

MD NO BULL RADIO: Kirk DeFrancesco, Ryan Kennelly, and Jimmy Pellechia

Contributed by Dave Palumbo
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as a stone mason while preparing for the biggest contest of his life.

All-Time Bench Press World Record Holder Ryan Kennelly returns victoriously to tell our salivating fans exactly how he managed to press 1078lbs at a svelte bodyweight of 308lbs

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

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