

## MD NO BULL RADIO: Paul Dillett, Author L. Rea, and Heather Policky

Contributed by Dave Palumbo  
Monday, 20 October 2008

Paul Dillett stops by to talk about the old times of training in Venice Gold's Gym and competing in the IFBB against Flex Wheeler, Shawn Ray, and Dorian Yates.

Owner of ALR Industries, Author L. Rea, returns to reveal all the secrets of his past. You won't want to miss this one!

Muscle Mob Jeopardy (Week 2) continues. Our reigning champ Heather Policky-Armbrust squares off against the message board-elected challenger.

Remember, "You never know who'll stop by with The Muscle Mob!"



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