

MILO®: A Journal for Serious Strength Athletes

4 Books a Year . . . for a Year of Big Gains



MILO®: A Journal for Serious Strength Athletes
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Randall J. Strossen, Ph.D. photo.

MILO: A Journal for Serious Strength Athletes:
Olympic lifting, strongman, Highland Games, grip strength, throwing and more. Training, contest coverage, and people . . . photos, stories, and numbers that inspire and educate.

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Finding Information in MILO is 4 times easier

With 68 *MILO* issues and more coming, there's a lot of information at hand. What's the best way to pinpoint the articles and issues you're most interested in? Here are four suggestions:

1 – See the [MILO Articles by Topic](#) pages on our website. We've organized them under useful headings, like "Hone your Olympic-style weightlifting technique" or "Health and nutrition are key," so you can quickly find the articles of interest.

2 – Check out our [MILO packages](#), groups of issues based around such popular topics as World's Strongest Man and body-weight training, and how-to articles on such topics as squats, and clean and jerks, not to mention grip strength. We have even arranged packages based on some of your favorite authors. Take a look and see what you need to reach your goals.

3 – Peruse our helpful Resource Pages on [Grip Training](#), [Strongman](#), and [Weightlifting](#) for relevant articles and a brief note on what each one covers. These pages are fun to look over, with a lot of articles that will pique your interest and suggest new avenues to explore.

4 – For a complete [Table of Contents for each issue](#), please visit our on-line store. You can do a search by topic in the on-line store to find *MILO* issues and other publications of interest.



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Don't run out! [Renew your MILO subscription today via our on-line store.](#) for continued coverage of the strength world's best and training you'll find nowhere else.

MILO®: A Day in Our Life

Andrei Chemerkin won the Olympic gold medal in 1996 by chasing down and overtaking Ronny Weller on the last attempt at the Atlanta Games.

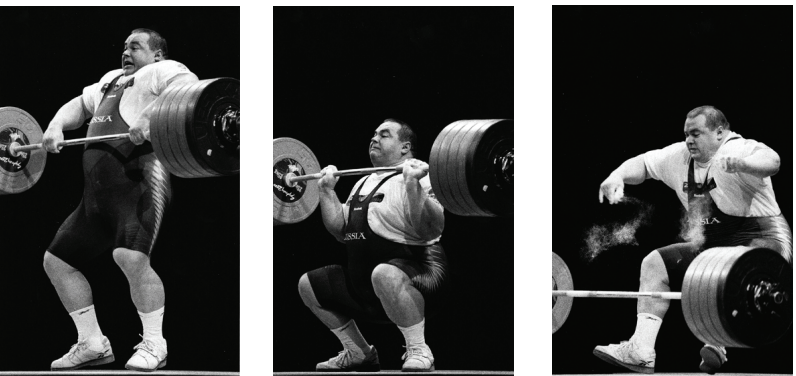
Fast forward to Sydney in 2000, and once again, **Chemerkin was behind the leader**—although this time it was a new, young guy named Hossein Rezazadeh. Also once again, Chemerkin had the last attempt . . . the final clean and jerk.

In training, he'd gone up to about 240 kg, but this was the Olympics and as Al Oerter said, "You die for the Olympics." Andrei called for the weight he needed to overtake Rezazadeh—**272.5 kg—a weight that dwarfed the world record and was more than had ever even been loaded on a bar in competition.** Among those watching was the full court of dominant super-heavyweights who preceded Chemerkin: Leonid Taranenko, Alexander Kurlovich, and Anatoli Pisarenko.



The most likely scenario at this point was that Chemerkin would—filled with bluster—approach the bar, snort a couple of times, and then shake his head and walk away. Instead, however, he did the improbable: he bounded up the steps, quickly got set and—Lord have mercy!—ripped the bar off the platform, before instantly reversing directions at the top of his pull and racing downward—attempting to rack the unworldly weight.

"He's really going for it," our minds screamed as we realized what we were seeing. And although Andrei Chemerkin didn't quite get his elbows around enough to secure the bar on his chest, he'd delivered what IronMind's Randall Strossen considers to be the greatest attempt he's ever witnessed.

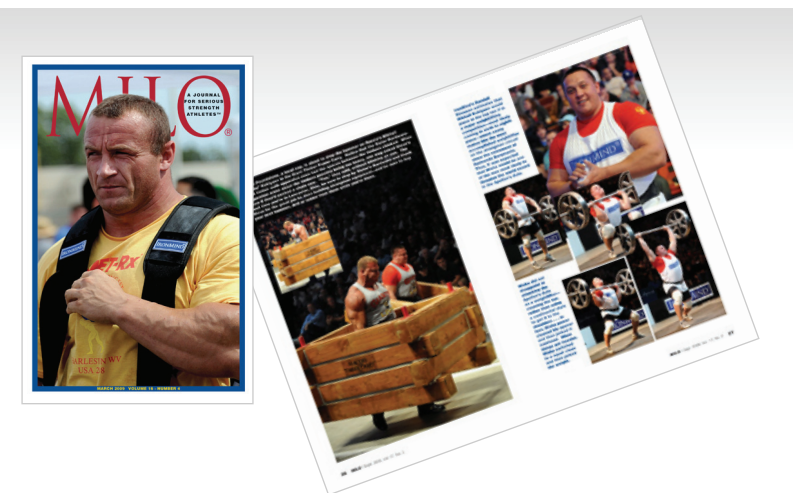


This is MILO.
Welcome to our world.

Randall J. Strossen photos, reprinted with permission from *MILO*, June 2001, Vol. 9, No. 1.

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*We're sorry but July 1996, Vol. 4, No. 2 is no longer available

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