

Cover: Stefan Botev cleans 250 kg in the training hall at the 1995 World Weightlifting Championships. 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? Many competitors at the 1996 Olympics pre-qualifier: the 1995 World Weightlifting Championships - Bruce Wilhelm spotlights the unforgettable 4-time Olympic gold medalist thrower Al Oerter - How-tos and whys of box squatting - Bill Starr on the drop snatch - Magnus ver Magnusson on top again at the 1995 Worlds Strongest Man Competition - and much more!

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