

On the cover: At Odd Haugens grip strength contest at the 2013 Los Angeles FitExpo, Mike Burke broke the world record for the CoC Silver Bullet, hanging on for a long 53.97 seconds before the Captains of Crush No. 3 Gripper opened up - launching the CoC Silver Bullet. MILO is the worlds 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. Whats in this issue? Get familiar with mas wrestling and find out about the role of sleep; how AM training affects performance; the pros and cons of carbs; how to prevent biceps tears; and much more.

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