



MILO: A Journal for Serious Strength Athletes, Vol. 19, No. 2

Randall J. Strossen

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Cover: Khadjimourad Akkaev (Russia) put together six good lifts to end the day with all three gold medals in the 105-kg class and a very impressive 425-kg total at the 2011 European Weightlifting 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? Meet Slim 'The Hammer Man' Farman - five exercises to increase your Olympic weightlifting total - 2011 Senior European Weightlifting Championships - goal setting - how best to train for power - and much more!

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