

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



20-21 OCTOBER 2018
HOSTED BY ABS POWERLIFTING & UCC POWERLIFTING

JESS HOLT

BODYWEIGHT: 78.6KG

WEIGHT CLASS: 84

STUDIO ONE

SQUAT
105.0 KG

BENCH PRESS
75.0 KG

DEADLIFT
105.0 KG

TOTAL
285.0 KG

Rob Burke
President

