



MILO: A Journal for Serious Strength Athletes, Vol. 10, No. 3

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Cover: No more Mister Nice Guy: looking fierce and fit, Maosheng Le (CHN) sticks his world record 182.5-kg clean and jerk in the 62-kg category at the 14th Asian Games.

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? Powerhouses China, Iran and Qatar at the 14th Pusan Asian Games - An inside look at strongman Whit Baskin - Charles Fraser on the 'Milo' walk - J. V. Askem on squats and sore knees - Stone lifting in the Canary Isles - and much more!

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