

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

BRIAN MCINTYRE

BODYWEIGHT: 83.8KG
WEIGHT CLASS: 93
EVERSTRENGTH TRAINING

SQUAT
177.5 KG

BENCH PRESS
107.5 KG

DEADLIFT
215.0 KG

TOTAL
500.0 KG

Rob Burke
President

