



# SPECTACULAR BODIES

GRIT, GLAMOUR AND GAINS

AN 8-PART DOCUMENTARY SERIES



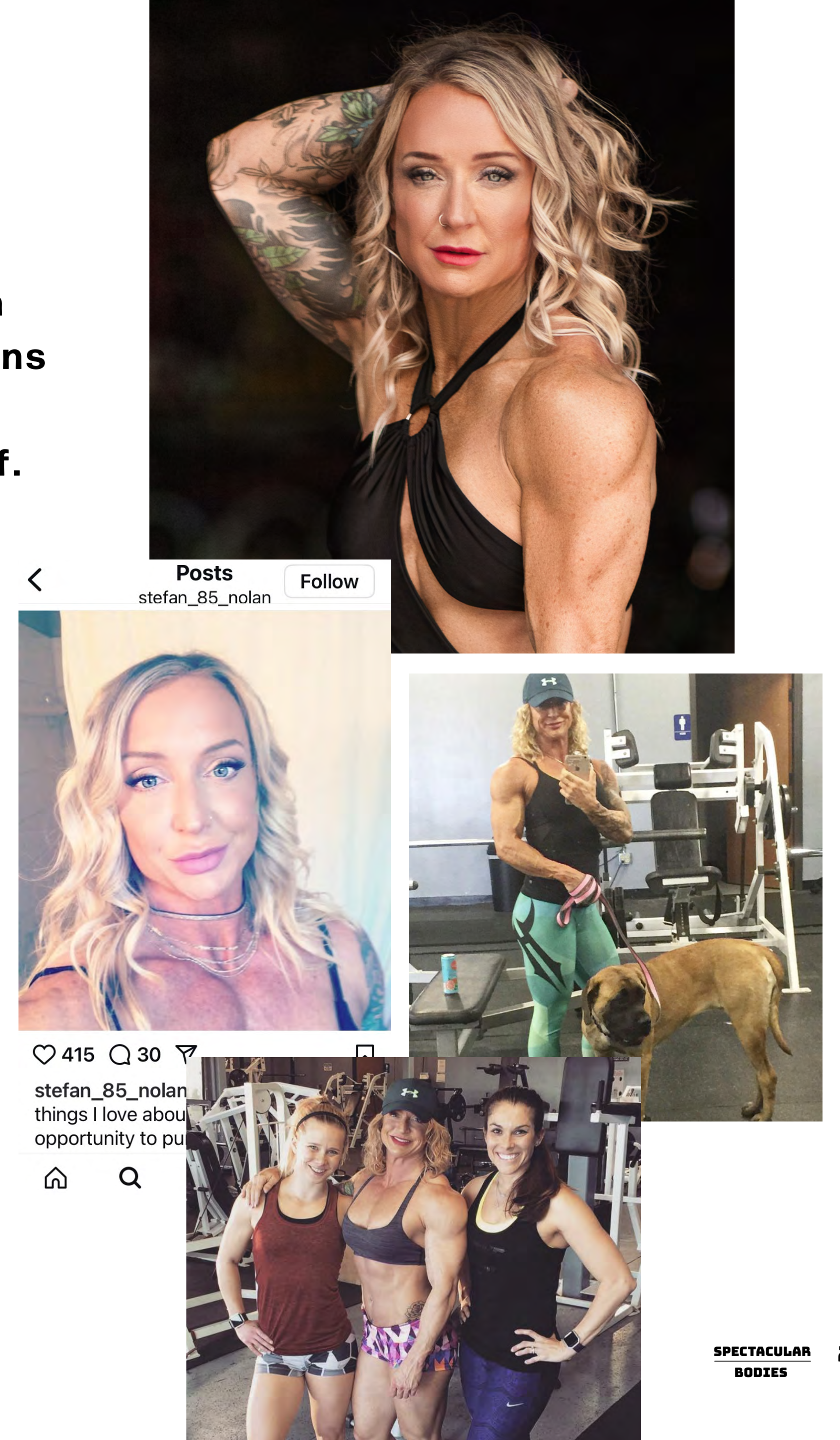
# SPECTACULAR BODIES

**Competitive female bodybuilding is where pro-level muscle explodes with the heart of a drama teacher, the stamina of a firefighter, and the passions of a warrior—Spectacular Bodies lays bare the raw, relentless lives of women whose sacrifices don't just empower, they redefine strength itself.**

This 8-episode series goes full throttle – blending the heart, humor, and unforgettable characters of *Cheer* and *Surf Girls* with the high-stakes intensity and psychological grit of *Hundred Foot Wave*. At the center of this misunderstood subculture is champion coach Lanie Hart, leading in a world where discipline tips into obsession and the price of greatness is everything. *Spectacular Bodies* dives deep into the relentless force that drives these women to smash through every limit – physical, emotional, and social – and keep going!

## MEET LANIE HART

This sharp-tongued Texas powerhouse brings rock-star charisma to the bodybuilding world, where her no-nonsense coaching style and unapologetic authenticity challenge expectations. Operating from Fort Worth—an epicenter of competitive bodybuilding where 'bigger truly is better'—Lanie opens the doors to a rarely seen and unforgettable community. Through Lanie's journey and those of her clients, topics rise: motherhood, sexuality, gender identity, body image, performance enhancement, and the psychological toll of pursuing physical extremes. She and her competitors balance punishing training regimens with complex personal lives, as the series becomes a character-driven exploration of a visually stunning yet emotionally demanding world.





**“THIS IS ABOUT WHAT’S HAPPENING NOW WITH WOMEN. IT’S ABOUT BEING HONEST AND FINDING YOUR TRUTH, THIS IS HOW WE MOVE BEYOND THE SPECTACULAR.”**

**- LANIE HART**

# LANIE'S BODYBUILDING 101

Bodybuilding has changed a lot over the past few decades. It's still fringe, but it's a massive growing global industry and more popular than ever. "Bodybuilders compete in divisions based on their size. I train competitors across them all."



## BIKINI

"Bailey Lanay has that classic toned model look. Bikini is highly sexualized, not too muscular and winners often have background in pageants. Everyone likes ass and titties. I can have a bikini competitor ready for competition in 8 weeks."



## WELLNESS

"Vanessa Hernandez is super strong but likes a feminine look. Wellness is like Bikini but more muscular so it appeals to the mainstream, and breaks with Vanessa's military norms that pressure her to hide femininity."



## FIGURE

“Michelle McNamee is a Figure Competitor, which compliments her firefighting career. They should display an overall balance of development of musculature which shows what we call an ‘X frame.’ Similar to what you would see in comic books that portray muscular female physiques.”



## FITNESS

“Jacklyn Baker is perfect for Fitness with her career as a background dancer for major rock stars. It’s about strength, flexibility, and performance. The physique is similar to Figure, but they will perform a 2-minute routine to music, a demonstration of strength and overall fitness.”



## PHYSIQUE

“When I retired, I was a Women’s Physique IFBB Pro. They’re looking for the ‘X frame’ – it’s almost cartoonish, with big shoulders, big lats, big legs, a tiny waist with a beautiful face on top. The winners of women’s physique are becoming more extreme every year. It’s becoming increasingly hard to meet the judges’ requirements and maintain ‘femininity.’”



## CHARACTERS: LANIE HART

**Lanie Hart is a force of nature, a relatable, entertaining, and impossible-to-ignore 'momma bear' whose personal and professional passions collide.**

Raised in a conservative South, Lanie's journey includes marriage, motherhood, and embracing bisexuality. Her children, Zoe and Bryn, are integral to her story: Zoe finds strength in bodybuilding after overcoming an eating disorder, while Bryn, a shy singer-songwriter, inherits his family's musical and performative talents.

Lanie's open embrace of her gay romance reveals her authentic self. “We’d have a fight like all couples and my girlfriend would be like - ‘You come home with all this masculine energy!’- but that’s me!”

Season 1 places Lanie at the heart of her clients’ lives, navigating their dreams amidst the grueling sport’s challenges. Her days blend intense training, dramatic physical transformations, and extreme diets with the raw realities of their personal struggles. Competitions are high-pressure events, but it’s the darker undercurrents—online trolling, food disorder interventions, and near-overdoses—that truly test Lanie’s ability to support her clients through their most vulnerable moments.

Personally, Lanie balances her blossoming romance, supports Zoe, and dreams of international expansion, including a studio in Mexico.

# THE WOMEN



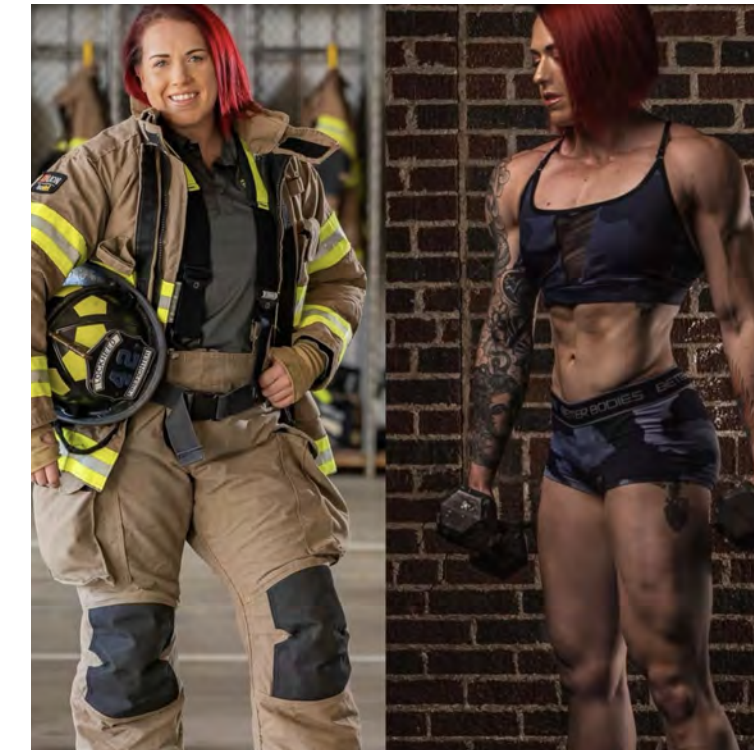
## MORGAN MAXI

Morgan Maxi, a new mom, radiates with newfound empowerment. Ready for her next transformation, she's transitioning from a sleek bikini body to the powerhouse Wellness division.



## BRITTANI PARISH

Brittani Parish, with her sculpted physique, is breaking boundaries as she moves from the physique division to bodybuilding. Her journey ventures into territory even Lanie finds daring, and her Instagram handle, @therealwonderwoman27, reflects her unyielding dedication—a dedication that her OnlyFans members cheer for, even if some question it.



## MICHELLE MCNAMEE

Michelle McNamee, a firefighter, is that adrenaline-charged edge on Lanie's high-octane clientele—from special ops police officers in an underground gym to pro bodybuilders. When she's not rushing into a burning building, she's pushing her limits training under Lanie's expert guidance.



## ALEXA SNYDER

Alexa Snyder, a true warrior and fashion designer, has found her strength after surviving sexual assault. Now, she's on a mission to boost her self-confidence, all while dealing with online stalkers who strangely oscillate between idolizing and tormenting her.





## **EACH EPISODE OF THE SERIES WILL:**

### **CHALLENGE PERCEPTIONS: BEYOND MUSCLE**

Female bodybuilding is poised for mainstream impact, defying easy labels. This series shatters stereotypes, revealing the raw, unapologetic lives of women redefining the sport.

### **DIVERSE COMMUNITY: STRENGTH IN UNITY**

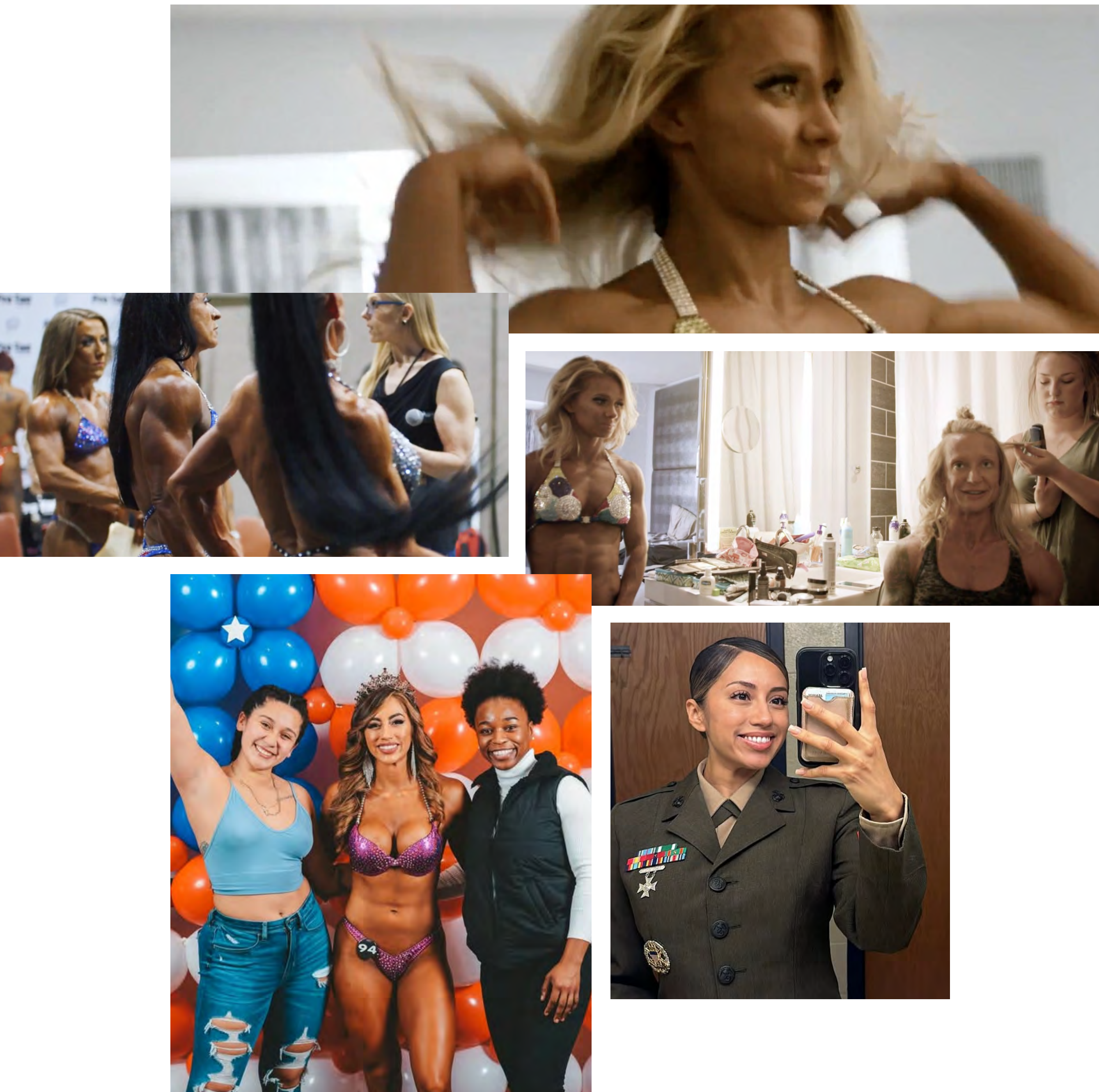
The series showcases a dynamic community of women at all stages of their bodybuilding journeys, alongside supportive men, representing BIPOC, LGBTQ+, and gender-fluid identities.

### **EMOTIONAL JOURNEYS: LIFE & SPORT INTERTWINED**

Viewers witness Lanie's guidance as athletes navigate personal, professional, and physical trials. Each character's pursuit of major goals unfolds through setbacks and breakthroughs, weaving interconnected storylines throughout the season.

### **UNVEILING DEEPER THEMES: MIND & BODY TESTED**

Beyond physical prowess, bodybuilding exposes the psychological depths of its participants. Lanie, as coach, confronts formidable challenges: diversity, race, harassment, body image, eating disorders, gender fluidity, ageism, substance abuse, and more.



# STYLE & TONE

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**The style of the series will be raw, gritty, bold and authentic. It will showcase verité moments that surprise and engage.**

We're up close where the personal, emotional, and professional collide eliciting a collage of hot topics and competitive tension. Cameras will candidly take audiences from the bedrooms to the locker rooms, providing eye-opening access.

The action will be dynamic and visually striking, blending real-life chaos—balancing home, careers, and personal lives—with intense training and competition. These stories will come to life through stunning visuals: slow-motion shots, dramatic lighting, and awe-inspiring bodybuilding poses. From training sessions to event choreography, every moment will feel bold and artful.

Tension will rise with fast-paced editing and an energizing soundtrack.

# SOCIAL MEDIA AS STORYTELLING

Social media is at the heartbeat of modern bodybuilding, offering a real-time window into our characters' journeys. Like Kelli Miller's approach in *Skate Dreams*, we'll weave their social media narratives into the series, creating an authentic and dynamic experience. Their posts—detailing routines, progress, and daily life—act as a visual auto-ethnography, mapping the world of competitive female bodybuilding. Similar to how anthropologists and sociologists use self-documentation, these women, -already social influencers- with thousands of followers, share their experiences directly. We'll capture their genuine interactions: replying to comments, sharing tips, and personal stories. This mixed-media approach amplifies their own voices, validating their stories by showcasing them exactly as they share them with their audiences.

**'EVERYONE DOCUMENTS  
THEIR JOURNEY  
ON SOCIAL MEDIA'**

- LANIE

@ayrlabidin

***You're the best idol  
@noravexplora***

@ditch.vvitch

***:') so rad!***

@noravexplora

# THE TEAM

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WRITER | DIRECTOR | SERIES CREATOR

## AARON PEIRANO GARRISON

Aaron is the founder of Distance Media LLC (www.thedistancemedia.com), which crafts compelling film and media projects in new and traditional storytelling modes. A Yale graduate (BA, Art) and MFA candidate, VCFA at CalArts (Film), his work has screened at festivals and venues like the Whitney Humanities Center. His commitment to deep collaboration is key to Spectacular Bodies, developed over nearly a decade with **consulting producer, Lanie Hart**. Further scaffolding his vision are partners: Ethics and restorative justice expert, **Bonnie Talbert**. Excited to join soon is Designer (And/Or Studio co-founder), **Kelli Miller**. He is also developing the series, Questions of Justice, stemming from his decade-long documentary project on America's policing crisis.

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EXECUTIVE PRODUCER

## KEERO BIRLA

Keero Birla is known for the 2025 Emmy-nominated feature documentary *The Space Race* (Disney+) as well as the Imax® adventure *Tiger Tiger*. Passionate about creating film and series that inspire and educate, Keero's projects explore themes of environmentalism, economics, cuisine, and cultural diversity, offering audiences a deep connection to the beauty and complexity of our world.

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EXECUTIVE PRODUCER

## SCOTT BAILEY

Scott is an award-winning producer and entrepreneur with 20 years of experience leading teams to develop and produce world-class content and build personality-led series into brands.

He has developed and produced shows for clients including Netflix, CBC, Bell, Corus, Rogers, Discovery. He has produced hit shows for the likes of Debbie Travis and Chuck Hughes, built them into, pun intended, household names with hugely successful brands, as well as award winning shows that break boundaries like the hybrid series *The Detectives*.

He is currently in development on fiction and non-fiction projects with the likes of Hulu, CBC, BBC, TVO and others.

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