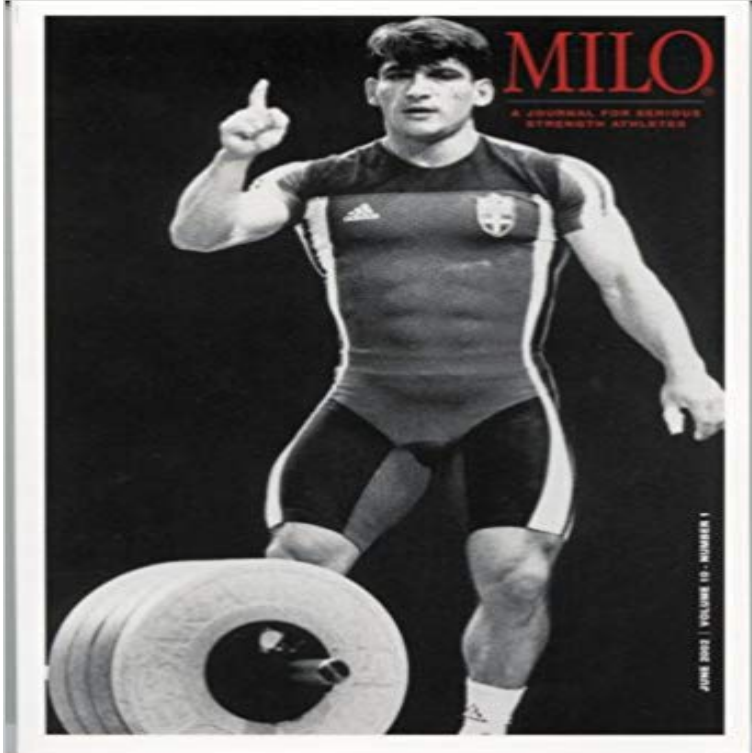


# MILO: A Journal for Serious Strength Athletes, Vol. 10, No. 1



Cover: Pyrrhos Dimas (GRE) ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. 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? John Brookfield on building functional strength with stone lifting - Steve Justa on stopping summer heat cramps - Walk-through-walls workout for muscular bulk and fitness - Jamie Reeves on how to get started in strongman - The story of the multi-talented Thomas Inch - and much more!

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