

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

JO PHELAN

ELEVATE FITNESS & PERFORMANCE

BODYWEIGHT: 87.7KG

WEIGHT CLASS: 84+KG

SQUAT
112.5 KG

BENCH PRESS
50.0 KG

DEADLIFT
135.0 KG

TOTAL
297.5 KG

5-F-0-84+-PL

Rob Burke
President

