

## MD NO BULL RADIO: Marcus Haley, Patrick Arnold, and John Balik

Contributed by Dave Palumbo  
Monday, 19 January 2009

IRONMAN magazine owner, John Balik, drops by to talk about the 20th Anniversary IFBB Ironman Pro coming up in less than 1 week's time (January 24th).

Making his comeback from a ruptured quad tendon, Marcus Haley tells us how he intends to bring his best package yet at the Ironman Pro

"Clear"

Chemist, Patrick Arnold, returns to the show to discuss his latest legal issues and the chemistry of supplements!

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

Right Click to Download

IRONMAN magazine owner, John Balik, drops by to talk about the 20th Anniversary IFBB Ironman Pro coming up in less than 1 week's time (January 24th).

Making his comeback from a ruptured quad tendon, Marcus Haley tells us how he intends to bring his best package yet at the Ironman Pro

"Clear"  
Chemist, Patrick Arnold, returns to the show to discuss his latest legal issues and the chemistry of supplements!

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

{mp3}palumbo011909{/mp3}

{enclose palumbo011909.mp3}