

Milo A Journal For Serious Strength Athletes Vol 21 2

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The September issue of MILO: A Journal For Serious Strength Athletes is working its way through the mail to subscribers; copies are available in the IronMind e-store as well: people, training, contests, history . . . Olympic weightlifting, strongman, grip strength, stone lifting and more. 85-kg Sourab Moradi (Iran) cleaned and jerked this huge 216-kg at the Asian Weightlifting Championships ...

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Mycket läsning i dessa fyra böcker. Här nedan är lite om innehållet i varje bok. Mars 2006 (128sidor)Cover: Ilya Ilin (Kazakhstan) called for 216 kg, took a big swing, hit it out of the park, and won the 85-kg class at the 2005 World W/L Championships. People Making Muscle with Jesse Marunde by Randall J. [...]

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Dr. Strossen is the founder and president of IronMind, offering strength training equipment since 1988. For over 12 years, Dr. Strossen wrote the monthly sports psychology columns for IRONMAN magazine and has authored several books on strength training. He is also the publisher of MILO: A Journal for Serious Strength Athletes.

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