



MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 4

Randall J. Strossen, Ph.D.

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Usually placid and Buddha-like in appearance, Zydrunas Savickas showed some teeth on the Log Lift, where he capped off his first-place finish with a world record 220-kg log (2013 World's Strongest Man).

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? Flexibility: a beginner's barrier to Olympic lifting - Stonelifting in Scotland - Olympic-style weightlifting and CrossFit - Deep squats and power development - The core: a bigger, stronger picture - and much more!

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Willie Clark:

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Darrin Russell:

The book MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 4 will bring someone to the new experience of reading some sort of book. The author style to explain the idea is very unique. In the event you try to find new book you just read, this book very appropriate to you. The book MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 4 is much recommended to you to learn. You can also get the e-book through the official web site, so you can more readily to read the book.

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Ronny Baird:

MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 4 can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing MILO: A Journal for Serious Strength Athletes, Vol. 20, No. 4 but doesn't forget the main position, giving the reader the hottest along with based confirm resource info that maybe you can be considered one of it. This great information could drawn you into new stage of crucial pondering.

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