MILO®: A Journal for Serious Strength Athletes

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

MILO®: A Day in Our Life
Andrei Chemyakin was the Olympic gold medalist in 1996 by deadlifting 272 kg and thrice. In training, he came to the bar with a new, young grip and started to do 272 kg. In competition, he didn't do 272 kg, but he did 273 kg, which everyone knew was his best. And although Andrei Chemyakin didn't quite get the attention and respect that the last lift entailed, I don't think what we witnessed—this was a youth who trained hard, lived right, and trained hard again—despite the gold medalists in the platform, simply getting what he deserved. But I don't think Andrei Chemyakin did quite get the attention and respect that the last lift entailed, I don't think what we witnessed—this was a youth who trained hard, lived right, and trained hard again—despite the gold medalists on the platform. But I don't think Andrei Chemyakin did quite get the attention and respect that the last lift entailed, I don't think what we witnessed—this was a youth who trained hard, lived right, and trained hard again—despite the gold medalists on the platform.