

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

RONAN SHAUGHNESSY

EVERSTRENGTH TRAINING
BODYWEIGHT: 95.8KG
WEIGHT CLASS: 105KG

SQUAT
175.0 KG

BENCH PRESS
127.5 KG

DEADLIFT
240.0 KG

TOTAL
542.5 KG
7-M-0-105-PL

Rob Burke
President

