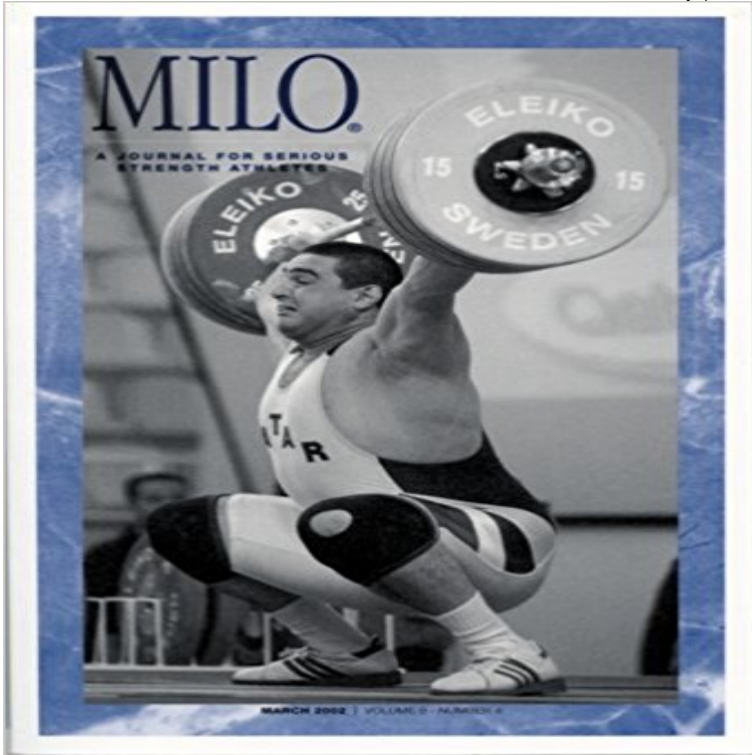


# MILO: A Journal for Serious Strength Athletes, Vol. 9, No. 4



Cover: Saeed Salem Jaber (QAT) sank this outstanding 210-kg snatch, on his way to sweeping the gold medals in the super heavyweight class at the 2001 World 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? Jim Schmitz profiles Matt Sandford, Highland Games world champion - Functional strength training for law enforcement officers - An inside look at strongman Phil Pfister - Bill Starr on the incline bench press - Brad Gillingham is on top at the 31st annual IPF World Powerlifting Championships - and much more!

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