

Directory of Resources

Advertisers are in **RED** and you can click through directly to their website from the digital version of this publication.

The businesses listed in this directory support the sport of bodybuilding. The information was verified as of February 1, 2023, and is arranged alphabetically by category. There are hundreds of other businesses that support this sport, and we appreciate them all. We encourage you to support the businesses that support the sport of bodybuilding. If you would like your business to be listed, please contact rachel@southernmuscleguide.com.

AFTER PARTY

Muscle Vodka

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

Pryor Entertainment

Films, pryorent.com
FB Pryor Entertainment
IG Pryorentertainment
info@pryorent.com, Scott Pryor

APPAREL & SHOES

Asesina Designs

Asesinadesigns.com, FB, IG @asesinadesigns
amock@asesinadesigns.com
408.806.8952, Alicia Mock

Bellringer Athletic Gear

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

Body Bailout

Bodybailout.com
customerservice@bodybailout.com
FB @bodybailout, IG body_bailout
616.990.0983
Delana Franklin & Melissa Roberts

Bulletproof Sports Inc.

bulletproofsportswear.com
bulletproofsw@yahoo.com
Ken Richardson

Silverback Krew

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

Olympia Gear

Olympiagear.com
FB Olympia Gear, IG @officialolympia_gear
info@olympiagear.com
702.644.9445

BEAUTY, FACE, SKIN CARE & FRAGRANCE

Arbonne

Rachel Bochat, District Manager & Independent Consultant
Rachelbochat.arbonne.com
FB Rachel's Holistic Health, IG @rachelbochat
rachelbochat@yahoo.com
770.359.9056, Rachel Bochat

Exploits Aromas

ExploitsAromas.com
IG Exploits Aromas
exploitsaromas@gmail.com
804.519.0097, Tammy Alexander

Sharae BodyCare

Body Sculpting & Teeth Whitening
IG sharaebodycare
sharaecollections@yahoo.com, 404.287.1255

BOOKS AND MOTIVATION

Fit at Any Age

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

Build Your Back, HIT Your Way Fit, MPower Your Life, Seven Day Dial-In

Six Days of Squats, Bodybuilder's
Erinstern.com, also available at Amazon
Erin Stern, 2X_ms_olympia

CONTEST RESOURCES

Buttons by Brian

IG [gymlife_nupeatl](https://www.instagram.com/gymlife_nupeatl)
Brianbeeler02@gmail.com
678.978.7258, Brian Beeler

1st Place Labels

Your one stop shop for all your event label needs
1stplacelabels.webador.com
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251.747.3890, Brandy Darden

CBD

Atlanta Dispensary

ATLDispensary.com
info@atldispensary.com
FB ATL Dispensary, IG Atl_dispensary
info@atldispensary.com
866.atl-disp (285-3477), Doug & Tracy Weller

Calm Peak

Award winning Premium grade CBD products
Calmpeak.com, calmpeakllc@gmail.com
FB IG @calmpeak
205.396.8478, James Thompson

CHIROPRACTIC, SPORTS REHAB, SPORTS MASSAGE, & STRETCHING

Be One Chiropractic

BeOneChiropractic.com
FB Be One Chiropractic
914.419.1456, Nick & Tati Portolese

Daniela Brown, Massage Therapist

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

Lilburn Sports & Family Wellness

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

Medical Sports Massage & Cryotherapy

Livelifepainfree.com
FB Medical & Sports Massage Inc.
IG @medicalsportsmassage
message@livelifepainfree.com
404.295.7040, Denise Leslie

Stretch Zone

Stretchzone.com
FB Stretch Zone Snellville
IG stretchzone_snellville
snellville@stretchzone.com
678.615.3377, Marianna Aguirre

Well Adjusted Buckhead

welladjustedbuckhead.com
FB Well Adjusted Buckhead
IG @drjessica_welladjusted
404.600.4117, Dr. Jessica Probes

FITNESS FACILITIES, GYMS, PERSONAL TRAINING ONLINE TRAINING, COACHING & POSING

Angel Fitness Studios

FB Angela Ruscilli ifbbpro
IG ifbbpro_aruscilli
IFBB Pro Angela Ruscilli

Ascend by Lauren Adams

Laurenadamsfit.com
IG ascend.withus
lauren@ascendbylaurenadams.com
404.317.1333, Lauren Adams

Biltmore Fitness

711 Biltmore Avenue, Asheville, NC 28803
biltfit.net
FB Biltmore Fitness, IG Biltmore_Fitness
828.776.0524

Body Be 1

2536 Weems Road, Columbus, GA
bodybe1.com
FB IG @bodybe1, Hbodybe1@aol.com
706.405.9539, Roland Huff

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

Cobracor Coaching
cobracor.com

FB cobracor coaching, IG cobrabodies
Online, Personal Training, Posing
Cory@cobracor.com, 803.331.9433
Tessa@cobracor.com, 803.807.8628
Cory Curtis, Tessa Meetze

Elite Fitness

15903 Old Statesville Rd, Huntsville, NC
ncelitefitness.com
FB Elite Fitness
IG @elitefitness_huntersville
huntersvilleelitefitness@gmail.com
704.727.0710, Kevin DeHaven

House of Payne Personal Training

4565 Lawrenceville Highway NW
Lilburn, GA 30047
trainwithpayne.com
FB IG @House of Payne Personal Training
678.641.9188
Steve & Rachel Payne

Iron Works Gym

220 Eisenhower Drive, Biloxi, MS 39531
ironworksbiloxi.com
FB IG ironworksgymbiloxi
info@ironworksgymbiloxi.com
228.456.9496, Doug Sellers

Mojotivation - Positive Power

mojotivation.com
FB Amy "Sutter Girl" Sutter, IG mojotivation
Virtual training, motivational speaking, positive
jewelry, coaching & more
info@mojotivation.com
864.993.4810, Amy Sutter

Nikkifit Fitness

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

Resultz Only Fitness

Rzofitness.com, IG resultzonly
Eric.phillips@rzofitness.com
470.580.1562
Eric Phillips

Tailored Bodies by Ana

FB IG @tailoredbodiesbyana
Alliv5hot@gmail.com
770.356.5571, Ana Luciano

Team AC Worldwide

IG TeamAC_worldwide
IFBB Pro Casey Goeckeritz

Titanz Fitness

1834 South Cobb Ind. Blvd, Smyrna, GA
titanz.net
FB Titanz Fitness & Nutrition
IG Titanzfitness
info@titanz.net
770.989.1884, Daniel Stuckart

Total Body Gym (Two Locations)

104 Cooper Street, Ripley, MS
8975 Highway 178, Olive Branch, MS
totalbodygym.net
FB Total Body Gym – Olive Branch, Total Body
Gym
IG totalbodynation
train@totalbodygym.net
662.512.6060, Judy & Timmy Gaillard

Tres Gym

1662 Savannah Hwy, Ste 125
Charleston, SC 29407
tresgym.com
FB IG @Tresgym
843.270.4373, Tres Bennett

Undisputed Physiques

Sports & Fitness Instruction
Undisputedphysiques.com
FB undisputed_physiques
IG undisputed_physiques
undisputedphysiques@gmail.com
Corey Morris IFBB & Olympian Pro

Ultimate Fitness Center, LLC

UltimateFitChicks.com
FB ultimatefitchicks, IG ufitchicks
ufitchicks@gmail.com
678.523.8843, Nicole Duncan

Willmore Total Fitness – Rainbow City

209 Rescia Avenue, Rainbow City, AL 35906
FB Willmore Total Fitness – Rainbow City
IG Willmoretotalfitness
256.302.9011

**FOOD, DRINKS & MEAL
PREP**

Alpha Cookies

Murfreesboro, TN
IG AlphaCookies615
Alphacookies615@gmail.com
Heidi Smith

Atl Chill

Atlchill.net
FB IG Atl chill_
678.509.7618, Travis Smith, Jeremiah Richardson

Clean Eatz

Cafe and meal prep service, locations
throughout the southeast
cleaneatz.com
FB IG cleaneatzpeachtreecornersga
glass@cleaneatz.com
678.833.5353, Nancy Glass

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866.258.1890

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cookies@josdough2022.com

Melanin Fitness Nation

Coffee
MelaninFitnessNation.com
FB IG @MelaninFitnessNation
MelaninCrossfitters@gmail.com
678.509.5540, Leslie Henderson

Rebel Chef Meals, LLC

RebelChefMeals.com
FB IG @rebelchefmeals
rebelchefmeals@gmail.com
561.449.5680, Ashley Hernandez

Sorrelo Wellness

sorrelowellness.com
FB Sorrelo Wellness, IG Sorrelo_Wellness
sorrelowellness@gmail.com
443.414.6353, Jeremiah Richardson

Yoly's Yummies, LLC

Yolysummies.org/wordpress
FB Yoly's Yummies
yolysummies@gmail.com
404.458.7068, Yolanda Cosme Hines

LEGAL

The Kubanyi Law Firm, LLC

3340 Peachtree Road, NE
18th Floor, Atlanta, Georgia 30326
Kubayifirm.com, FB The Kubanyi Law Firm
info@kubanyifirm.com
Atlanta Office: (404) 965-7112

The Orlando Firm, P.C.

Decatur Court, Suite 400
315 West Ponce de Leon Avenue, Decatur, GA
Atlanta.law, Martinilawyer.com
FB IG @martinilawyer
Roger@OrlandoFirm.com
678-LAW-FIRM, Roger Orlando

Scott Pryor Law

6185 Crooked Creek Road NW, Suite H
Peachtree Corners, GA 30092
scottpryorlaw.com
FB IG @scottpryorofficial
scott@scottpryorlaw.com
404.474.7122, Scott Pryor

**MAKE-UP AND HAIR
SERVICES**

EYEkonik Beauty

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

Glamified Beauty

Glamifiedbeauty.com
FG Glamified4beauties
kdglamifiedbeauty@outlook.com, 678.508.8880

Maximum Beauty

Professional Hair/ Make up Team
BeautyAtItsMaximum.com
Instagram: @maximum_beauty_
info@beautyatitsmaximum
615.784.9760, Sarah McKeenan

Styles by K

Competition Hair & Make Up
Kareenestyles@gmail.com
407.973.4155, Kareen Styles

Valerie Payne, Make-Up Artist

770.330.9960, Instagram: makeup.by.val
everyday • special occasions • make-up tutorials

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6 Pack Bags

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

Isolator Fitness

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

MEDIA & MARKETING

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FB Fittalk Radio w/ Maria
IG Fittalkwithmaria
229.646.0655, Maria Wells

Southern Muscle Guide & SMG presents Living Fit

Digital Publications, competition and fitness
lifestyle
4565 Lawrenceville Highway NW
Lilburn, GA 30047
southernmuscleguide.com
FB IG Southern Muscle Guide
rachel@southernmuscleguide.com
678.641.9188, Rachel Payne

Wings of Strength, LLC

Wingsofstrength.net
FB IG @WingsofStreth
Alex@wingsofstrength.net
480.747.7401, Alex Sacasa, VP of U.S. Operations

MEDICAL & HEALTH SERVICES

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technology
3PLS.com, JMickner@3pls.com
231.920.2366, John Mickner

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3635 Savannah Place Drive, Suite 450-B
Duluth, GA 30096
arcpointlabs.com/atlanta-northeast/
FB ARCpoint labs of Atlanta Northeast
IG arcpointlabsatl
MMcDowell@arcpointlabs.com
470.508.4330, Monte McDowell, President/CEO

CPR First

American Heart Association
CPR/AED/FIRST AID INSTRUCTOR
DScottCPRFirst@aol.com
678.4141.0288, Dave Scott

DexaFit Atlanta

5553 Peachtree Road, Ste 180
Chamblee, GA 30341
Dexafit.com/locations/georgia/atlanta
IG dexafit_atlanta
maureen@dexafit.com
404.996.7129, Maureen O'Mara

GNR Public Health

gnrhealth.com
joanne.stokowski@gnrhealth.com
774.279.1355 ext 252

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FB mgswellness
IG mgswellness.cprx
pharmd@cprx.com
404.941.4776, Marshauna Sagesse

Rejuvenate Georgia Restorative Health

12195 Highway 92, Suite112, Woodstock, GA
404.500.8695, @rejuvenategeorgia
RejuvenateGeorgia.com

Sisters By Choice

Sistersbychoice.org
FB IG @sistersbychoice
info@sistersbychoice.org
770.987.2951, Annette Cooper

MUSIC DJ'S

Brett Gardner

IG DJBretzsky

DJ Nelson

IG djnelsonmusic

Freddy Naidu

DJ/Emcee
FB IG f@freddynaidu
freddy.naidu@gmail.com

DJ Shannon C.

Djshannonc.com
IG djshannonc

NUTRITION & SUPPLEMENTS

Atomy – Adairsville, GA

Atomy.com/us
mikason007@yahoo.com
480.307.3586, Michael R. Evans (Uncle Mike)

Atomy – Fayetteville, GA

Atomy.com/us
Kswint07@gmail.com
404.372.5368, Keshia Swint

FIQ

activatefiq.com
Mike.casey@theformulaiq.com
678.382.2264, Mike Casey

ID Life

Pearsonnutrition.IDLife.com
Spark612@aol.com
601.209.8261, Sheila Pearson

Impel Nutrition

ImpelNutrition.com
FB IG @ImpelNutrition
info@impelnutrition.com

Lee Haney Nutrition

P.O. Box 142489, Fayetteville, GA 30214
leehaney.com
FB leehaneynutrition
IG leehaney_7daydetox
support@leehaney.com
770.460.8844
Lee Haney 8X Mr. Olympia

MTS Nutrition

Mtsnutrition.com
FB IG @mtsnutrition
service@mtsnutrition.com
800.819.7918, Marc Lobliner

O15 Nutrition

Created by 2019 Mr. Olympia Brandon Curry
Available at tigerfitness.com
IG O15nutrition
service@tigerfitness.com
877.397.3801

Priceless-Nutrition

Priceless-Nutrition.com
FB IG @pricelessnutrition

Tennessee Pre

Tennesseepre.com
FB IG @tennessee_pre

ORGANIZATIONS/ EDUCATION

IBCC – The Weight Room

Weightroom.pro

IG [ibcc_enter_the_weightroom](#)

saisvenkatraman@gmail.com

615.497.3740, Sai Venkatraman

International Association of Fit Sciences

P.O. Box 142489, Fayetteville GA

IAFSCertification.com, 770.460.8844

Lions Club

Lilburn Lions Club

4155 Lawrenceville Hwy #8145, Lilburn, GA 30047

FB Lilburn Lions Club

Lilburnlionsclub@gmail.com

770.925.0300, Danny Taylor

Norcross Lions Club

P.O. Box 356, Norcross, GA 30091

trudert@comcast.net, 770.446.1428, Trudy Rudert

National Physique Committee (NPC)

and IFBB Pro League

npcnewsonline.com

State Chairman

• Alabama

Morris Pruett

npcalabama.info

• North & South Carolina

Tres Bennett, Chairman

MarieAnn “Mo” Newman, Vice Chair

carolinanpc.com

• Florida

Tim Gardner, South District Chairman

Joe Pishkula, Central District Chairman

Tony Curtis, North District Chairman

floridanpc.com

• Georgia

Vince Crawford, Chairman

Maynard “Chip” White, Vice Chairman

georgianpc.com

• Louisiana

louisianabodybuilding.com

• Mississippi

Morris Pruett, Chairman

npc-ms.com

• Tennessee

Allen Sizemore, Chairman

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npctn.com

PHOTOGRAPHY

Bodygraphics Photography

Bodygraphicsphotography.com

FB Bodygraphics Photography

IG [Bodygraphics_Photography](#)

bodygraphicsphoto@gmail.com

678.296.6042, Lloyd Terry Jr.

Dan Ray Photography

IG [@danrayphoto](#)

Hector Mendoza Photography

IG [@mdozaphotography](#)

JM Manion Photography

NPCNewsOnline.com | jmmanion.com

IG: [@aroundtheNPC_JM](#)

Mark Mason Photography

photo & video production

markmasonmedia.com

IG [markmasonmedia](#)

mark@markmasonmedia.com

Alex Byars IG [byars_bodybuilding](#)

byarsbodybuilding@gmail.com

Nvision Photography of Atlanta

nvisionatl.com

FB Michael Brewer

nvisionatl@gmail.com

404.663.8991, Michael Brewer

POSING SUITS, COMPETITION JEWELRY, COMPETITION SHOES & ACCESORIES

Atomic Waist

Waist trainers | Shapewear

Atomicwaist.com

IG [WearAtomicWaist](#)

wearatomicwaist@gmail.com

Kristal Stevenson, Owner

CJ's Elite Competition Wear

NPC & IFBB Custom Regulation Posing Suits

including Classic Physique & BB

750 E. Sample Road, Building #4 Unit #1

Pompano Beach, FL 33064

Cjselitesuits.com

FB: CJ's Elite Competition Wear

IG [cjselitesuits](#)

954.786.9977, Cynthia James

PrettiLady Boutique, LLC

Prettiladyboutique.com

FB IG [@prettilyboutique](#)

info@prettilyboutique.com

404.543.5222, Kimberly Love

SKS Competition Bikinis

sksfitness.com

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

786.412.3659, Mario Suarez

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Bikini, Figure & Wellness Competition heels,

jewelry & extras

Shoefairyofficial.com

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Custom Bodybuilding & Bikini Suits

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Waterbabies Bikini

waterbabiesbikini.com

2005 Beckenham Walk Ln., Dacula, GA 30019

waterbabydesigner@gmail.com

FB IG [@Waterbabiesbikini](#)

404.285.2000, Christine Shen

TANNING & ACCESSORIES

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Competition Make up & Hair,

Liquidsunrayz.com

FB IG [@Liquidsunrayz](#)

Marilyn Spatola, Owner

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ALABAMA/MISSISSIPPI

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Tanning

Sunblastmobiletanning.com

FB IG [@SunBlast](#)

808.542.8561

FLORIDA

Hot Spot Competition Tanning

hotspotcompetitiontanning.com

FB: HotSpotOnTheGo

IG: [@hotspotcompetitiontanning](#)

tan@hotspotcompetitiontanning.com

727.403.5180

GEORGIA

Spray Tans by Maggie & Co

spraytansbymaggie.com

FB [spraytansbymaggie](#)

IG [@maggiesmith09](#)

Maggie@spraytansbyMaggie.com

678-642-9972, Maggie Smith

LOUISIANA

Illegal Tanz

FB IG [IllegalTanz](#)

getspraytan@yahoo.com

327.288.6508, Kimberly Trahan

Show Glo Competition Tanning

FB Show Glo Competition Services

IG [Showglo services](#)

shoglowtan@gmail.com

210.291.6230, Scott & Lisa Ramsey

NORTH CAROLINA AND SOUTH

CAROLINA

Show Tanning Professionals

showtanningprofessionals.com

FB IG [@showtanningprofessionals](#)

Heidi@showtanningprofessionals.com

908.489.1475, Heidi Zeiss

TEXAS

Show Glo Competition Tanning

FB Show Glo Competition Services

IG [Showglo services](#)

shoglowtan@gmail.com

210.291.6230, Scott & Lisa Ramsey

TATTOO ARTIST

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Sinkorswinstudio.com

FB IG [@sinkorswim_studio](#)

770.977.8287