



MILO: A Journal for Serious Strength Athletes, Vol. 19, No. 1

Randall J. Strossen

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On the cover: Brian Shaw tied the Big Z at the 2010 WSM, but lost on countback, but the message was clear: strongman take note. In 2011, Shaw took first in the Giant's Live-London Qualifying Tour, securing a berth at the 2011 WSM.

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 Highland Game heavy Daniel McKim - The pros and cons of training alone - Hip power for super strength - Giants Live-London: who secured a spot at WSM? - Abdominal training - and much more! 128 pp.

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