

The strength. the
center standards of
quality preparing

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The most famous wrestler from 6th century, Milo of Croton, was known for his unbelievable strength and unique way of training. He admired the Greek wrestlers in Croton and from his childhood he decided to become a wrestler.

He won six gold medals in a row in wrestling, champion at the Ancient Olympic Games. He won many athletic festivals of ancient Greece.

He was also awarded the title “Periodonikes” meaning ‘the grand slams’ for five times. He trained himself very cleverly and progressively. The question is how to build muscles and increase strength like him? There is a story about the training of Milo of Croton. Instructions to build muscle like Milo. Milo used a very easy and significant weight training method. Close to Milo’s house an infant calf was born. The wrestler chose to lift the little creature up and lift it on his shoulders.

He practiced this exercise for four years and raised a calf to bull on his shoulders. Every day the calf was growing up and so was his strength. The center standards of quality preparing are embodied in this interesting story of Milo and the bull. The main principles are- 1. start with light weights. He did not try to lift the bull for the first time. He started with an infant calf. Given his wrestling ability, it is likely this was a weight that was simple for him. This formula works for us also, increase your weight slowly and steadily.

2. Never miss training. He would not have developed strength and muscles if he lifted the calf weekly or monthly. The calf would have become excessively huge and Milo would have not that huge to lift the bull. Don’t overdo anything because it may injure you and next day you will not go for training because now you are afraid of injuries. There is no shortcut to anything, so do

everything slowly and without skipping anything. On every NewYear or on very emotional day we take resolutions to do things or to continuegym regularly.

But we continue it for not more than a month and we fail. A more importantand valuable step is to begin with very small activity that is so natural youcannot say no to it. He should be so simple and easy that you don't feel likemissing it. Slowly increase your training and increase your strength.

Do the thingsthat are easy to maintain and take a proper diet with it. It's notpossible to gain muscles in week, it requires proper training, dedication andmotivation for keep going.