



MILO: A Journal for Serious Strength Athletes, Vol. 1, No. 2

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Cover: Highland Games World Champion Jim McGoldrick explodes on the caber.

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? Meet 5-times Highland Games champion Jim 'Big Chief' McGoldrick - Deep breathing-style good mornings for squatting power - Dr. Ken's idea of summer fun (not!) training - Jim Williams's story of pressing 700 in the 70s - Meet grip and steel bending master John Brookfield - and much more!

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