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# MILO: A Journal for Serious Strength Athletes, Vol. 21, No. 1

*Randall J. Strossen*

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**MILO: A Journal for Serious Strength Athletes, Vol. 21, No. 1** Randall J. Strossen
Cover: 2012 Olympic silver medalist Apti Aukhadov (Russia) made it clear that he's the man to beat in the 85-kg category. Shown pulling himself under his 210-kg second attempt clean and jerk, Aukhadov went six for six and won the Best Lifter award (Tirana, Albania).

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 in this issue? Christian Cantwell: Big Man, Bigger Throws - FHRSP: A Concern for Strength Athletes - The Syncretic Diet: Lose Weight Wisely - SI: Not the Swimsuit Edition (on the sacroiliac joint) - Heavy Bag Circuit Training - 2013 FitExpo Visegrip Viking Challenge III

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