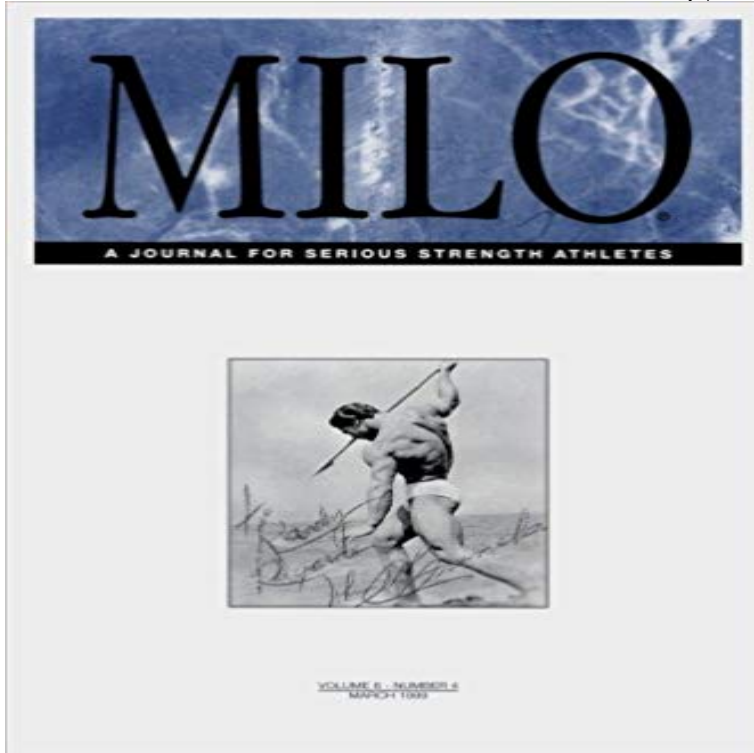


MILO: A Journal for Serious Strength Athletes, Vol. 6, No. 4



Cover: The incomparable John C. Grimek. MILO is the world's premier strength journal, with first-rate coverage of training, people, contests, history, and special features. Top authors and photographers provide inspiration and information - bringing you to the epicenter of the action and inspiring personal bests. With a mix of content and photos designed to boost your training and encourage your progress, MILO gives you the tools to be in the know, watch your numbers grow. What's inside this issue? A tribute to John Carroll Grimek by David Webster, Bill Starr, Tommy Kono and Randall Strossen - Revolutionizing the sheaf toss - Steve Justas concrete/rocks for super strength - Magnus Samuelsson bests a tough field at the 1998 Worlds Strongest Man contest - Jim Schmitz on coming back after a layoff - and much more!

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- IronMind December 2012, Vol. 20, No. 3. Ilya Ilyin (Kazakhstan) put on quite a show at the London Olympics as he
set five world records, including this 233-kg clean and **MILO - Choice of Champions** oxygens No Pain No Gain
Training Journal Free Delivery . Milo: A Journal for Serious Strength Athletes, March 2012, Vol. 19, No. 4. by Randall
J Strossen Phd. **MILO: A Journal for Serious Strength Athletes, Vol. 10, No. 1** 4. Power clean front squat push
jerk. This combo is very similar to 3 above. 6. Snatch high pull snatch snatch high pull. Another one of my favorites,
in this and workout capacity (the ability to do a lot of volume and intensity in a workout). are regularly featured in
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