

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

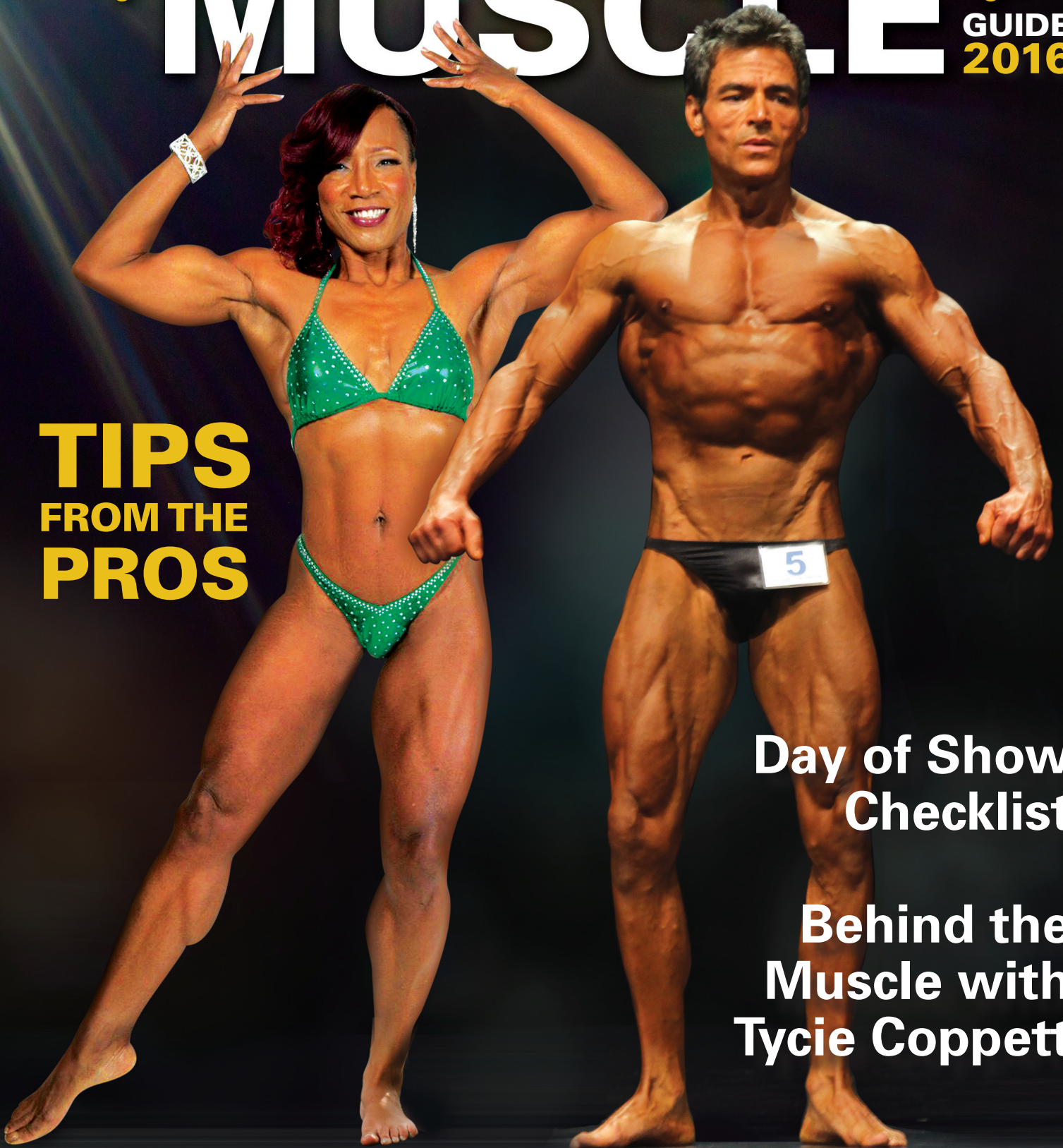
SOUTHERN MUSCLE

GUIDE
2016

**TIPS
FROM THE
PROS**

**Day of Show
Checklist**

**Behind the
Muscle with
Tycie Coppett**



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SOUTHERN MUSCLE GUIDE 2016

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On the cover:

Orlando Salon - Bodybuilding Competitor
Linda Bolton - Women's Physique Competitor

Graphic Designer: Michelle Thompson

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

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rachel@southernmuscleguide.com

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Rachel Payne
Publisher,
Southern Muscle Guide

Letter From the Publisher

Welcome to the first edition of the newest publication in the southeast, Southern Muscle Guide. It will be an annual directory of resources for competition training in the southern states of Georgia, Northern FL, Alabama, South Carolina, North Carolina, Kentucky & Tennessee. The overall mission of this publication is to support and encourage the sport of bodybuilding with a goal to include a listing of shows as well as resources for the competitors so that they may have the best experience possible.

To be honest, the idea for the Guide came to me over the holidays so we didn't have a lot of time to get this project underway. But from talking and working with so many competitors that have questions about when and where are the shows, where to get shoes, hair & makeup, tans, suits, jewelry and so on, we felt it was time to create a resource that competitors will want to keep close at hand all year long. Southern Muscle Guide was designed with that in mind. If you're reading this, we ask that you share the link with all of your friends, customers, clients, competitors, etc. While this first edition is completed, please send us pics, stories, video clips that we can post alongside. There are those that want to know what a first show feels like or there may be people you want to thank, or just take a minute to share what the journey was like. If you are a business, sponsor, vendor etc., but not in this first edition, you can still be featured alongside the Guide. There are so many possibilities of what we can provide to help and encourage the competitors as well as support our sport. Any input, feedback, ideas you have are also greatly appreciated!

Lastly, we encourage you to support the businesses that support the sport of bodybuilding. Lets work together to make the sport we are all so passionate about the greatest in the southeast!

Tips from the Pros

Each and every IFBB Pro has their own journey, their own story about how they got started in the sport of bodybuilding and how they earned their Pro card. When we asked several of the pros about what advice they could share for those who aspire to the pro status, the one word that came up again and again was TRUST. From hard work, diet, discipline to the sweat, and sacrifices, the ability to believe in the dream requires various forms of trust. Every one of the pros will tell you; the journey is absolutely worth the reward. Here it is in their own words.



KENEA YANCEY

Kenea Yancey, IFBB Bikini Pro, gives this advice to any competitor, "Trust the process and be mentally ready." Six-time Olympian competitor and IFBB Fitness Pro, Nicole Duncan, agreed saying, "When making decisions about your competition journey, you should trust your gut. Make decisions based on your goals, dreams and aspirations and stay true to that path. If it's something you really want then treat it like a job and hire good people that align with your goals to help you."

You also need to "trust the process." The process includes the research to create your support team, creating a plan and setting it in action. Nicole says, "Don't keep second guessing the process. Work hard everyday. When something goes off course, start over with the next meal or workout and keep moving forward. With consistency, the results will happen. Just trust the process."



CLIFF BOYCE

Cliff "Hollywood" Boyce, a Men's Physique IFBB Pro, emphasized the importance of hiring a professional contest coach. He says, "You can spend months training, dieting, watching an exhaustive amount of competition videos on YouTube and putting in dozens of hours worth of reading and studying on what you should be doing to get yourself stage ready, but none of this can come close to upping both your game and chances at placing as hiring a competition coach." Obviously, a coach can guide your training and diet but the value of having an objective set of eyes to see what you can't see can be crucial to your preparation. Not only because we are our own worst critics but also because as Cliff has experienced, a coach analyzes your readiness, and gives you details on what to expect on competition day and tips for making a splash on stage. A posing coach gives you an extra boost by helping you create poses that emphasize your strengths and hide your weaknesses, making your presentation win-worthy. Don't go it alone.

Cliff's second piece of advice is, "Be financially prepared: competing is expensive. Between the cost of a personal training coach, a posing coach, supplements, custom competition suits, tanning, shoes, hair, make-up, a personalized music tract, entry fees, competition travel, lodging and more, you can spend thousands of dollars to get on that stage." He offers several helpful tips including ways to cover the cost such as building a network that can help you be financially ready for competition through sponsors, or fundraising efforts, cutting expenses for example by hiring an online coach which is usually more cost effective, renting your suit instead of buying it, and finding a roommate to split lodging costs. The bottom line, a thoughtful, sensible approach to gathering your competition needs will keep the big day from burning a hole in your pockets, says Cliff.



LEE HANEY

When the big day comes, 8-time Mr. Olympia Lee Haney makes three suggestions, which can make your experience memorable. He says, "First, always practice good sportsmanship. A smile and a 'yes, Sir' and 'no, Ma'am' go a long way. Second, exude a positive attitude at all times even when the outcome isn't what you expected. Finally, and most importantly, enjoy the moment and have fun."



CYDNEY GILLON

Cydney Gillon, a Figure Pro, and Mr. Haney both understand the ability to take constructive advice can make all the difference in gaining knowledge that will take you to the next level. Improvements are what the sport of bodybuilding is about. Many times the judges give you the opportunity to get feedback and they will recognize those that have made significant improvements from one show to the next.

For most people in this sport, competition is hobby. Of the thousands of competitors each year, there are just over 300 pro cards available to win. It's for that reason, Cydney says, and all of the women agree, it is important that you create a look that you love on and off the stage. Nicole stresses, "This journey is about you and not your trainer, team or the organization."



NICOLE DUNCAN

Trust your gut.

When making decisions about your competition journey, you should trust your gut. Make decisions based on your goals, dreams and aspirations and stay true to that path. If it's something you really want then treat it like a job and hire good people to help you that align with your goals. This journey is about you and not your trainer, team or the organization. Don't let those things side track you. Make sure you are doing this for yourself. When you do that all the other things will fall into place. Your focus, the trainer you select, and the show you enter will all align correctly if you trust your gut.

Trust the process.

Once you have done your homework, hired the right team and set a plan in action based on your goals, you must trust the process. Don't keep second guessing the process. Work hard everyday. When something goes off course, let yourself off the hook and start over with the next meal or workout. When you get & stay consistent, the results will happen. Just trust the process.



HANNAH HALLMAN

Beyond the competition, you have to live with the body you create and more importantly, you should love that body. You do that by taking good care of it both inside and out, physically and mentally. IFBB Women's Physique Pro, Hannah Hallman, proposes that "One of the most important things I've learned over the years, competing and

training for contests, is the importance of taking an offseason. When I first starting lifting and training for fitness competitions in my early 20's, I'd pretty much train hard year-round."

Time has taught Hannah that being healthy means more than just training hard. She says, "Offseason doesn't mean you stop working out altogether; however, using your offseason as a time to develop one of your weaknesses is a great way to utilize this time to better yourself and a great way to give your mind a new challenge to focus on." Not only that, but Hannah emphasizes "the importance of keeping in mind WHY you fell in love with the sport in the first place." Your individual 'why' is what will keep you focused, both in season and off season.

If you've competed, then chances are you have experienced what it's like to have created the best version of you ever. Hannah asks, "Once you have looked the best you've ever looked in your life, are you ever really happy with anything less?"

The sport of bodybuilding is based on people judging our bodies. It is subjective and can be rewarding. But being stage ready was never meant to be sustainable for long periods of time. What happens when you put on a little bit of weight and are not in shredded shape anymore? Hannah states, "You need to love the person you are, NOT just the body you're living inside. If you need to put on a little extra padding to make improvements for next time, then so be it. The stage will ALWAYS be there!"

Several of the pros in this article are prepping for shows in 2016 but I think, men and women alike, will all agree, their final tip is best summed up by these words from Hannah:

"I've recently started prep. I haven't once compared my physique to anyone on social media, friends I know, people in the gym, etc. I simply compare my current physique to my previous physique. I want so badly to beat the reflection in mirror that I'm not the least bit concerned about who I stand beside on stage. Would it be nice to do well and maybe even get first callout or win? OF COURSE! But that isn't my main focus. I focus on each day as it comes my way. My goal every day when I wake up is to win that day! Be the best I can be that day. Once you realize that truly loving yourself is the key, watch how easy dieting becomes and watch how fast your body changes. It just becomes a part of who you are. You need to know that no matter what the scale says, what you look like or don't look like in a bikini, what the judges say about your physique or what placing you get in a show, that you are a strong, beautiful, confident, and powerful person! Something that took me a while to realize is that it's not about the status you achieve or awards you receive (because those things can always be taken away and eventually earned by someone else), but it's really about who you become throughout the process, that is yours forever."

FITTALK

RADIO

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Email us your ideas to fittalkmaria@gmail.com

THURSDAYS - 6:00PM-7:00PM

Call in with your questions and or comments 229-241-1059



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Day Of Show Checklist

- Confidence & a smile! You're going to do great!
- Gym bag
- Wear your warm ups
- Loose t-shirt (or robe cover-up for females)
- Change of clothes for after the show
- Tanning products (if doing it yourself) along with gloves, sprayer, sponges
- Posing suit (2) & boobs! (include back up suit) – female
- Posing suit (plus back up suit if possible even if its just swim trunks) – men
- Shoes (2) (include back up pair of shoes) – female
- Jewelry – earrings, bracelet, ring – female
- Make up – including eyelashes & glue – including nail polish and press on nails for emergency – female
- Vaseline for lips
- Hair stuff – brush, comb, hot iron, blow dryer, mirror
- Bikini Bite or Elmer's craft bond glue
- Camera
- Toothbrush, toothpaste
- Towel
- Music – (2) copies of CD if you are doing women's physique, classic physique, or men's bodybuilding
- Tampons (can't tell you the number of girls who start their cycle the day of the show!) – female
- 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
- Plastic wrap for toilet seats in hotel
- NPC card (if purchasing card at show must have driver's license & cash)
- 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.



The Complete Short Guide to Competition Prep for the Sport of Bodybuilding

The sport of bodybuilding began in 1901 with The Great Competition in London. Over the years it has seen many great athletes, but the sport has also evolved. The number of categories for both men and women has grown. It used to be that just a small percentage of people were recognized in the sport. Today over 300 pro cards are awarded each year. The average person with proper training and diet can become competitive.

One of the reasons we developed the Southern Muscle Guide is to help those who are competing and especially those that are new to the sport.

So, here are the basic steps to answer the question – “How do you get started?”

STEP 1

For any of the categories in the sport of bodybuilding, whether you are a first time competitor or even a seasoned competitor, get a coach/ trainer. Everyone needs objective eyes, someone to push you outside your comfort zone and to help you shape your body.

Competing is not about how fast or long you can run or if you can do a P90X workout or even how much weight you can lift. It's about shaping the body. It takes hard work, it takes commitment and it takes consistency. And most importantly, make sure you enjoy the process.

STEP 2

Once you choose a coach/ trainer, follow the plan they give you, give plenty of feedback, and don't be afraid to ask questions if you need or want to. Given 100 trainers, there will be 100 different ways to get to the end goal. You need to pick one way and follow it. Choosing bits and pieces from multiple sources never gets the job done well.

STEP 3

It's never too early to start practicing posing. Don't underestimate how hard it is to pose. You might have the best body in the world but if you can't show it off, it won't do you any good. The winners always make it look easy and the only way to do that is with PRACTICE!

STEP 4

You can never exercise off a bad diet. Nutrition affects 75-80% of your results. Eating enough of the right foods to get your metabolism revved up and maximize the thermogenic process can sometimes feel like a full time job but the payoff will create a version of you that will make even you do a double take in the mirror!

STEP 5

Remember there are many ways to get the end result and what works for one person may or may not work for you. Listen to your body and be planned, prepared and disciplined.

STEP 6

The thought of doing a show is exciting but you want to look your best. Do the show when you are ready. Don't try to rush it, you want to feel confident and you want to achieve your results in a healthy and safe manner.

STEP 7

The short list:

- Order shoes (if doing bikini or figure)
- Order posing suit
- Register for show
- Pay for organization membership
- Schedule spray tan
- Practice make up & decide if you are doing it yourself or hiring someone
- Get jewelry (if female)
- Pack your bag with everything you will need for day of show (See Checklist for Day of Show)
- Schedule photo shoot or order video from show or both
- Check-in
- Day of show!

STEP 8

Make it a positive experience, and enjoy every minute!!!

"Champions of Power & Grace"



2016 NPC NORTH CAROLINA COMPETITION SERIES

bodybuilding - figure - physique - bikini - fitness

- April 9 - NC State Championships*
 - April 23 - Charlotte Cup*
 - June 11 - Gold's Classic* & >>>
 - June 18 - Victory Classic*
 - July 9 - Europa Sports Festival*
 - Sept 24 - Muscle Heat*
 - October TBD - Mid Atlantic*
 - Nov 5 - Elite Muscle Classic*
- *National Qualifier

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JUNE 11 2016



www.NCNPC.com



Directory of Resources

The businesses listed in this directory support the sport of bodybuilding and submitted their information to this publication as of the January 30th deadline. They are 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 this sport.

APPAREL

CompressionWear by The Marena Group,
athletics8.com, Facebook: Athletics 8
Michael Mitchell

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

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

CHIROPRACTIC

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

FOOD PREP

My Trainer's Meals
Serving Thomasville and the immediate
surrounding areas
229.630.7664, www.mytrainersmeals.com
Janelle Mullis

JEWELRY & SHOES

Showtime Jewelry
www.Showtimejewelry.com
showtimejewelry@gmail.com,
instagram: showtimecompetitionjewelry

Snaz75
5" Fitness Model Heels M Brooke
585.645.6110, Snaz75.com

MAKE-UP & HAIR SERVICES

Hi-Tek Beauty
678.800.3640, instagram: @hitebeauty
Tina Ibisanni

j.fritz the Hair Care Specialist
Mobile Stylist Atlanta, GA
909-3-jfritz or (537489), styleseat.com/jfritz

MASSAGE

House of Payne Personal Training
4565 Lawrenceville Highway
Lilburn, GA 30047
678.467.0666, Daniela@trainwithpayne.com
Daniela Brown

MEDIA

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

FITTALK RADIO, WVGA 105.9
229.241.1059, Valdostatoday.com
Maria Wells

MEDICAL & HEALTH

Valdosta Health & Wellness Clinic
3328 Bemiss Road, Valdosta, GA 31605
229.469.6137, www.valdostahealth.com
Tracey Livingston

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

ORGANIZATIONS/ EDUCATION

**Gwinnett College/ NASM Personal
Training Certification**
4230 Lawrenceville Highway, Suite 11,
Lilburn, GA 30047
770) 381-7200, www.gwinnettcollege.com

International Association of Fit Sciences
P.O. Box 142489, Fayetteville GA
770.460.8844
www.IAFSCertification.com
Josh Haney

PHOTOGRAPHY

DC Photos, serving the southeast
229.251.1976, www.dcpphoto.zenfolio.com
Dwayne Culpepper

Moments Relived, LLC
anthony@momentsrelivedphotography.com
678.509.2535, Anthony Vining

Nvision Photography of Atlanta
404.663.8991, www.nvisionatl.com
Michael Brewer

Rachel Zehner Photography
mrzehner@me.com, 678.920.2111
www.rachelzehner.com, Rachel Zehner

POSING SUITS

Waterbabies Bikini
2005 Beckenham Walk Ln.,
Dacula, GA 30019
404.285.2000
www.waterbabiesbikini.com
Christine Shen

Wanda Gil Suits
404.217.9746, Wanda_0429@yahoo.com
Wanda D. Gil

CJ's Elite Competition Wear
750 E. Sample Road, Building #4 Unit #1
Pompano Beach, FL 33064
954.786.9977, Cynthia-James.com
Cynthia James

SUPPLEMENTS

Interval Nutrition
13318 Phillip Michael Rd,
Huntersville, NC 28078
704.661.5142
Intervalnutrition.com
Kevin DeHaven

Max Muscle Sports Nutrition
1250 Scenic Hwy S, #1204,
Lawrenceville, GA 30045
678.344.1501
metroatlantamaxmuscle.com

TANNING

3D Competition Tan
865-384-9800
www.3dcompetitiontan.com
Allen Sizemore

Bronze Junkie
Competition Tanning, Make up & Hair
Serving NC, SC, GA & Beyond
910.264.9182, www.bronzejunkie.com

Spray Tans by Maggie & Co.
Maggie@spraytansbyMaggie.com
678.642.9972
www.SpraytansbyMaggie.com

Tactical Tan
serving the southeast
404.664.2210, www.tacticaltan.com
Doug & Tracy Weller

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 ■ Wife, Mom
 ■ Bikini Competitor



Jeff Darwin
 ■ Military Veteran
 ■ Physique Competitor

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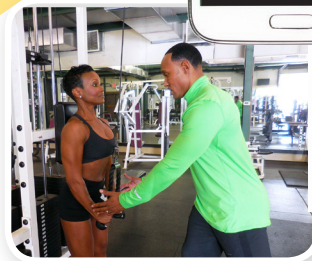


Jessica Thomas

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- District Mgr., Toys R Us
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Markell Thomas

- Husband, Father
- IT Professional
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Behind the Muscle with Tycie Coppett

Were you always fit?

I've always been athletic. I started a sports regimen in the sixth grade and have continued my athletic journey to present day.

When did you decide to compete & why?

I decided to compete because everyone in the gym kept asking me if I competed. After running track for four years in college, I missed the concept of "competing": I had no frame of reference at that time regarding bodybuilding, but decided to give it a try to see what the talk was all about.

What did it take to transform your body?

I think the recipe is the same for everyone: discipline, time, and patience.

Tell us about your journey from first show to pro?

Many are not aware that my first time on stage was as a bodybuilder. At that time, other than fitness, that was the only option for women competitors. I tried bodybuilding and placed second in my first NPC show. I was told due to my height I needed to put on more size. That wasn't something I wanted to comply with at that time, so I refrained from competing but continued to train. A few years later figure was introduced. I competed in a local NPC show and again, placed second. It wasn't until three years later that I stepped on stage again. I competed in 2006 in figure and won the Atlantic and was crowned the Overall Figure Champion for the Eastern Seaboard. From there I went on to compete at Team Universe for my pro card and landed sixteenth place. That was my last show in 2006.

Four years later I stepped on stage again. Upon my return, I was crowned the 2010 Overall Figure Champion of the Excaliber. That was enough to light the fire from within. In the 2011, I returned to Team Universe to redeem myself. I placed third, missing my pro card by one place. The judges stated I could either scale back on my muscularity and try again or switch to the new physique division. I was unsure about which direction to take. I followed my heart, took a leap of faith, and chose to compete in women's physique for the first time at Nationals. That night I walked away with my pro card.

How long is your prep?

I like to get my mind together at sixteen weeks out. Twelve weeks out, I'm fully committed.

What type of splits do you follow in your training plan?

I train intuitively. Typically I train each major body part twice a week with at least two days rest between training periods.

What type of nutrition plan do you follow?

While prepping for a show, I eat the bodybuilding staples: lean meats, green vegetables, egg whites and oatmeal. I typically incorporate one cheat meal a week until I am six weeks out.



How much cardio do you do?

It varies from show to show. Some shows I only need to do 30 minutes per day while others I needed an hour and fifteen minutes. The difference is primarily due to how lean I am as I enter into competition prep. Regardless, I never go over an hour and fifteen minutes. I prefer a slower process by dieting a little longer than doing cardio for two hours a day.

Who was/ is your greatest influence?

God.

What's the most important piece of advice you received and from whom?

Never let intimidation rule your heart. I don't care what they have or who they are. You are a Coppett. ~ My Mother

How do you manage the mental aspect of the sport?

This sport is 110% mental. It takes great fortitude on many levels to remain mentally sound. As for me, I believe over the years as a high school and collegiate athlete, I was groomed for the mental requirements of this sport. I beat to my own drum and acknowledge the fact that my destiny nor my sense of worth is not connected to a placing or trophy. Once you master this golden nugget as a competitor, the rest is easy.

What is the most memorable thing about your Olympia experience?

Probably: 1) Making history as part of the first WP group invited to the Olympia and 2) Standing on stage with DLB realizing I actually had a shot at winning the title.

Do you believe you can have a balanced lifestyle and compete?

I believe you can have anything you desire. I do and so do many others that compete. For me, balance is important.

What's your favorite cheat meal?

Lemon pepper chicken wings.

What's next for you?

Olympia 2016.

2016 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 30th deadline. The shows are arranged by date.

| Show Name | Date | Location | National Qualifier | Website |
|---|------------|-----------------------|--------------------|---|
| NPC Atlantic | March 19 | Atlanta, GA | yes & Pro show | georgianpc.com |
| GK Productions Mega Muscle | March 19 | Durham, NC | no | npcmegamuscle.com |
| Northern Kentucky Grand Prix | March 20 | Covington, KY | no | garyudit.com |
| Border Klash Championships | March 26 | Aiken, SC | yes | scnpc.com |
| Elite Physique Championships | March 26 | Memphis, TN | no | elitephysiquechampionships.com |
| Renegade Classic, Tallahassee & Southern Collegiate | April 9 | Panama City Beach, FL | no | timgardnerproductions.com |
| North Carolina State Championships | April 9 | Greensboro, NC | yes | ncnpc.com |
| Panhandle Showdown & NW Florida | April 16 | Pensacola, FL | yes | panhandleshowdown.com |
| Galaxy Championships | April 16 | St. Augustine, FL | no | galaxychampionships.com |
| Charlotte Cup | April 23 | Charlotte, NC | yes | stewartfitness.com |
| Monsta Classic | April 23 | Lake City, FL | no | monstaclassic.com |
| Kentucky Derby Festival | April 30 | Louisville, KY | yes | kentuckymuscle.com |
| Palmetto Classic | May 2 | Columbia, SC | yes | kd-promotions.com |
| Eastern Seaboard | May 14 | Atlanta, GA | yes & Pro show | georgianpc.com |
| Riptide Classic | May 14 | Panama City Beach, FL | yes | timgardnerproductions.com |
| Junior USA | May 20-21 | Charleston, SC | Pro Qualifier | npcjrusa.com |
| Hub City Fitness Quest | May 28 | Jackson, TN | no | hubcityfitnessquest.com |
| Vulcan Classic | May 28 | Birmingham, AL | yes | npcvulcanclassic.com |
| South Carolina Upstate | June 4 | Spartenburg, SC | no | dutchstrengthpromotions.com |
| Gold's Classic & National U.S. All Military Forces | June 11 | Wilmington, NC | yes | ncnpc.com |
| Battle at the River | June 11 | Chattanooga, TN | yes | tennesseebodybuilding.org/battleattheriver.html |
| Junior Nationals | June 17-18 | Chicago, IL | Pro Qualifier | npcjrnationals.com |
| Victory Classic | June 18 | Albemarle, NC | yes | kd-promotions.com |
| Body Be 1 | June 25 | Phenix City, AL | no | bodyb1.com |
| Dexter Jackson Memphis Classic Pro-Am | June 25 | Memphis, TN | yes | djmemphisclassic.com |
| South Carolina Grand Prix Pro/Am & South Carolina State Championships | June 26 | Columbia, SC | no | scnpc.com |
| Team Universe Championships | July 1-2 | Teaneck, NJ | Pro Qualifier | bevfrancis.com |
| The Georgia | July 9 | Atlanta, GA | yes | georgiabodybuilding.com |

| | | | | |
|---|--------------|-----------------------|----------------|---------------------------------|
| 2016 Europa Sports Expo | July 9 | Charlotte, NC | yes | europaexpo.com |
| Volunteer State Classic | July 9 | Mount Juliet, TN | no | tennesseebodybuilding.org |
| Clash at the Capstone | July 9 | Tuscaloosa, AL | no | npcclashatthecapstone.com |
| Flex Lewis Classic | July 16 | Nashville, TN | yes | flexlewisclassic.com |
| Teen Collegiate Masters Nationals | July 21-23 | Pittsburg, PN | Pro Qualifier | garyudit.com |
| USA Championships | July 29-30 | Las Vegas, NV | Pro Qualifier | musclecontest.com |
| Rocket City Classic | July 30 | Huntsville, AL | no | rocketcitybodybuilding.com |
| Knox Classic | August 6 | Knoxville, TN | yes | knoxclassic.com |
| GK Classic | August 6 | Durham, NC | no | ncmegamuscle.com |
| City of Champions | August 6 | Birmingham, AL | no | cityofchampionsbodybuilding.com |
| Kentucky Open | August 13 | Frankfort, KY | yes | biggdog1@bellsouth.net |
| Tennessee State Championships | August 13 | Cookeville, TN | yes | tennesseebodybuilding.org |
| Stewart Fitness | August 13 | Rock Hill, SC | yes | stewartfitness.com |
| Gainesville Classic | August 13 | Gainesville, FL | no | npcgainesvilleclassic.com |
| Heart of Dixie | August 13 | Mobile, AL | yes | jasonsfitness.com |
| The Coastal USA | August 20 | Atlanta, GA | yes & Pro show | georgianpc.com |
| South Carolina Excalibur | August 27 | Charleston, SC | yes | scnpc.com |
| Alabama State Championships | August 27 | Gadsden, AL | yes | npcalabama.info |
| Max FitTri-state | August 27 | Fort Walton Beach, FL | no | ecpexpo.com |
| North American Championships | Aug 31-Sep 2 | Pittsburg, PN | Pro Qualifier | garyudit.com |
| Muscle Heat | Sept 24 | Greensboro, NC | yes | qrelite.com |
| Southern Cup | TBD | Dothan, AL | no | npcalabama.info |
| Linda Murray Classic | October 1 | Savannah, GA | yes | lendamurraybodybuilding.com |
| Battle of Olympus | Oct 1 or 8 | Murfreesboro, TN | | tennesseebodybuilding.org |
| Tricky Jackson Classic | October 8 | Lexington, KY | | www.trickyjackson.com |
| Jen Hendershott AWW & Big Shott Classic | October 8 | Charleston, SC | yes | getphatpromotions.com |
| Mid Atlantic Classic | October 15 | Charlotte, NC | yes | mainstagemuscle.com |
| Paradise Coast | October 22 | Panama City Beach, FL | yes | timgardnerproductions.com |
| Lee Haney Physique Games | Oct 28-29 | College Park, GA | yes | leehaneygames.com |
| Kentucky Muscle | October 29 | Louisville, KY | yes | kentuckymuscle.com |
| Memphis Muscle Classic | October 29 | Memphis, TN | no | memphismuscleclassic.com |
| 2016 Elite Muscle Classic | November 5 | Greensboro, NC | yes | qrelite.com |
| Music City Muscle | November 5 | Nashville, TN | yes | tennesseebodybuilding.org |
| Natural Kentucky Championships | November 5 | Covington, KY | no | garyudit.com |
| Nationals Bodybuilding Championships | Nov 18-19 | Miami, FL | Pro Qualifier | nationalbodybuilding.com |



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