

Name	Clean(KG)	(lbs)	Squat(lbs)	Pull-ups
Adonk	70	154		6
Boyle	110	242	315	2
Cordova	110	242	405	15
Debilzen	85	187	250	7
Fanta	90	198	300	10
Geary	70	154	205	9
Gibson				
Harazin	80	176	275	12
Henes	70	154	185	4
Heubner	72	160		15
Holt	90	198	345	10
Jacobson	90	198	265	6
Johnson, Kevin	94	207	275	12
Krismanits				4
Larson	110	242	305	2
Lauersdorf	70	154	205	11
McArthur	120	265	335	10
Quinn	80	176	295	9
Rude	80	176		5
Samuelson	73	161	265	11
Scray, Garrett	115	253	335	22
Scray, Gavin	120	264		20
Steinhoff	130	286	355	15
Trocke	84	185	275	15
Verthein	82.5	181.5	230	13
Walczak	100	220	395	13
Weber	105	231	315	15
Zurbruggen				

								Max C
<i>LBS/%'S</i>	97%	95%	92%	90%	87%	85%	82%	
405	392.85	384.75	372.6	364.5	352.35	344.25	332.1	
400	388	380	368	360	348	340	328	
390	378.3	370.5	358.8	351	339.3	331.5	319.8	
380	368.6	361	349.6	342	330.6	323	311.6	
370	358.9	351.5	340.4	333	321.9	314.5	303.4	
360	349.2	342	331.2	324	313.2	306	295.2	
350	339.5	332.5	322	315	304.5	297.5	287	
340	329.8	323	312.8	306	295.8	289	278.8	
330	320.1	313.5	303.6	297	287.1	280.5	270.6	
320	310.4	304	294.4	288	278.4	272	262.4	
310	300.7	294.5	285.2	279	269.7	263.5	254.2	
300	291	285	276	270	261	255	246	
290	281.3	275.5	266.8	261	252.3	246.5	237.8	
280	271.6	266	257.6	252	243.6	238	229.6	
270	261.9	256.5	248.4	243	234.9	229.5	221.4	
260	252.2	247	239.2	234	226.2	221	213.2	
250	242.5	237.5	230	225	217.5	212.5	205	
240	232.8	228	220.8	216	208.8	204	196.8	
230	223.1	218.5	211.6	207	200.1	195.5	188.6	
220	213.4	209	202.4	198	191.4	187	180.4	
210	203.7	199.5	193.2	189	182.7	178.5	172.2	
200	194	190	184	180	174	170	164	
190	184.3	180.5	174.8	171	165.3	161.5	155.8	
180	174.6	171	165.6	162	156.6	153	147.6	
170	164.9	161.5	156.4	153	147.9	144.5	139.4	
160	155.2	152	147.2	144	139.2	136	131.2	
150	145.5	142.5	138	135	130.5	127.5	123	

Conversion Chart								
80%	75%	70%	65%	60%	55%	50%	45%	40%
324	303.75	283.5	263.25	243	222.75	202.5	182.25	162
320	300	280	260	240	220	200	180	160
312	292.5	273	253.5	234	214.5	195	175.5	156
304	285	266	247	228	209	190	171	152
296	277.5	259	240.5	222	203.5	185	166.5	148
288	270	252	234	216	198	180	162	144
280	262.5	245	227.5	210	192.5	175	157.5	140
272	255	238	221	204	187	170	153	136
264	247.5	231	214.5	198	181.5	165	148.5	132
256	240	224	208	192	176	160	144	128
248	232.5	217	201.5	186	170.5	155	139.5	124
240	225	210	195	180	165	150	135	120
232	217.5	203	188.5	174	159.5	145	130.5	116
224	210	196	182	168	154	140	126	112
216	202.5	189	175.5	162	148.5	135	121.5	108
208	195	182	169	156	143	130	117	104
200	187.5	175	162.5	150	137.5	125	112.5	100
192	180	168	156	144	132	120	108	96
184	172.5	161	149.5	138	126.5	115	103.5	92
176	165	154	143	132	121	110	99	88
168	157.5	147	136.5	126	115.5	105	94.5	84
160	150	140	130	120	110	100	90	80
152	142.5	133	123.5	114	104.5	95	85.5	76
144	135	126	117	108	99	90	81	72
136	127.5	119	110.5	102	93.5	85	76.5	68
128	120	112	104	96	88	80	72	64
120	112.5	105	97.5	90	81	75	67.5	60