



MILO: A Journal for Serious Strength Athletes, Vol. 16, No. 3

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Cover: On the last lift of the competition, Matthias Steiner (Germany) cleaned and jerked the 258 kg he needed to win the Olympic gold medal.

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? The barbell and dumbbell anyhow - Medley training for strength, speed, and stamina - John Brookfield's Battling Ropes Tsunami - The effects of no testosterone on muscular development - Bill Starr on battling the weak links in your training program - Manual labor and strength training - and much more!

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Fred Howell:

Precisely why? Because this MILO: A Journal for Serious Strength Athletes, Vol. 16, No. 3 is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such wonderful way makes the content interior easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the e-book store hurriedly.

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