



MILO: A Journal for Serious Strength Athletes, Vol. 5, No. 2

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Cover: Ryan Vierra, on his way to victory at the 1997 Highland Games World Championships.

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? Dr. Ken on training to get seriously huge - J. B. Kinney's story and his (grip) training - David Shaw on pulling for power with the barbell row - Jim Schmitz teaches the clean and jerk, the king of lifts - the Lee Moran story told by Bruce Wilhelm--and his 1003-lb. squat - and much more!

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