



MILO: A Journal for Serious Strength Athletes, Vol. 5, No. 4

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Cover: Joe Kinney closes the No. 4 Captains of Crush gripper.

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? Joe Kinney is the first to close the No. 4 Captains of Crush Gripper - Wes Barnett brings home the bacon - Learn about the man known as the 'Mighty Atom' - The growth and development of young weightlifters - David Elkins with tips on extreme training for martial artists - and much more!

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