



# **MILO: A Journal for Serious Strength Athletes, Vol. 19, No. 3**

*Randall J. Strossen*

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Cover: Dan McKim capped off the 2011 season with wins at two of the most prestigious Highland Games: the U.S. national championships and the IHGF world championships.

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? The art and science of recovery - How to get peak performance when it's all on the line - Abdominal training - Assistance exercises - Systematic approach to the anti-concussion movement - and much more!

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