

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

CONOR O'SHEA

DUBLIN STRENGTH & CONDITIONING

BODYWEIGHT: 113.2KG

WEIGHT CLASS: 120KG

SQUAT
182.5 KG

BENCH PRESS
95.0 KG

DEADLIFT
197.5 KG

TOTAL
475.0 KG
4-M-0-120-PL

Rob Burke
President

