

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

August 17, 2026

Female Raw All

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Harlym Betts	USA			138	
Bella-Grace Meadows	USA		83		
<u>48kg/105.8lb</u>					
Pam Fisher	USA	143		242	465
Stephanie Washington	USA		110		
<u>52kg/114.5lb</u>					
Missy Taylor	USA	259	182		694
Amber Malchow	USA			303	
<u>56kg/123.5lb</u>					
Becca Dison	USA			320	
Xiomara Prado	USA	314		320	772
Isabella Sarks	USA			320	
Missy Taylor	USA		176		
<u>60kg/132.2lb</u>					
Hannah Wilkinson	USA	375	204	369	948
Barbara Morales	USA			369	
<u>67.5kg/148.8lb</u>					
Alexandrea McClain	USA			402	
Emily Lilly	USA	359	231		955
<u>75kg/165.3lb</u>					
Emily Lilly	USA	380	242		1003
Kendra Danzer	USA			424	
<u>82.5kg/181.8lb</u>					
Lay Kaahu	USA			435	
Emily Lilly	USA	402	237		1025
<u>90kg/198.4lb</u>					
Isabella Heffner	USA	364		424	
Rebecca Caudill	USA				953
Linsey Eudy	USA		248		
<u>100kg/220.4lb</u>					
Alexandria Jefferson	USA		215		887
Amy Portillo	USA	347		369	
<u>110kg/242.5lb</u>					
Maddy Webster	USA			457	1102
Nevaeh McIntosh	USA		248		

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Amy Portillo	USA	430			
<u>125kg/275.5lb</u>	Nation	SQT	BP	DL	TOTAL
Maddy Webster	USA	402	248	430	1080

<u>140kg/308.6lb</u>					
Jaime Cain	USA	303		364	816
Alex Wilson-McKenzie	USA		248		

Female Raw - Juniors (20-23) Division

<u>52kg/114.5lb</u>					
Elena Lopez	USA	250		240	575
Racquel Wilson	USA		94		

<u>56kg/123.5lb</u>					
Isabella Sarkis	USA	281	132	320	705
Emily Gaiser	USA		132		

<u>60kg/132.2lb</u>					
Emily Gaiser	USA		143	325	727
Alexis Rutledge	USA	275			

<u>67.5kg/148.8lb</u>					
Hanna Young	USA	331		364	865
Sarah Oesch Davies	USA		215		

<u>75kg/165.3lb</u>					
Candace Locklear	USA	336		402	876
Abby Rice	USA		204		

<u>82.5kg/181.8lb</u>					
Brianna Ormezzano	USA	275		314	755
Sarah Oesch	USA		193		

<u>90kg/198.4lb</u>					
Isabella Heffner	USA	358		391	920
Sarah Oesch	USA		190		

100kg/220.4lb
None

<u>110kg/242.5lb</u>					
Maddy Webster	USA	402		441	1064

<u>110+kg/242.6+lb</u>					
Shauntre Lilley	USA	331	193		843
Lashonda Zander	USA			325	

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Female Raw Classic All

<u>44kg/97 lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Kambree Williamson	USA			132	
Bella-Grace Meadows	USA		77		
<u>48kg/105.75lb</u>					
Stephanie Washington	USA	193	110	226	529
<u>52kg/114.5lb</u>					
Missy Taylor	USA	264	182	292	738
<u>56kg/123.5lb</u>					
Amber Gabriel	USA	282			711
Tiffany Stone	USA			309	
Missy Taylor	USA		176		
<u>60kg/132.25lb</u>					
Melissa Hunt	USA	364		352	837
Bela Ghosh	INDIA		180		
<u>67.5kg/148.75lb</u>					
Taylor Jackson	USA	369			887
Sarah Oesch	USA			380	887
Emily Lilly	USA		231		
<u>75kg/165.25lb</u>					
Bridget McDermott	USA	347			832
Emily Lilly	USA		242		
Kari Rankin	USA			353	
<u>82.5kg/181.75lb</u>					
Kelley Lee	USA			419	
Kristie Johnston	USA	402		419	1047
Ciearra Jackson-Griffen	USA		231		
<u>90kg/198.25lb</u>					
Sarah Oesch	USA			390	880
Emily Merritt	USA	441			
Linsey Eudy	USA		242		
<u>100kg/220.25lb</u>					
Anika Harper	USA	424			909
Nevaeh McIntosh	USA		204		
Carla Akers	USA		204		
Crystal Prather	USA			380	

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110kg/242.5lb

Nevaeh McIntosh	USA		248		1003
Katy Silvers	USA	408			
Ylander Ross	USA			400	

125kg/275.5lb

Linsay Finch	USA	408		364	948
Maddy	USA		248		

140kg/308.5lb

Alex Wilson-McKenzie	USA	485	248	452	1185
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Female Raw Classic - Juniors (20-23) Division

52kg/114.5lb **Nation** **SQT** **BP (Raw)** **DL** **TOTAL**

Racquel Wilson	USA		94		
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56kg/123.5lb

Emily Gaiser	USA		132		
Isabella Sarks	USA		132		

60kg/132.25lb

Emily Gaiser	USA		143		
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67.5kg/148.75lb

Sarah Oesch Davies	USA	298	215	380	887
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75kg/165.25lb

Emily Tighe	USA			342	
Olivia Ryan	USA	308			827
Abby Rice	USA		204		

82.5kg/181.75lb

Hannah Ramsey	USA	226		204	568
Sarah Oesch	USA		193		

90kg/198.25lb

Sarah Oesch	USA	300	190	390	880
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100kg/220.4lb

None

110kg/242.5lb

Maddy Webster	USA		220		
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125kg/275.5lb

None

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August 17, 2026

Female Single-ply - Juniors (20-23) Division

<u>52kg/114.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
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None

56kg/123.5lb

None

60kg/132.25lb

Sydney Farris	USA	297	187	314	799
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67.5kg/148.75lb

Sierra Southerlin	USA		286		
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Female Single-Ply (SP), Multiply (MP), Unlimited (UNL)

<u>52kg/114.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
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Lindsay Seamans (SP)	USA	319	138	319	777
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56kg/123.5lb

Josefina Bueno (MP)	USA	248		297	672
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Jojo Brasseaux (MP)	USA		160		
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Dawn Bogart (SP)	USA	265	175	295	735
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60kg/132.25lb

Priscilla Pardue (SP)	USA	331			
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Dawn Bogart (SP)	USA		226	402	959
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JoJo Brasseaux (MP)	USA		193		
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67.5kg/148.75lb

Melissa Smith (MP)	USA	518	275		1146
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Madeleine Giess (MP)	USA			425	
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Priscilla Pardue (SP)	USA	308		281	755
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Sierra Southerlin (SP)	USA		286		
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75kg/165.25lb

Candice Maness (SP)	USA	358	270	281	909
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82.5kg/181.75lb

Christina Lauffer (SP)	USA		253	309	
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Adalyn Schroeder (SP)	USA	259			634
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90kg/198.25lb

Anika Harper (SP)	USA		237	336	
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Kendra Archer (MP)	USA			413	
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100kg/220.25lb

Haley Shields (SP)	USA	254			783
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Anika Harper (SP)	USA		270	402	
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Anika Harper (MP)	USA	342
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110kg/242.5lb

Nevaeh McIntosh (SP)	USA	270
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125kg/275.5lb

Ann McManus (SP)	USA	231
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Katy Silvers (MP)	USA	358
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140kg/308.6lb

Ann McManus (SP)	USA	402
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Female Single-Ply & Multi-Ply – Juniors (20-23) Division

<u>56kg/123.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
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Josefina Bueno (MP)	USA	248	127	297	672
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67.5kg/148.75lb

Madeleine Giess (MP)	USA	405	245	425	1075
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Sierra Southerlin (SP)	USA		286		
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Female Submasters (35-39) - Raw

56kg/123.5lb

Sally Lloyd	USA	176	99	248	524
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60kg/132.25lb

Jennifer Watson	USA	220	121	270	606
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67.5kg/148.75lb

Shawnee Owens	USA	275	176		727
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Ladetra Cole	USA			336	
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75kg/165.25lb

Emily Drew Mash	USA	308			816
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Reyhan Roybal	USA		237		
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LaDetra Cole	USA			380	
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82.5kg/181.75lb

Charlee Marshall	USA	314			
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Lay Kaahu	USA		182	419	904
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90kg/198.25lb

Charlee Marshall	USA	342		347	870
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Linsey Eudy	USA		248		
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100kg/220.25lb

Crystal Prather	USA	303	160	364	805
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110kg/242.5lb

None

110.1+kg/242.6+lb

Allison Busby	USA		215	375	893
Kimberly Soracco	USA	386			

Female Submasters (35-39) - Raw Classic

<u>52kg/114.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Tiffany Bellamy	USA	204	99	248	551

56kg/123.5lb

Sally Lloyd	USA		99		
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67.5kg/148.75lb

Chelsea Bolton	USA	264		270	661
Shawnee Owens	USA		176		

75kg/165.25lb

Reyhan Roybal	USA	358	237	408	1003
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82.5kg/181.75lb

Kelley Spohrer	USA	369		419	942
Lay Kaahu	USA		182		

90kg/198.25lb

Linsey Eudy	USA		248		
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100kg/220.25lb

Crystal Prather	USA	320	160	375	850
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125kg/275.5lb

Katy Silvers	USA	341		370	882
Allison Busby	USA		215		

125.1+kg/275.6+lb

Kimberly Soracco	USA	386		320	843
Beth Mockbee	USA		154		

Female Masters

M1-40-44, M2-45-49, M3-50-54, M4-55-59, M5-60-64, M6-65-69, M7-70-74, M8-75-79

<u>48kg/105.8lb</u>		Nation	SQT	BP	DL	TOTAL
M6	Pam Fisher (R)	USA	143	83	242	468

52kg/114.5lb

M1	Andria Allmond (R)	USA	154	94	220	468
M2	Missy Taylor (R)	USA	259	182	275	694
M2	Missy Taylor (RC)	USA	264	182	292	738

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M4	Sue Ann Hurlbert (R)	USA	105	83	176	364
M5	Sue Ann Hurlbert (R)	USA	149	110	227	472
M6	Sue Ann Hurlbert (R)	USA	144	115		479
M6	Pam Fisher (R)	USA			242	
M7	Linda Costello (R)	USA	154	83	220	457

Div. 56kg/123.5lb

M1	Dawn Bogart (SP)	USA	265	175	295	735
M1	Tiffany Stone (RC)	USA	253	127	309	689
M2	Kathy Wilson (RC)	USA	160	88	187	435
M2	Missy Taylor (R)	USA	265	176	314	722
M3	Lisa Baker (R)	USA	182		237	512
M3	Bridget Edwards (R)	USA		110		
M4	Dawn Williams (R)	USA	176	116	226	518
M5	Jojo Brasseaux (MP)	USA		160		

60kg/132.25lb

		Nation	SQT	BP	DL	TOTAL
M1	Meredith McPherson (R)	USA	160	110	209	479
M3	Priscilla Pardue (RC)	USA	308	143	259	711
M3	Priscilla Pardue (SP)	USA	331	165	265	761
M2	Bela Ghosh (R)	INDIA		180	315	495
M2	Angie Terry (RC)	USA	105			
M4	JoJo Brasseaux (MP)	USA		132		
M5	Nina Snipes (R)	USA		72		
M8	Cindy Davis (R)	USA		72	160	

67.5kg/148.75lb

M1	Emily Lilly (R)	USA	359	231	369	955
M1	Alexandra Gray (RC)	USA	287		309	755
M2	Emily Lilly (R)	USA	336	220	353	909
M2	Melissa Smith (MP)	USA	518	275	358	1146
M3	Priscilla Pardue (RC)	USA	265	132		645
M3	Priscilla Pardue (SP)	USA	308	154	264	727
M3	Yvette Bushard (R)	USA	270	160	281	711
M4	Yvette Bushard (R)	USA	253	143	292	689
M4	Priscilla Pardue (SP)	USA	303	176	281	755
M5	Sharon Earnhardt (R)	USA	71		187	325
M5	Kathleen Munsey (RC)	USA		105	231	336
M6	Deborah Cohen (RC)	USA	209	132	286	628

75kg/165.25lb

M1	Emily Lilly (R)	USA	380	242	369	1003
M2	Emily Lilly (R)	USA	347	209	347	904
M3	Kelly Padget (R)	USA	259		325	716
M3	Tammy Crowley-DeLoatch(R)	USA		187		

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M3	Candice Maness (SP)	USA	243	182	254	678
M4	Candice Maness (SP)	USA	358	270	281	909
M4	Dawn O'Donnell (R)	USA	226	132	314	672
M5	Cindy Meeker (SP)	USA		209	284	
M5	Crystal Rhoades (SP)	USA	127			369
M5	Crystal Rhoades (R)	USA	132			391
M5	Pam Haverland (R)	USA		94		
M5	Cindy Meeker (R)	USA			284	

	82.5kg/181.75lb	Nation	SQT	BP	DL	TOTAL
M1	Brandy Gullledge (R)	USA	303	187	336	827
M1	Christina Lauffer (SP)	USA		253	309	
M2	Emily Lilly (R)	USA	402	237	386	1025
M2	Heather Streible (RC)	USA	237	176	320	722
M3	Sujata Bhakat (R)	INDIA			292	700
M3	Zanthia Hastings (R)	USA	275			
M3	Gloria Knight-McNeil (R)	USA		187		
M4	Cindy Meeker (RC)	USA	281		319	727
M4	Cherie Goldsmith (R)	USA		182		
M4	Dawn O'Donnell (R)	USA	231		331	694
M5	Gloria Knight-McNeil (R)	USA		198		
M5	Cindy Meeker (SP)	USA		215		
M5	Laura Berthe-Rectenwal	USA	105		187	413
M6	Gloria Knight-McNeil (R)	USA		187	270	457

	90kg/198.25lb					
M1	Anika Harper (SP)	USA		237	336	
M1	Kendra Archer (MP)	USA			413	
M1	Rebecca Caudill (R)	USA	358		413	953
M1	Mona Espinosa (R)	USA		204		
M1	Heather Streible (RC)	USA	292		292	738
M2	Joheliah Wilson (R)	USA	259		314	750
M2	Mandy Self-Sparrow (R)	USA	259			
M2	Heather Streible (RC)	USA	292	187	353	766
M3	Rosie Rosemond (R)	USA	253		303	
M3	Suzanne Wolfs (R)	Netherlands		121		
M4	Cathy Cranford (R)	USA	190		248	500
M4	Shelly Moore (R)	USA		99		

	100kg/220.25lb					
M1	Anika Harper (SP)	USA		270	402	
M1	Anika Harper (RC)	USA	424		342	909
M1	Christy Owens (R)	USA		149		
M2	Carla Akers (R)	USA	330	204	330	865
M2	Heather Streible (RC)	USA	275		355	815

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M2	Anika Harper (MP)	USA	342	
M4	Janet Martin (R)	USA	135	335
M5	Janet Martin (R)	USA		303

110kg/242.5lb

M1	Katy Silvers (RC)	USA	408	391	987
M1	Shannon Magee (R)	USA		204	
M1	Kimberly Dorton (R)	USA	325	402	882
M3	Ylander Ross (RC)	USA		215	400
M3	Janet Martin (R)	USA		154	353
M4	Janet Martin (R)	USA		143	325

	<u>110.1+kg/242.6+lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
M1	Katy Silvers (RC)	USA	380			920
M1	Jessica Rosney (R)	USA	187			573
M1	Hollie Sands (R)	USA		242	441	
M1	Katy Silvers (MP)	USA		358		
M1	Ann McManus (SP)	USA		402		
M2	Janet Martin (R)	USA		132	265	
M3	Janet Martin (R)	USA		171	370	
M6	Vickie Carter (R)	USA			165	

Female Youth, Teenage & Kids Club

T1-13-15, T2-16-17, T3-18-19

	<u>44kg/97.0lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
KC	Kambree Williamson (R)	USA			132	
Y	Harlym Betts (R)	USA		61	138	
T1	Bella-Grace Meadows (R)	USA		83		
T1	Alessandra Reis (R)	USA	132		204	408

48kg/105.75lb

T1	Adalee Moss (R)	USA	138	77	193	408
Y	Carmen Trivette (R)	USA	121	83	143	347

52kg/114.5lb

T3	McKenna Wright (R)	USA	165	83	237	485
T2	Leighann Allen (R)	USA		88	215	
T2	McKenna Wright (R)	USA	121			391
T2	Lorelei Swinford (SP)	USA	209	88	226	523
T1	Makayla Van Meter (R)	USA		105	220	
T1	Carmen Trivette (R)	USA	154		231	468
Y	Rylee King (R)	USA	105	77	154	336

Div. 56kg/123.5lb

T1	Chey Richardson (R)	USA		127	215	
T2	Angelina Peterson (R)	USA	138	88		397

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T2	Scarlett Shuping (R)	USA			193	
T3	Becca Dison (R)	USA	276	160	320	755

60kg/132.25lb

T3	Claire Rosser (R)	USA	242	138	303	683
T2	Makayla Van Meter (R)	USA	200	132	264	579
T1	Beverly Lemay (RC)	USA	237	94	220	551
T1	Macy Lantz (R)	USA	143		193	391
Y	Rylee King (R)	USA	127	83	187	397
KC	Scarlett Samaha (R)	USA			100	

67.5kg/148.75lb

T3	Hanna Young (R)	USA	314	165	303	816
T3	Olivia Ryan (RC)	USA	275	165	325	766
T2	Lilly Reese (R)	USA		171	308	716
T2	Jocelyn Lilly (R)	USA	270			
T1	Haleigh Batchelor (RC)	USA		143		651
T1	Beverly Lemay (RC)	USA	265		265	
T1	Macy Lantz (R)	USA	231			573
T1	Mazie Eudy (R)	USA			259	

75kg/165.25lb

T3	Katarina Giancroce (R)	USA	270	126	292	689
T3	Sarah Oesch (RC)	USA	275	176	334	772
T2	Sarah Oesch (RC)	USA	253	151	333	737
T2	Alesia Sylverian (R)	USA			331	
T2	Cadence Caudill (R)	USA	275			667
T2	Adalyn Schroeder (SP)	USA	154	77	193	424
T1	Tyler Glover (R)	USA	237	132		683
T1	Olivia Dubrow (R)	USA			320	
Y	Ryleigh Kennedy (R)	USA		110	176	

82.5kg/181.75lb

T3	Shelby Sprinkle (R)	USA	281		402	827
T3	Sarah Oesch (RC)	USA	287	182	353	822
T2	Sarah Oesch (RC)	USA	237		326	712
T2	Sarah Sells (R)	USA	198		226	529
T2	Cecilia Luzarraga (R)	USA		171		
T2	Adelyn Schroeder (SP)	USA	259	127	248	634
T1	Cecilia Luzarraga (R)	USA	309	154	336	799
Y	Neveah McIntosh (R)	USA	138	94	200	432

Cat.	<u>90kg/198.25lb</u>	Nation	SQT	BP	DL	TOTAL
T3	Allison Sanders (R)	USA	253	209	375	838
T2	Alexandria Jefferson (R)	USA	331	215	353	887
T1	Karson Tolle (R)	USA	242		308	671

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Y	Neveah McIntosh	USA	292	116	231	639
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100kg/220.4lb

Y	Neveah McIntosh (RC)	USA	325	204	275	805
T1	Karson Tolle (R)	USA	237	105	275	617

110kg/242.5lb

T1	Abrie Meadows (R)	USA	325		309	771
T1	Nevaeh McIntosh (RC)	USA	391	248	364	1003
T1	Nevaeh McIntosh (SP)	USA		270		
T3	Mekenzie Grover (R)	USA	270		237	

110+kg/242.6+lb

T1	Nevaeh McIntosh (RC)	USA	375	237		904
T1	Alex Jefferson (RC)	USA			303	
T3	Meredith Arnold (RC)	USA	242	149	309	700

Female M/P/F

48kg/105.75lb

RC	Stephanie Washington	USA	193	110	226	529
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Cat. 52kg/114.6lb

None

Cat. 56kg/123.5lb

RC	Amanda Isley	USA	242			675
R	Tiffany Faulkner	USA		155	305	
R	Evette Rennie	USA	105			331
MP	Jojo Brasseaux	USA		160		

Cat. 60kg/132.25lb

R	Bela Ghosh	INDIA		180	315	495
MP	JoJo Brasseaux	USA		132		

Cat. 67.5kg/148.75lb

R	Emily Lilly	USA	336	220	353	909
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Cat. 75kg/165.25lb

R	Emily Lilly	USA	347	209		904
R	LaDetra Cole	USA			380	

Cat. 82.5kg/181.75lb

R	Emily Lilly	USA	402	237		1025
R	Gabrielle Robbins	USA			397	
RC	Emily Merritt	USA	386		391	937

Cat. 90kg/198.4lb

None

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

August 17, 2026

Cat. 100kg/220.4lb

SP	Anika Harper	USA	264	402
MP	Anika Harper	USA	342	

Cat. 100.1+kg/220.5+lb

RC	Tarra Farnham	USA	308	138	336	782
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Paralifter

44kg/97 lb		Nation	SQT	BP	DL	TOTAL
R	Bella-Grace Meadows	USA		83		

Female Standing Curl

World Records Curls in Yellow

Lifter	Division	Age	BW	Wgt Cl	Best Curl
Elena Sannicandro	Teen-1	14	118.6	123	37.5
Miranda	Open	29	122	123	60
Nina Snipes	Masters-5	62	122.6	123	37.5
Nina Snipes	Open	62	122.6	123	37.5
Elena Sannicandro	Teen-1	15	124.4	132	52.5
Antia Sannicandro	Teen-2	17	126.2	132	37.5
Nina Snipes	Masters-5	61	125	132	32.5
JoJo Brasseaux	Masters-4	59	127.2	132	60
JoJo Brasseaux	M/P/F	59	129.6	132	60
JoJo Brasseaux	Open	59	129.6	132	60
Shannon Mitchell	Open	28	132	132	45
Sophia Drury	Teen-3	18	128	132	40
Julie Johnson	Open	n/a	142	148	80
Angelina Bennett	Open	31	147.4	148	100
MacKenzie Rideout	Open	31	147.3	148	65
Shannon Mitchell	Open	29	137.8	148	50
Isabella Tully	Open	25	136.1	148	40
Aiysha Hayes	Masters-2	46	137	148	50
Lily Springfield	Teen-3	19	141.3	148	25
Haleigh Batchelor	Teen-1	13	147.6	148	71.5
Mazie Eudy	Teen-1	15	143.1	148	60
Katy Gaglione	Masters-1	41	150.8	165	95
Maureen Clary	Masters-5	62	156.9	165	88
Ashley Stacharowski	Open	32	162.5	165	77
Nilda Bushee	Open	29	160.3	165	60
Crystal Rhoades	Masters-5	60	162.8	165	40
Maureen Clary	Masters-6	68	158.5	165	65
Gabriella Drury	Teen-3	19	175	181	55
Sarah Oesch	Juniors	21	180.3	181	80
Heather Streible	Masters-2	45	173.8	181	91.5

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Ciearra Jackson	Open	32	179.8	181	75
Pamela Buskirk	Submasters	39	178.1	181	66
Brittany Abner	Submasters	37	173.7	181	75
Nelda Newton	Masters-4	59	170.2	181	60
Gloria Knight-McNeil	Masters-5	63	179.5	181	95
Gloria Knight-McNeil	Masters-6	65	180.6	181	85
Gloria Knight-McNeil	Open	65	180.6	181	85
Linsey Eudy	Submasters	39	182.8	198	80
Brittany Abner	Submasters	37	189.4	198	70
Mandy Self-Sparrow	Masters-2	48	194.7	198	60
Shelly Moore	Masters-4	58	191.8	198	65
Mona Espinosa	Masters-1	40	187.2	198	85
Janet Martin	Masters-3	54	215.8	220	85
Janet Martin	Masters-4	55	215.2	220	80
Olina Ortega	Open	28	225.8	242	70
Janet Martin	Masters-3	53	250.9	275	104.5
Katy Silvers	Masters-1	44	246.6	275	45
Alex Wilson-McKenzie	Open	29	294.8	308	115.7

Power Lift Challenge (Rep Contest)

75kg/165.3lb

M6 Maureen Clary

Lift	Nation	Wgt	Reps
Bench	USA	80	28
Deadlift	USA	140	10
Strict Curl	USA	35	30
Cheat Curl	USA	65	20