

USPF AMERICAN RAW FULL POWER**FULL POWER****PRETEEN - BOYS AGE 9-10**

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Squat Bench Deadlift TOTAL				
35kg/77.2lb	Squat Bench Deadlift TOTAL				
40kg/88.2lb	Squat Bench Deadlift TOTAL				
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
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
Bench
Deadlift
TOTAL

110+kg/242+lb
Squat
Bench
Deadlift
TOTAL

PRETEEN - BOYS AGE 11-12

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Squat Bench Deadlift TOTAL				
35kg/77.2lb	Squat Bench Deadlift TOTAL				
40kg/88.2lb	Squat Bench Deadlift				

TOTAL

44kg/97lb

Squat
Bench
Deadlift
TOTAL

48kg/105.7lb

Squat
Bench
Deadlift
TOTAL

52kg/114.5lb

Squat	25.0	55.1	Joseph Mitchell	9/16/2023
Bench	15.0	33.1	Joseph Mitchell	9/16/2023
Deadlift	45.0	99.2	Joseph Mitchell	9/16/2023
TOTAL	85.0	187.4	Joseph Mitchell	9/16/2023

56kg/123.5lb

Squat
Bench
Deadlift
TOTAL

60kg/132.2lb

Squat
Bench
Deadlift
TOTAL

67.5kg/148lb

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Bench
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TOTAL

75kg/165.2lb

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Squat
Bench
Deadlift
TOTAL

110kg/242lb
Squat
Bench
Deadlift
TOTAL

110+kg/242+lb
Squat
Bench
Deadlift
TOTAL