

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

SARAH HAYDEN

REVOLUTION FITNESS
BODYWEIGHT: 58.8KG
WEIGHT CLASS: 63KG

SQUAT
102.5 KG

BENCH PRESS
55.0 KG

DEADLIFT
110.0 KG

TOTAL
267.5 KG

Rob Burke
President

