

My Stats:

5'8" Wt. 185# presently

Job: Personal Trainer

Contact: joandbryce@comcast.net

Raw Powerlifting in 198# class (all AAU 2000)

501# Squat

325# Bench

578# Deadlift

Miscellaneous lifts:

One arm clean and press with standard bar = 155#

Clean and press with 15.5 gal keg, full of water (~165#)

Thick Bar (2") power clean and strict press with 195#

Bridge press with 350#

One arm deadlift with standard bar 365#

Thick bar deadlift over and under grip with 550#

Thick bar overhand deadlift with 300#

"Rock Bottom" Rack Squat with 405#

Unassisted Bridge press then transfer and leg press with 330#

11 reps in the unsupported handstand pushup

600r T-squats in 15 min.

520 T-Squat with 25# necklace/15m

2204 T-Squats in 1hour

300r Dragan lifts 35#Dbs/15m 1set

100r/45# Dragan lifts straight set

2 reps "Ultra SuperMax Pushup"

Inman walk 200# for 1 mile, 315# for 1/2 mile

50 one leg squats free leg forward

200 reps total in 20 minutes of dips and towell chinups supersetted

Full frontbend split and side split.

Full frontbend +split to floor, 2 hand getup and jerk with 135#