

220	JR-R	SMITH-225	SMITH-170	SMITH-305	SMITH-700				
	NV-R	SMITH-255	SMITH-195	SMITH-300	SMITH-750				
	45-49 R	SMITH- 420	SMITH- 300	SMITH- 380	SMITH- 1100				
	50-54 RC	SMITH-450	SMITH-300	SMITH-400	SMITH- 1135				
	BENCH ONLY			DEADLIFT ONLY					
132	17-19	MCDONALD- 280		220	17-19 R	SINGLE- 475			
	R								
				275	45-49 R	COOPER- 730			
148	17-19R	MCDONALD- 300			50-54 R	COOPER- 700			
220	14-15 R	NITZ-160							
242	50-54R	ROAN-345							
275	40-44 R	ALLISON-350							
308	45-49R	ORR- 430							
	SQUAT ONLY			POWERCURL					
275	O-R	HADDAWAY- 485		165	60-69	EDWARDS- 130			
				181	O	ROLLINS- 170			
					50-59	ROLLINS- 170			
					60-69	ROLLINS- 160			
				220	14-15	NITZ-100			
				242	60-69	BOSLEY- 145			
				275	40-49	ALLISON- 150			

