



MILO: A Journal for Serious Strength Athletes, Vol. 1, No. 3

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Cover: John Brzenk mows down Cleve Dean at the 1993 Yukon Jack Finals.

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? Top arm wrestler John Brzenk is the arms control expert - Read about Vic Boff, 'Mr. Iceberg' - Randall Strossen talks with Leonid Taranenko - Anthony Ditillo on power rack training - Meet Highland Games professional Carl Braun - and much more!

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