

Name: _____

Date: _____

Powerlifting

O A M M V Q O C U J Q J J G S I T M L O T H D V
E H B W Y J Z D H S O V F L H M K J A M D E G T
J U Q W T G D B P E O W H E T J Q T U F R A B H
Z X E B W G B M L S Q E W R F B R M Y V N V U G
R W L E V X I I K F C M E Z I R Y P G D U Y R I
E E O D Y L A M Z C D T B L L I H F E J O M I E
O I E N D U R A N C E M G I D G Q D N G I P W W
I D U Q R G O U P N W A G D A A N P D Q M Z H G
L M W K C K T Y N J A J J U E E E E U M J Q V O
N Y N H D Z U F O L T L L K D E X I A A B E R G
G N Z I K O T C S G T Y O Q F K I L P L S K W Y
U D Z G I R U O R S E L P O E P B O B N X O A T
A V K S T E C Z E O H R P S E F I D F X V I U Q
W U L R L E O N D O A T A Z K R O A F R K K N C
F P X G X R J E N A H I E Q E R Q R A Q N I R Y
Q Y G L H A Q S A U J U W E N A J E T W N V B U
R P B R U C C N L O U W B J H A J C K F V Q X T
I Y W U G B G E U O C F T K D C Q O F R M W M Z
T T A K K J H T A R H V S V P S I R G G I D T F
W E Z G T N C S P J K U G U X J N D G A X B F E
H F E Q F B B I L I F E T I M E O H B I F F M I
M A P T I V O R C U I Y S D S R G K P Y S Y U X
D S F V L W B H N S Q U A T D G A Z D Z P O T J
U E G A E R G C U B G R H B E N C H P R E S S H

Paul Anderson

Christensen

Bob Peoples

Bench Press

endurance

Lifetime

Deadlift

Weight

Safety

Career

record

Aaberg

heavy

Squat

Jane

Lift