

2007 New Years Resolutions

Contributed by Dave Palumbo
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It's officially 2007; and I bet you're wondering what Team MD's got in store for the new year. In fact, I'll wager that some of you are debating exactly how outlandish and innovative our New Year's Resolutions can be. While I can't reveal our entire itinerary, I will admit that we do have some very special plans on the horizon.

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Ever since Muscular Development has ventured into uncharted waters and has stirred up the bodybuilding "pot", we've been heralded by some as heroes and criticized by others as villains. Winston Churchill once said, "Kites rise highest against the wind-not with it." And in that light, MD will continue to buck the system, report the news as only we can, and carry our NO BULL approach right into the upcoming 2007 bodybuilding season.

Look for MD Online to embrace VIDEO as the new Internet media of choice. We intend to expand MDTV into a multi-channel network where the viewer will get to choose between several different types of programs. If you liked our latest video interviews, they'll only get wilder and more interesting with a bevy of new, controversial, hosts. If you've seen our MD AFTER DARK IN SOUTH BEACH video, you'll get a tiny glimpse into a brand new feature that's sure to be an online favorite. Finally, if training videos are your cup of tea, you'll have the opportunity to see some of the greatest bodybuilders in the world training through grueling photo shoots.

Hey, who's checked out the MD MESSAGE BOARDS lately? They're hopping with the most diversified and, to put it nicely, most intriguing group of "characters" ever assembled in one place. Stop by and find out what's crawling out of Gregg "Valvolino" Valentino's ass today. Or check out who's the latest "victim" of The True Adonis. And when you've had enough of the guys, you can always visit with MD's favorite "Buff Doll", Melissa Dettwiller.

But aside from all the mavericks, we also have an Ask the Pros Section that's currently home to over 13 IFBB Pro Bodybuilders. Where else can you ask Dexter Jackson his favorite breakfast food? Or, Markus Ruhl's his sickest leg training routine?

Maybe, you're not a gossip whore and, instead, your interests fall with supplements and performance enhancing drugs. Well, MD's very own Anssi Manninen has an intriguing forum called "Bodybuilding Science". Be sure to stop by and ask Anssi your most difficult questions. Just make sure you don't challenge him to a knife fight! Remember, at <http://www.musculardevelopment.com/>, we're a family and we want YOU, the bodybuilders, to feel as though you're a part of our very special community.

MD NO BULL RADIO starts up Season 2 on Monday January 8, 2007 at 7pm EST. In addition to the weekly radio show, The Muscle Mob will take its show on the road and will be doing video, as well as radio, shows throughout the coming year. You won't want to miss what we have in store for you. Remember, with the Muscle Mob, "You can get in, but you can't get out!"

As the online Editor-in-Chief, I'm well aware of the fact that many people will criticize what we're doing over here at MD. They may think it's too extreme, or "uncivilized" or even ridiculous; however, whenever I hear talk like that it reminds me of something Howard Stern once said.

"I still feel like I gotta prove something. There are a lot of people hoping I fail.

But I like that. I need to be hated

To all the envious haters and negative energy-sucking souls out there, we implore you to keep paying attention to us. We know you love to hate us and it's your energy, whether good or bad, that fuels our fires to create even greater levels of entertainment programming.

Remember, as Harry Houdini was so fond of saying, "Just make sure they spell my name correctly!"

Until next month, this is Dave Palumbo, Behind the Iron Curtain!

