

USPF AMERICAN MILITARY FULL POWER

MEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat	325.0	716.5	Keith Mitchell	05/23/09
	Bench	232.6	512.7	Keith Mitchell	05/23/09
	Deadlift	317.5	700.0	Keith Mitchell	05/23/09
	TOTAL	862.5	1901.5	Keith Mitchell	05/23/09
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/308+lb	Squat Bench				

Deadlift
TOTAL