

Clark's Gym Record Day #3

June 8-9, 2024

DAN WAGMAN Age -ALL Bwt – 176 lbs. / 80 kg

Chin Up - 132,

Bench press - Fulton Bar - 350.

Holdout - lowered - 71.

Saxon Snatch - 100.

Official - RJ Jackson

ALLISON LUPO Age – 58 Bwt – 193 lbs / 87.7 kg.

Lateral Raise - Standing - 2x10 - 20 lbs.

Lateral Raise - Lying - 2x10 - 20 lbs.

Bent Over Row - 100.

Snatch - Two Dumbbells - 2 x 15 - 30 lbs.

Roman Chair Sit-up - 20.

TONY LUPO Age – 58 Bwt. – 234 lbs. / 106.4 kg

Anderson Press - 180.

Bear Hug - 160.

Snatch - Two Dumbbells - 2x35- 70 lbs.

Jefferson Lift Fulton bar 295.

DAVE DeFOREST Age – 64 Bwt – 176 lbs / 80 kg

Lurich Lift - 340.

Kennedy Lift - 420.

Snatch On Knees - 70.

Swing - Dumbbell Left - 61.

Swing - Dumbbell Right - 65.

SPENCER WENZEL Age 17 Bwt – 124 lbs / 56.4 kg

Maxey Press - 85.

Jackson Press 85

LOGAN WENZEL Age – 9 Bwt – 54 lbs / 24.5 kg

Deadlift - Dumbbell - Left - 45.

Deadlift - Dumbbell - Right - 45

Lateral Raise - Lying - 2x7 - 14 lbs.

Lateral Raise - Standing - 2x7 - 14 lbs.

Crucifix - 2x3 - 6 lbs.

JEFF WENZEL Age – 49 Bwt – 233 lbs. / 105.9 kg.

Maxey Press - 185.

Jackson Press - 175.

Curl Strict - 115.

Jefferson Lift - Middle Fingers - 215.

Jefferson Lift – Ring Fingers - 95.

Clark's Gym: Bill Clark, Dave DeForest, Tony Lupo