



MILO: A Journal for Serious Strength Athletes, Vol. 15, No. 4

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Cover: Brad Gillingham was eyeball to eyeball with 390 kg, which would tie his lifetime personal record (2007 IPF Worlds).

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? How to develop a strong and healthy low back - Bill Starr on overtraining - Bodyweight exercises for neck strength - Bicycling to improve your conditioning - A how-to for making your own stones - and much more!

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Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love MILO: A Journal for Serious Strength Athletes, Vol. 15, No. 4, you can enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its

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