

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

AMY NOLAN

A.B.S. POWERLIFTING
BODYWEIGHT: 62.5KG
WEIGHT CLASS: 63KG

SQUAT
107.5 KG

BENCH PRESS
67.5 KG

DEADLIFT
155.0 KG

TOTAL
330.0 KG

3-F-0-63-PL

Rob Burke
President

