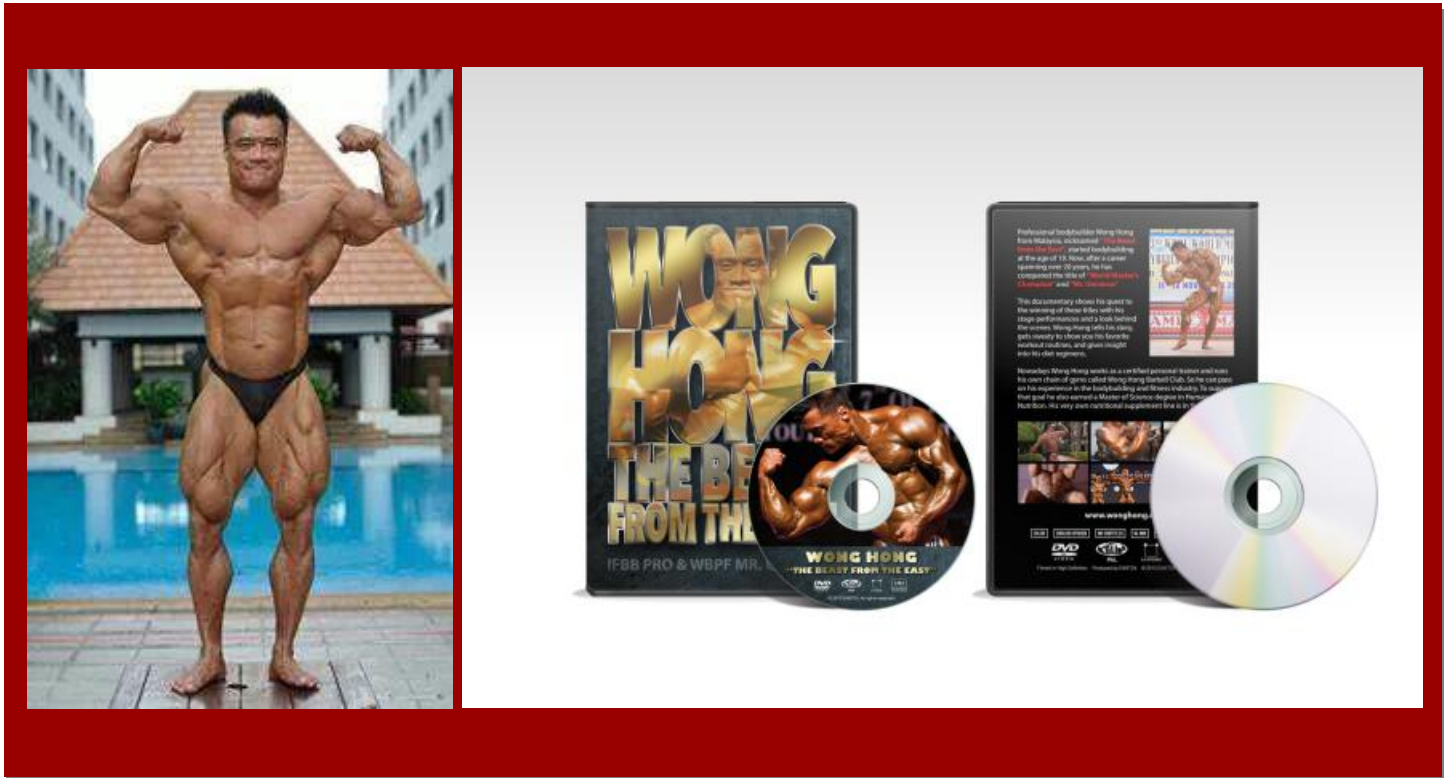


DVD by Wong Hong "The Beast from the East"



WBPf's Heavyweight World Champion and former IFBB pro bodybuilder Wong Hong's new DVD titled "The Beast From The East" is out.

1 hour and 40 minutes of action in training, stage performance, pump-up backstage, posing practice and interview with Mr Universe 2011.

In this DVD, watch how Wong prepared and won Mr Universe and Master's World Champion he was longing for since started bodybuilding at the age of 18. He explains on what he eats to get in shape for the contests.

For orders, go to morguequip@gmail.com. Payment by Pay Pal. USD 49.90 including shipping and handling.