

MD NO BULL RADIO: Dr. Scott Connelly, Krissy Chin, and Tricky Jackson

Contributed by Dave Palumbo
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Dr. Scott Connelly spearheads the debate over whether or not carbohydrates are essential to bodybuilders. Are protein and fats really enough?

Muscle

Mob Jeopardy returns with our year end showdown between reigning champ IFBB Figure Pro KRissy Chin and one of the industries greatest posers, IFBB Pro Richard "Tricky" Jackson.

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

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