



# MILO: A Journal for Serious Strength Athletes, Vol. 22.1

*Randall J. Strossen*

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On the cover: The deadlift is one of the most fundamental tests of strength, and Zydrunas Savickas has probably won more deadlift events in more strongman contests than any other strongman. That aside, this supreme strongman has now set another record he's the first person in the world to make the cover of MILO four times. 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? Weightlifting, grip strength, mas wrestling with contest reports on the European Weightlifting Championships, the Visegrip Viking Challenge and Mas Angeles are among the strength sports you will find covered in the June issue of MILO: A Journal For Serious Strength Athletes; along with training, history and our regular departments such as Captains of Crush Grippers: Who's New, as well as a story on the super strongman, Zydrunas Savickas.

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