

MD Radio Episode #34 with John Tuman, Mark Alvisi & Skip LaCour

Contributed by Shawn Ray
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MD Radio

with

Shawn Ray Flex Wheeler

Episode #34

Guests: John Tuman, Skip LaCour, Mark Alvisi

Team MD is proud to welcome NPC/IFBB Judge & Contest promoter, John Tuman to the show as he details the IFBB Sacramento Pro 2009 with the addition of a Men's Open Pro event added to this years schedule to be held on November 7th in Sacramento, Ca.

2009 NPC Mr. USA and new IFBB Pro, Mark Alvisi drops in to give a shout out to his fans and comment on his latest plans for his Pro Debut in 2010 and his new Cover Shot for MD Magazine!

Natural Bodybuilder & Motivational Speaker, Skip LaCour will call into the show to talk about his "Life & Times as a Natural Bodybuilder" and shed some light on what he's been up to since becoming a Motivational Speaker, Author and Peak Performance Coach!

For all your Muscle News & Information, tune in Monday, October 12th @ 4pm PST / 7pm EST

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