

Bodybuilding Nutrition By Franco Columbo

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Bodybuilding Nutrition By Franco Columbo

Being a documentary, there are a number of segments that exhibit other famous bodybuilding giants of the time. Among these are Mike Katz and Franco Columbu. Bodybuilding enthusiasts will be excited to ...

Pumping Iron

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Last year saw Carlos Franco sweep to victory in his second consecutive win in this tournament. Could this year see him claim a unique hat-trick?

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