

American Men

Single Lift Bench

Men's Open

114lbs/52Kgs	Bench	C. Holeyfield	142.5	Kg	314.2	lbs	8/16/1992
123lbs/56Kgs	Bench	Kerwin Unten	147.5	Kg	325.2	lbs	2/22/1997
132lbs/60Kgs	Bench	Jim Lawrence	162.5	Kg	358.2	lbs	2/17/1990
148lbs/67.5Kgs	Bench	Gregg Warr	215.0	Kg	474.0	lbs	2/22/1997
165lbs/75Kgs	Bench	Gregg Warr	232.5	Kg	512.6	lbs	3/11/1995
181lbs/82.5Kgs	Bench	Bob Masello	245.0	Kg	540.1	lbs	6/28/2008
198lbs/90Kgs	Bench	James Burdette	287.5	Kg	633.8	lbs	9/13/2008
220lbs/100Kgs	Bench	Scott Rowe	305.0	Kg	672.4	lbs	4/18/2009
242lbs/110Kgs	Bench	Ryan Girard	320.0	Kg	705.5	lbs	5/24/2009
275lbs/125Kgs	Bench	Alan Best	306.0	Kg	674.6	lbs	7/5/2009
308lbs/140kgs	Bench	Jeff Peshek	337.5	Kg	744.1	lbs	8/19/2006
SHW/140+Kgs	Bench	Brian Siders	350.0	Kg	771.6	lbs	9/18/2005