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February 13th 2012: Branch Warren, Trish Warren, Brant LaLonde, Hidetada Yamagishi

MD Radio #145 welcomes 2011 defending Arnold Classic Champion Branch Warren back to the show along with his wife, IFBB Pro Trish Warren. The brand new parents of daughter Faith Lea will be discussing the challenges of being new parents, as well as Branch coming back from injury and what they think about the high expectations from his critics and fans to win his second championship. Next, Arnold Classic Event Coordinator Brant LaLonde stops by to update us on everything going down at the 2012 Arnold Sports Festival at Columbus, Ohio the first weekend in March. Finally, Hidetada Yamagishi

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