



MILO: A Journal For Serious Strength Athletes, Vol. 17, No. 3

Randall J. Strossen

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Cover: Aaron Neighbour (Australia) gives the Braemar stone his all, putting himself in a solid position on the opening event as he went on to win the historic 2009 IHGF World Championships, Edinburgh, Scotland. People Steve Schmidt: Old-time Strongman Today by Thom Van Vleck Training So . . . You Wanna Get BIG? by Steve Justa Unorthodox Exercises by Bill Starr Draft Horse Training by Tim Piper, M.S. and Mike Waller, M.A. You Are What You Don't Eat: Organic Food and the Strength Athlete, Part II by Gabriel Josiah Basketball Rebounding for Coordination, Quickness, and Agility by Col. (Ret.) Joseph H. Wolfenberger Roadrash: Playing Around with the Push Sled--Part II by Matt Shatzkin The Push-Pull of Things by John Brookfield Pushing (Back at) 40 by Steve Brylski Physical Preparedness for PPP--And Anyone in Pursuit of Good Health by Ken Best Overtraining: What It Is and How to Avoid It by Jim Schmitz The Art and Science of Recovery by Brian Mangravite Foundations: The Kettlemill Challenge by Jon Bruney Why Systematic Development of Trainees is the Superior Methodology by Steven Helmicki Spotlight on Strength and Skill by Dr. Ken E. Leistner My Dinnie Stone Quest, or Two Years Within The Brotherhood of Stone by Roger Davis Enter the Kettlebell Plus by Pavel How to Generate the Greatest Strength at the Lightest Bodyweight by Steve Justa Grassroots to Gold Medals: Play Your Role by Paul Doherty Contests 2009 IHGF World Highland Games Championships: A Fight to the Finish by Francis Brebner 105-kg World Record Breakers: The King Has Lost His Crown by Jyrki Rantanen 2009 Masters' World Championships: Scottish Masters Athletes Gather in the Highlands by William M. Scuggs, Ph.D. 2009 USAF Unified National Armwrestling Championships: Arkansas to Italy--Who's Going? by Denise Wattles Canda World Strength Presents Fortissimus 2009: Building on the Tradition of Louis Cyr by William Crawford, M.D. History Helmsman of Russian Heavy Athletics: Count G. I. Ribeaupierre by Joseph Svub German Men of Might: Andreas Maier by Gherardo Bonini.

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