



MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 2

Randall J. Strossen

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On the cover: Sourab Moradi (Iran) makes this 216-kg clean and jerk to win the 105-kg class at the Asian Weightlifting Championships and he could well be on the podium in London.

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? Knees in, knees out: how not to squat - No brain, no train: the central nervous system in strength development - Stonelifting in Anglesey - Russian strategies for heavy weightlifting - Life is hard, now let's train - and much more!

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