



# INDIAN POWERLIFTING RECORDS

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## MEN

| <u>100 kg CLASS</u> | <u>SQUAT</u>              | <u>BENCH PRESS</u>        | <u>DEADLIFT</u>           | <u>TOTAL</u>              |
|---------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| OPEN                | 125.0 Adam Zachary (2010) | 115.0 Adam Zachary (2010) | 170.0 Adam Zachary (2010) | 410.0 Adam Zachary (2010) |