

## MILO: A Journal for Serious Strength Athletes, Vol. 18, No. 2



Cover: G-forces on the field of play: Larry Brock develops some serious rotational inertia on the 28-lb. weight for distance as he spins years of hard work into a big victory at the 2010 IHGF Heavy Events World Championships in Victoria, British Columbia, Canada. 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? IHGF Heavy Events World Championships-all the action in color! - Stress, the other modern-day epidemic - It's never too late to start Olympic-style weightlifting - Nutrition: those awesome antioxidants - Who is the greatest strongman of all time? - and much more! 128 pp.

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