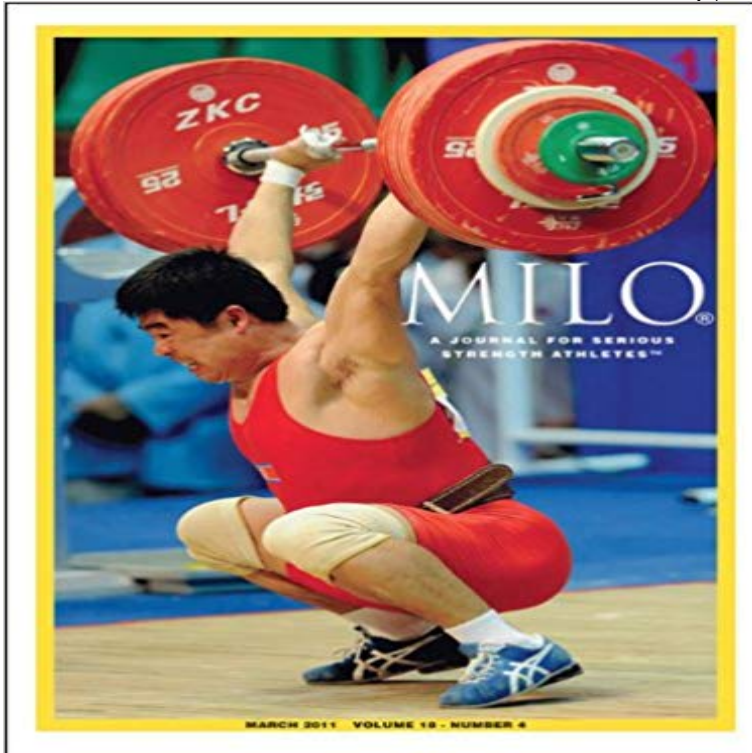


## MILO: A Journal For Serious Strength Athletes, Vol. 18, No. 4



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