

## RECORDS NACIONALES - WABDL - PUSH PULL EQUIPADO

Hombres - Open					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench	150	Rodriguez Pablo	Bio Gym	2019
	Deadlift	215	Rodriguez Pablo	Bio Gym	2019
	Total	360	Rodriguez Pablo	Bio Gym	2019
75	Bench	150	Virrueta Carlos	Fenix Gym	2019
	Deadlift	240	Sanchez Nicolas	Sanchez team	2024
	Total	360	Virrueta Carlos	Fenix Gym	2019
82.5	Bench	110	Sanchez Gabriel	Sanchez team	2024
	Deadlift	225	Sanchez Gabriel	Sanchez team	2024
	Total	335	Sanchez Gabriel	Sanchez team	2024
90	Bench	180	Izumigawa Fabian	Fenix Gym	2018
	Deadlift	290	Izumigawa Fabian	Fenix Gym	2018
	Total	470	Izumigawa Fabian	Fenix Gym	2018
100	Bench	260	Sanchez Daniel	Sanchez team	2024
	Deadlift	290	Sanchez Daniel	Sanchez team	2024
	Total	550	Sanchez Daniel	Sanchez team	2024
110	Bench	260	Giles Victor	Fenix Gym	2018
	Deadlift	300	Giles Victor	Fenix Gym	2018
	Total	560	Giles Victor	Fenix Gym	2018
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Open					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	130	Rabassa Lucila	Fenix Gym	2019
	Deadlift	185	Rabassa Lucila	Fenix Gym	2019
	Total	310	Rabassa Lucila	Fenix Gym	2019
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 12-13					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 12-13					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 14-15					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 14-15					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 16-17					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench	115	Sanchez Nicolas	Sanchez Team	2024
	Deadlift	245	Sanchez Nicolas	Sanchez Team	2024
	Total	255	Sanchez Nicolas	Sanchez Team	2024
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 16-17					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench	115	Marinelli Jano	Bersekers	2024
	Deadlift	205	Marinelli Jano	Bersekers	2024
	Total	320	Marinelli Jano	Bersekers	2024
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Junior 20-25					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench	150	Virrueta Carlos	Fenix Gym	2019
	Deadlift	210	Virrueta Carlos	Fenix Gym	2019
	Total	360	Virrueta Carlos	Fenix Gym	2019
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Junior 20-25					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench	110	Pereyra Roberto	Power Gym	2019
	Deadlift	150	Pereyra Roberto	Power Gym	2019
	Total	260	Pereyra Roberto	Power Gym	2019
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	180	Izumigawa Fabian	Fenix Gym	2018
	Deadlift	290	Izumigawa Fabian	Fenix Gym	2018
	Total	470	Izumigawa Fabian	Fenix Gym	2018
100	Bench				
	Deadlift				
	Total				
110	Bench	260	Giles Victor	Fenix Gym	2018
	Deadlift	300	Giles Victor	Fenix Gym	2018
	Total	560	Giles Victor	Fenix Gym	2018
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	145	Lamperti Alejandro	Personal Gym B.B	2018
	Deadlift	250	Lamperti Alejandro	Personal Gym B.B	2025
	Total	385	Lamperti Alejandro	Personal Gym B.B	2025
100	Bench	230	Elgart Eduardo	Gladiador	2017
	Deadlift	280	Elgart Eduardo	Gladiador	2017
	Total	505	Elgart Eduardo	Gladiador	2017
110	Bench	250	Elgart Eduardo	Gladiador	2019
	Deadlift	292.5	Elgart Eduardo	Gladiador	2019
	Total	542.5	Elgart Eduardo	Gladiador	2019
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	162.5	Franco Jorge	Polyfemus	2021
	Deadlift	242.5	Lamperti Alejandro	Personal Gym	2023
	Total	392.5	Franco Jorge	Polyfemus	2021
100	Bench	260	Sanchez Daniel	Sanchez team	2024
	Deadlift	290	Sanchez Daniel	Sanchez team	2024
	Total	550	Sanchez Daniel	Sanchez team	2024
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench				
	Press				
	Total				
56	Bench				
	Press				
	Total				
60	Bench				
	Press				
	Total				
67.5	Bench				
	Press				
	Total				
75	Bench				
	Press				
	Total				
82.5	Bench				
	Press				
	Total				
90	Bench				
	Press				
	Total				
100	Bench				
	Press				
	Total				
100+	Bench				
	Press				
	Total				

Hombres - Master 54-60					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	107.5	Piccolo Nicolas	Fenix Gym	2019
	Deadlift	180	Piccolo Nicolas	Fenix Gym	2019
	Total	287.5	Piccolo Nicolas	Fenix Gym	2019
90	Bench	155	Franco Jorge	Polyfemus	2023
	Deadlift	213	Franco Jorge	Polyfemus	2023
	Total	368	Franco Jorge	Polyfemus	2023
100	Bench	165	Franco Jorge	Polyfemus	2025
	Deadlift	220	Franco Jorge	Polyfemus	2025
	Total	385	Franco Jorge	Polyfemus	2025
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 54-60					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench				
	Press				
	Total				
56	Bench				
	Press				
	Total				
60	Bench				
	Press				
	Total				
67.5	Bench				
	Press				
	Total				
75	Bench				
	Press				
	Total				
82.5	Bench				
	Press				
	Total				
90	Bench				
	Press				
	Total				
100	Bench				
	Press				
	Total				
100+	Bench				
	Press				
	Total				

Hombres - Master 61-67					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench	167.5	Gayoso Sergio	Sanchez Team	2024
	Deadlift	195	Gayoso Sergio	Sanchez Team	2024
	Total	342.5	Gayoso Sergio	Sanchez Team	2024
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 61-67					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 68-74					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench	115	Bedacarratz Hernan	Lanus Powerlifting	2023
	Deadlift	150	Bedacarratz Hernan	Lanus Powerlifting	2023
	Total	265	Bedacarratz Hernan	Lanus Powerlifting	2023
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 68-74					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 75-79					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	60	Comelli Luis	Argentina	2019
	Deadlift	150	Comelli Luis	Argentina	2019
	Total	210	Comelli Luis	Argentina	2019
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 75-79					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 80-84					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 80-84					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 85-89					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 85-89					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				