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MILO: A Journal for Serious Strength Athletes, Vol. 12, No. 2

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Cover: Magnus Samuelsson (1998 WSM) has one of the mightiest arm--hand combinations you will ever run into.

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? Bare bones football training program - Training with bands - Bill Starr on deadlifts for strength athletes - Turkey back in the driver's seat at the 2004 European Senior Weightlifting Championships - Dr. Wladyslaw Krajewski, the father of Russian weightlifting - and much more!

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