

Lebanon Valley Record Day – May 25, 2024

Habecker's Gym- Lebanon, Pa.

The L.V. Record day was a great success, with 5 lifters, Lou Tortorelli, Steve Jury, Barry Bryan, Barry Pensyl, and Denny Habecker setting 22 records, followed by a delicious meal by Judy Habecker.

3 Official system used.

Officials- Barry Bryan, Denny Habecker, Barry Pensyl

Results:

Lou Tortorelli – 58 - 233 Lbs. - 110 Kg Class – 55-59

Curl – Strict – 105 Lbs.

Weaver Stick – Right Hand -3.5 Lbs.

Steve Jury - 58 - 242 Lbs. – 110 Kg. Class – 55-59

Anderson Press – 172 Lbs.

Bench Press- Alternate Grip – 209 Lbs.

Holdout – Lowered - 62 Lbs.

Front Squat - 227 Lbs.

Dumbbell Swing-Left Hand – 88 Lbs.

Barry Bryan – 66 - 185 Lbs. – 85 Kg. Class - 65-69

Bench Press- Alternate Grip - 209 Lbs.

Bench Press- Fulton Bar - 220 Lbs.

Bench Press- Hands Together – 165 Lbs.

Bench Press- Reverse Grip - 176 Lbs.

Clean & Press – 12” Base - 121 Lbs.

Barry Pensyl -76 - 133 Lbs. – 65 Kg. Class – 75- 79

Cheat Curl- Reverse Grip - 75 Lbs.

Crucifix - 40 Lbs.

Lateral Raise- Lying- 48 Lbs.

Weaver Stick – Right Hand – 2.5 Lbs.

Dumbbell Swing – 2-Hands – 50 Lbs.

Denny Habecker - 81 – 176 Lbs. - 80 Kg. Class – 80- 84

Bench Press – Alternate Grip – 116 Lbs.

Bench Press – Fulton Bar - 132 Lbs.

Deadlift – One Hand – Left - 154 Lbs.

Deadlift - One Hand- Right - 187 Lbs.

Weaver Stick- Right Hand - 3 Lbs.

