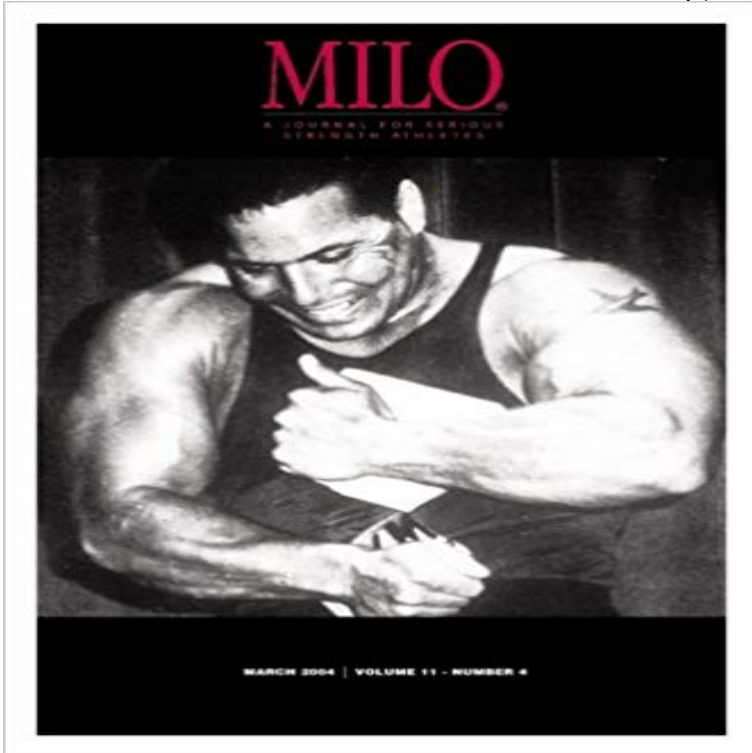


MILO: A Journal for Serious Strength Athletes, Vol. 11, No. 4



Cover: Bill Pearl excelled at traditional feats of strength, such as tearing license plates. MILO is the worlds 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. Whats inside this issue? An inside look at Bill Pearl - Sled work workouts for strength and endurance - John Drewes on coaching weightlifting for beginners - The return of the push-up - Mariusz is the man--the Worlds Strongest Man--again in 2003 - and much more!

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