

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

MARIA GREENAN

EVERSTRENGTH TRAINING
BODYWEIGHT: 61.3KG
WEIGHT CLASS: 63KG

SQUAT
120.0 KG

BENCH PRESS
70.0 KG

DEADLIFT
150.0 KG

TOTAL
340.0 KG

1-F-0-63-PL

Rob Burke
President

