

These records are now WNPF HISTORICAL RECORDS,

This means they cannot be set or broken anymore. The

WNPF is starting a new chapter, divisions, records and rules

In 2016. Be a part of the new WNPF and set a record! Check

out the new WNPF records page in 2016. New WNPF Historical

Record certificates are available for all lifters with records.

Kentucky State records

Powerlifting	SQ	BP	DL	TOTAL	
275					
Lifetime (single ply)					
MIKE WATKINS	625	420	510	1555	
BENCH ONLY			POWERCURL		
220			220		
SUBS RAW			OPEN		
BOND	320		BOND	155	
BENCH FOR REPS					
SUBS	9-BOND				