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MILO Articles by Topic

Our MILO articles are organized under topical headings so that you can easily locate MILO issues of interest to you.

Select any of the topics listed below to see a list of MILO issues that include those subjects. The notations like 7.3 or 10.1 after a topic refer to the MILO issue, in this case December 1999, Vol. 7, No. 3 and June 2002, Vol. 10, No. 1.

General weight training and fitness

- Do it with dumbbells
- Hand balancing and body weight training
- Wisdom from John McCallum
- General weight training guidance
- Like training with cables?
- · Helpful hints: buying a barrel
- Training specifically for cellar dwellers
- Focus on the mature athlete
- Mind over matter
- Health and nutrition are key
- Pavel Tsatsouline
- If you're a martial arts guy
- Functional Training

Powerlifting

- Dig Dr. Ken?
- Powerlifting champions you'll want to meet
- Elevate your powerlifting capabilities
- Are you an Anthony Ditillo fan?

World's Strongest Man and Strongman

- · World's Strongest Man contests
- Strongmen stars and strong men
- Strongman training and odd lifts—from barrels to chains

Highland Games Heavy Events

- How-tos on the Highland Games Heavy Events
- Throwing titans who'll inspire you
- Check out these Highland Games heavies

Stones and stone lifting

- · Jeck on life and strength
- · The magic of stones

Olympic-style weightlifting

- · Hone your Olympic-style weightlifting technique
- Listen to/meet the coaches
- Focus on young weightlifters
- · Read about weightlifting greats
- Learn from J. V. Askem
- · Helpful hints: building a lifting platform
- All-round

Grip

- Learn grip stuff from John Brookfield and others
- · Grab the goods on these grip giants

Armwrestling

- Take a tip on armwrestling technique
- Who's your favorite armwrestler?

History

- Strength stars of the past—their stories
- · Iron icons
- Matters of historical importance

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