

RECORD DAY

CLARK'S GYM AND REMOTE

Weekend of April 13-14, 2024

At Clark's Gym.

Jeff Wenzel. Age – 49. BWT – 233.5 lbs.

Anderson squat – 605.

Rim lift – 355.

Good morning – 235.

Sit up – Roman Chair – 145.

Bench press – left arm – 125.

Spencer Wenzel. Age – 16. Bwt. – 128.

Chin-up – 45.

Anderson squat – 325.

Crucifix – 40.

Deadlift – Fulton bar -right – 95.

Deadlift – Fulton bar – left – 95.

Bill Clark. Age – 91. Bwt – 197.5

Deadlift – dumbbell - left – 90.

Deadlift – Fulton bar - left – 45.

Deadlift – Fulton bar – right – 45.

Deadlift – Inch dumbbell – left – 57.

Deadlift – Inch dumbbell – right – 57.

Dave DeForest. Age – 64. Bwt - 181.

Deadlift – Inch bar – both - 2x67 – 134.

Clean and press – dumbbell – left – 50.

Clean and Press (heels together) – dumbbells – 2x50 -100.

Clean and seated press – two dumbbells – 2 x 35 – 70.

Curl – wrist – 115.

Tony Lupo. Age 58. Bwt. – 236

Curl -wrist – 115.

Clean and press – middle fingers – 75.

Sit-up – Roman Chair – 55.

Good morning – 135.

Deadlift – index fingers – 175.

Allison Lupo. Age – 58. Bwt. – 194.

Clean and press – two dumbbells – 2x15 – 30.

Deadlift – right hand – 85.

Deadlift – left hand – 100.

Deadlift – middle fingers – 45.

Deadlift – index fingers – 45.

Officials at Clark's Gym

Bill Clark.

Dave DeForest.

Tony Lupo.

AT TODD'S GYM

Everett Todd. Age – 11. Bwt – 96.4 lbs.

Jackson press – 40.

Crucifix – 24.

Lateral raise – lying – 16.

Dumbbell press – right – 20.

Dumbbell press – left – 20.

Official – Eric Todd.

BUFFVILLE GYM – KENTUCKY

Clint Poore. Age – 50. Bwt. – 112.15 kg.

Bench press, alternate grip – 285.

Dumbbell walk – 73.

Swing, dumbbell – right – 70.

Two hand anyhow – 110.

Snatch – two dumbbells – 80

Ashley Stearns. Age – 43. Bwt. 85.25 kg.

Dumbbell walk – 123.

Bench press – feet in air – 300.

Bench press – hands together – 275.

Press – dumbbell – left – 85.

Teeth lift – 13.

Stephen Santangelo. Age – 71. Bwt. – 73.7 kg.

Piper squat – 30.

Scott lift – 30.

Lurich lift – 135.

Bear hug – 155.

Bench dip – 30.

Officials were:

Clint Poore.

Ashley Stearns.

HIGH COUNTRY VIGOR GYM – COLORADO

Kim Van Wagner. Age – 57. Bwt. – 127.3

Thor's Hammer – 25.

Clean and jerk – one arm – left – 25.

Deadlift – dumbbell left – 92.

Vertical bar – I bar, one inch – left – 96.

Vertical bar – 1 bar, one inch – right – 101.

Sanjiv Gupta. Age – 52. Bwt. – 205.9

Deanna lift – 340.

Rectangular fix – 70.

Pullover – straight-arm – 44.

Rectangular fix – Fulton bar – 55.

Good morning – 75.

Jarrood Fobes. Age – 47. Bwt. – 208.9

Pull-up – 45.

Rectangular fix – 75.

Pullover – straight arm – 67.

Rectangular fix – Fulton bar – 66.

Deadlift – no thumbs – 355.

Officials in Colorado:

Sanjiv Gupta.

Jarrood Fobes.