

Directory of Resources

Advertisers are in **RED** and you can click through directly to their website, email or Instagram that is listed in **red**.

The businesses listed in this directory support the sport of bodybuilding. The information was verified as of April 1, 2024 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 & Music
pryorent.com &
FB Pryor Entertainment
IG Pryorentertainment & officialscottpryor
2024 new music released
info@pryorent.com, Scott Pryor

APPAREL & SHOES

Body Bailout

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

Old School Bodybuilding

A bodybuilding clothing brand
Osbcc.com
IG oldschoollbodybuildingclothing
scott@osbcc.com

Olympia Gear

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

Silverback Krew

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

The Iron Society

Clothing (Brand)
Theironsocietyapparelco.com
IG theironsocietyapparelco
theironsocietyapparelco@gmail.com

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

BOOKS AND MOTIVATION

Build Your Back, HIIT Your Way Fit, MPower Your Life, Seven Day Dial-In Six Days of Squats, Bodybuilder's New – The Bodybuilders Meal Prep Cookbook

Erinstern.com, also available at Amazon
Erin Stern, 2X_ms_olympia

Built: 50 years Old and Unapologetically Fortified

e-book available on Amazon.com
IFBB Pro Joann Norwood

Fit at Any Age

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

CBD

Calm Peak

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

Native Ceuticals

Glenn@nativeceuticals.com
IG nativeceuticals, Glenn Braunstein

CHIROPRACTIC, SPORTS REHAB, SPORTS MASSAGE & STRETCHING

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
massage@livelifepainfree.com
404.295.7040, Denise Leslie

Pamela Myers Model Fitness

Assisted Stretching/ Foot Fitness, Weight Management 101 Coach
135 Riverside Parkway, Austell, GA
pmmfitwelcome.com, IG @pmmfit
pmmfit@gmail.com, 770.842.1623

Stretch Zone

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

CONTEST RESOURCES

Chris Cuadras

Graphic Design, bodybuilding shows, t-shirts
chriscaudras@gmail.com, 386.288.8111

LP Canvas of Blessing

Name plates, retractable banners, canvas wraps
lpcanvasofblessing.com
lpcanvasofblessing@outlook.com
256.503.6836, LeAngela Jones

Michelle Thompson

Graphic Design/Digital Art
michellelynthompson@yahoo.com

Next Level Competition & Designs

IG gymlife_nupeatl
Brianbeeler02@gmail.com
678.978.7258, Brian Beeler

Richard Bartley

Website design, social media consultant
rbartley29@yahoo.com

Stickersbanners

Stickersbanners.com
3770 Peachtree Crest Drive, Duluth, GA 30097
sales@stickersbanners.com, 855.622.7272

COMMUNITY RESOURCES

Diabetes You Can Win Foundation, Inc.

Diabetes Prevention
279 West Crogan Street, Lawrenceville, GA 30046
lisagraham@renew&live.com
404.396.4417, Lisa Graham

Eat Right Atlanta

Pop up Food Market
Eatrightatlanta.com, nicole@eatrightatlanta.com
IG @eatrightatlanta, 770.527.2631, Nicole Johnson

Explore Gwinnett

Gwinnett Tourism
6500 Sugarloaf Pkwy, Suite 200, Duluth, GA 30097
IG @exploregwinnett, 770.623.3600

GWFC Georgia Lilburn Woman's Club

Community Organization
Lilburnwomansclub.org
lilburnwomansclub@gmail.com

Gwinnett Sports Commission

6500 Sugarloaf Pkwy, Suite 200, Duluth, GA 30097
hooten@gwinnettsportscommission.com
IG gwinnett_sports, 770.623.3600, Leigh Hooten

Lilburn Lions Club

4155 Lawrenceville Hwy #8145, Lilburn, GA 30047
Lilburnlionsclub@gmail.com
FB Lilburn Lions Club, 770.925.0300, Danny Taylor

Sisters By Choice

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

The Helping Hands Travels, LLC

Certified Behavior Modification & Anger management Specialist
Thehelpinghandstravels.com
info@thehelpinghandtravels.com
IG the_helping_hand_travels
800.988.2969, Gamel DeWese

United Way of NW Georgia

Social Services
816 S Thornton Ave, Dalton, GA
ourunitedway.org, IG @unitedwaynwg
706.226.4357

FITNESS EQUIPMENT & ACCESSORIES

Spinto Fitness

Affordable, high-quality, fitness and sports gear
spintousa.com
IG @spinto_fitness_usa, info@spintousa.com

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

Allen Elliott Fitness

220 Athens Hwy, Suite 300, Loganville, GA 30052
FB IG @allenelliottfit
info@allenelliott.com, 910.964.6501

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

Bombshell Fitness

Shannon Dey
Fitness, Sportswear, Nutrition, Team
Bombshellfitness.com
members@bombshellfitness.com
407.757.2804, IG the_original_bombshell_inc

Carbon Culture – USA (Two Locations)

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

Elite Fitness

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

Jag Fitness

6760 Jimmy Carter Blvd. Suite 130, Norcross, GA
IG @jagfitness, 770.962.7685, Abdul Gibbs

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 Biloxi

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

Research and Development Gym

2527 Gresham Rd SE, Atlanta, GA 30316
Forged Steel Fitness Headquarters
IG @rndgymatl

Resultz Only Fitness

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

Still Hot Yoga

Bikram Yoga, Hot Yoga Classes
1549 Clairmont Road, #206, Decatur, GA
IG stillhotyoga, 404.329.1006, Cleve Willis

Team AC Worldwide

IFBB Pro Casey Goeckeritz
IG TeamAC_worldwide

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

Unchained Physiques

IG unchained_physiques
mike@goldsgymhuntersville.com
919.999.7109, Mike Rattenni

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

Clean EatZ Norcross

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

Jo's Dough

JosDough2022.com
FB josdough, IG stewartfondrk
cookies@josdough2022.com

Melanin Fitness Nation

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

Prepz Meals

Meal Prep, Prepzmeals.com
IG prepz, 678.508.8880, Kanea Yancey

Rebel Chef Meals, LLC

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

Yoly's Yummies, LLC

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

LEGAL

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

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

MEDIA & MARKETING

Action Over Words

Media & Marketing
IG actionoverwordsc0
Copernucus Johnson "CJ"

FITTALK RADIO, WVGA 105.9

Valdostatoday.com
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 @WingsofStrength
Alex@wingsofstrength.net
480.747.7401, Alex Sacasa, VP of U.S. Operations

MEDICAL & HEALTH SERVICES

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

MGS Wellness

American Heart Association
CPR/AED/FIRST AID INSTRUCTOR
Mgscprx.com, pharmd@cprx.com
FB mgswellness, IG mgswellness.cprx
404.941.4776, Marshauna Sagesse

Rejuvenate Georgia Restorative Health

12195 Highway 92, Suite 112, Woodstock, GA
404.500.8695, @rejuvenategeorgia
RejuvenateGeorgia.com

MUSIC DJ'S

Brett Gardner

IG DjBretzsky

DJ Nelson

IG djnelsonmusic

DJ Shannon C.

Djshannonc.com, IG djshannonc

Freddy Naidu

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

MC LEXX

IG @MClexxatl

NUTRITION & SUPPLEMENTS

Alpha Omega Biomediceuticals

info@biomediceuticals.com
IG @biomediceuticlas

Atomy – Adairsville, GA

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

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

Max Muscle Sports Nutrition

Vitamins/ Supplements
Mike Pringle
5295 Stone Mountain Hwy, Suite G
Stone Mountain, Georgia
IG maxmuscleatl

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

Ruck Nutrition

833 Memorial Blvd., Ste. C,
Murfreesboro, TN
Rucknutriton.com
info@rucknutrition.com
615.813.6618

ORGANIZATIONS/ EDUCATION

International Association of Fit Sciences

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

National Physique Committee (NPC) and IFBB Pro League

npcnewsonline.com

State Chairman

- **Alabama**

Morris Pruett
npcalabama.info

- **Florida**

Tim Gardner, South District Chairman
David Herskovitz, Central District Chairman
Tony Curtis, North District Chairman
floridanpc.com

- **Georgia**

Vince Crawford, Chairman
Maynard "Chip" White, Vice Chair
georgianpc.com

- **Louisiana**

louisianabodybuilding.com

- **Mississippi**

Morris Pruett, Chairman
npc-ms.com

- **North & South Carolina**

Tres Bennett, Chairman
MarieAnn "Mo" Newman, Vice Chair
carolinanpc.com

- **Tennessee**

Allen Sizemore, Chairman
Kelly Webb, Vice Chair
npctn.com

PHOTOGRAPHY

Alex Media

photo & video production, IG byars_bodybuilding
byarsbodybuilding@gmail.com, Alex Byars

Bodygraphics Photography

Bodygraphicsphotography.com
FB Bodygraphics Photography
IG Bodygraphics_Photography
bodygraphicsphoto@gmail.com
678.296.6042, Lloyd Terry Jr.

Dan Ray Photography

Dan-ray-photography.myshopify.com
IG @danrayphoto

Gilco Productions

Gilcoproductions.com
Film & Photography
IG Gilcoproductions, Mitch & Gaige Gilco

JM Manion Photography

NPCNewsOnline.com | jmmanion.com
IG: @aroundtheNPC_JM

Nvision Photography of Atlanta

nvisionatl.com
FB Michael Brewer, nvisionatl@gmail.com
404.663.8991, Michael Brewer

V.Payne Photography

Georgia Photographer
Head shots, artistic, boudoir, special occasions
Vpaynephotography.squarespace.com
IG thevalpayne
770.330.9960, Valerie Payne

POSING SUITS, COMPETITION JEWELRY, COMPETITION SHOES & ACCESSORIES

Bulletproof Sports Inc.

bulletproofsportswear.com
Fitness Jewelry
bulletproofsw@yahoo.com
Ken Richardson

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 @prettiladyboutique
info@prettiladyboutique.com
404.543.5222, Kimberly Love

SKS Competition Bikinis

sksfitness.com
IG sks_Bikinis, sksfitness@hotmail.com
786.412.3659, Mario Suarez

The Shoe Fairy

Bikini, Figure & Wellness Competition heels,
jewelry & extras
Shoefairyofficial.com

Vandella Costumes

Custom Bodybuilding & Bikini Suits
Vandellacostumes.com

Waterbabies Bikini

waterbabiesbikini.com
2005 Beckenham Walk Ln., Dacula, GA 30019
waterbabydesigner@gmail.com
FB IG @Waterbabiesbikini
404.285.2000, Christine Shen

REAL ESTATE & CONSTRUCTION/ RENOVATION

Belvin Realty Group

Bbelvinrealtygroup.com
404.844.8811, Belinda Belvin, Keller Williams Realty

Robertson Construction Group

Robertsonconstructiongroup.com
IG @robertsonconstruction
678.713.2626

SPORTS TRAINING/ LESSONS

Agape Tennis & Pickleball Academy

Sports & Recreation – 11 locations in Atlanta, GA
Agapetennisacademy.com

TANNING & ACCESSORIES

Liquid Sun Rayz

Competition Make up & Hair,
Liquidsunrayz.com
FB IG @Liquidsunrayz, Marilyn Spatola, Owner

LSR Certified Service Providers

ALABAMA/MISSISSIPPI

Sun Blast Custom Airbrush Spray 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

Sink or Swim Studio

Tattoo, Piercing, Fine Art
1289 Roswell Rd., Marietta, GA
Sinkorswinstudio.com
FB IG @sinkorswim_studio
770.977.8287