

RESULTS - RECORD DAY

November 8, 2014

Clark's Gym

Columbia, Mo.

Steve Schmidt, 59, 215. Two Guinness Book records.

Pull five nails from wood with teeth - :07.44 seconds.

Pull nails from wood with teeth in one minute - 27.

Joe Garcia, 61 215½

Two-hand dumbbell clean and press - 2x65

Right hand dumbbell clean and jerk - 80

Right hand hack lift - 135

Continental snatch - 115

Continental to chest - 185

Right hand thumbless deadlift - 185

Left hand thumbless deadlift - 135

~~Two-hand barbell deadlift - 270~~

Left hand Fulton deadlift - 178

Two-barbell deadlift - 270

Full Gardner - 75

Thor's hammer - 52

Fulton Ciavattone - 230

Fulton bar Jefferson lift - 230

Reverse curl - 75

Right hand 2-inch vertical bar deadlift - 171

Left hand " " " " - 161

2-hand " " " " - 232

Right hand 1-inch vertical bar deadlift - 205

Left hand " " " " - 180

Right hand Inch bar deadlift - 87

Left hand " " " - 82

David Emslie 74 173½

Hands together bench press - 130

Thumbless right hand deadlift - 155

Thumbless left hand deadlift - 145

Right hand deadlift - 235

Left hand deadlift - 225

Two-barbell deadlift - 270

Fulton bar - Ciavattone - 230

" " - Jefferson - 230

" " - Hack - 220

Cheat curl - 60

Rectangular Fix - 60

Right hand 2 inch bar vertical deadlift - 121

Left hand " " " " - 121

Both hands " " " " - 232

Right hand 1-inch " " " 180

Left hand " " " " - 165

Both hands " " " " 280

Inch bar deadlift - Right hand - 82

" " " - left hand - 82

Individual middle finger deadlift - left hand - 100.