
NPC Muscle For Heart	Oct-6	Panama City Beach, FL	Mike McKinney, 850.527.4479, michael4palingen@gmail.com
NPC Sunset Classic*	Oct-6	Clearwater, FL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
NPC Flex Lewis Classic	Oct-13	Murfreesboro, TN	tennesseebodybuilding.org/ FlexLewis.net, flexlewisclassic@gmail.com
NPC Peach State Championships	Oct-13	Valdosta, GA	georgianpc.com/RopeElite, 770.962.7682
NPC Ultimate Grand Prix	Oct-13	Ft. Lauderdale, FL	floridasportsfestival.com, Serge saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Florida Clash of Champions	Oct-20	Miramar, FL	npcclashofchampions.com, Tony Torres, 754.777.2918, ifbbprotonytorres@gmail.com
NPC Mid Atlantic Classic	Oct-20	Charlotte, NC	kd-promotions.com/Kevin DeHaven, KDprep@gmail.com, 704.661.5142
NPC Ocala Cup Classic*	Oct-20	Ocala, FL	ocalacupclassic.com, Sandra Howell, 352.410.4300, sandyfit7@hotmail.com
NPC 2017 Lee Haney Games	Oct 26-27	Atlanta, GA	leehaneygames.com, Lee Haney, info@leehaneygames.com
NPC Mel Chancey Champion Coast Classic	Oct-27	Harbor Punta Gorda, FL	timgardnerproductions.com, Mel Chancey/Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC All South Championships	Nov-3	St. Augustine, FL	allsouthchampionships.com, Gene Schlossberg & Pete Fancher, 904.471.9093, flexgene@aol.com
NPC Nashville Night of Champions*	Nov-3	Nashville, TN	tennesseebodybuilding.org/ Allen Sizemore, sizemore365@yahoo.com, 865.384.9800
NPC Amanda Marinelli Classic & Florida Gold Cup	Nov-10	West Palm Beach, FL	frankdalto.com, Frank Dalto & Amanda Marinelli, 561.627.938, frankdalto44@yahoo.com
NPC Elite Muscle Classic	Nov-10	Greensboro, NC	qrelite.com
NPC Paradise Coast	Nov-10	Panama City Beach, FL	npcparadisecoast.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com
NPC National Championships	Nov 16-17	Miami, FL	Betz/Larsen Event Mgt, nationalbodybuilding.com, Pam Betz, PamBetz@aol.com, 407.876.4467
NPC South Florida Championships	Nov-24	Miami, FL	npcsouthflorida.com, Sergio Pacheco, 305.301.1314, redondomari@aol.com
NPC Bob Cicherillo Championships	Dec-1	Atlanta, GA	bobsnpcshow.com, Bob Cicherillo, ifbbprorep@aol.com
NPC Holiday Classic	Dec 15	Ft. Lauderdale, FL	goldenlionproductions.com, Giovanni Conigliaro, 239.253.9956, gio@goldenlionproductions.com

CHRIS HOLLINGSWORTH'S
ELITE
PERFORMANCE TANNING

POWERED BY
Pro Tan
Since 1987

PROUD TO BE THE LEADING TANNING, MAKEUP & HAIR PROVIDER IN
THE CAROLINAS & GEORGIA
WWW.ELITEPERFORMANCETANNING.COM



@liquidsunrayz



FOLLOW US ON
facebook

LSR

LIQUID SUN RAYZ

(844) SUN-RAYZ



IFBB PRO

**CANDICE
LEWIS
CARTER**