These are the maxes from the fall when we last tested. For those of you who have been training all fall - these maxes should work. For those of you who haven't been training or who do not have maxes - be smart!! Technique always comes first - try to end every week at a heavier week than the lift before - ***come into the fall ready to test!!!***

| ***STRENGTH*** | ***POWER CLEAN*** | ***HANG CLEAN*** | ***BACK*** | ***FRONT SQUAT*** | ***BENCH*** | ***INCLINE*** |
|---|---|---|---|---|---|---|
| ***TRAIN MAX*** | | ***85% OF PC*** | ***SQUAT*** | ***75% OF BACK SQ*** | | ***85% OF BENCH*** |
| **Ahmed, Will** | 115 | 98 | 165 | 124 | 135 | 115 |
| **Auerbach, Zander** | | | | | | |
| **Auerbach, Quin** | 145 | 123 | 240 | 180 | 135 | 115 |
| **Banga** | 180 | 153 | 230 | 173 | 225 | 191 |
| **Brown, Alec** | 185 | 157 | 295 | 221 | 230 | 196 |
| **Buchanan, Eliot** | | | 315 | 236 | 190 | 162 |
| **Cohen, Frank** | 175 | 149 | 260 | 195 | 165 | 140 |
| **DiSesa, Verdi** | 195 | 166 | 305 | 229 | 190 | 162 |
| **Endresen, Reed** | | | | | | |
| **Fulham, Andrew** | 115 | 98 | 165 | 124 | 205 | 174 |
| **Hardy, Nikko** | 155 | 132 | 245 | 184 | 180 | 153 |
| **Hill, Dickie** | 140 | 119 | 265 | 199 | 135 | 115 |
| **Lavoie, Alex** | 180 | 153 | 325 | 244 | 225 | 191 |
| **Reeves, Ned** | 185 | 157 | 250 | 188 | 155 | 132 |
| **Schwartz-Vartikar, Adam** | 115 | 98 | 165 | 124 | 155 | 132 |
| **Smith, Alastair** | | | | | | |
| **Tilton, Peter** | | | | | 105 | 89 |
| **West, Colin** | 165 | 140 | 270 | 203 | 155 | 132 |
| | | | | | | |
| | ***POWER CLEAN*** | ***HANG CLEAN*** | ***BACK*** | ***FRONT SQUAT*** | ***BENCH*** | ***INCLINE*** |
| | | ***85% OF PC*** | ***SQUAT*** | ***75% OF BACK SQ*** | | ***85% OF BENCH*** |
| **Cortes, Cece** | 95 | 81 | 155 | 116 | 70 | 60 |
| **Guruge, Nirasha** | | | 70 | 53 | 60 | 51 |
| **Mashruwala, Alisha** | 70 | 60 | 85 | 64 | 60 | 51 |
| **Mumanachit, Sandra** | 85 | 72 | 105 | 79 | 75 | 64 |
| **O'Donnell, Katherine** | 105 | 89 | 150 | 113 | 80 | 68 |
| **Park, Emily** | | | | | | |
| **Snyder, Johanna** | 85 | 72 | 120 | 90 | 70 | 60 |
| **Stork, Emily** | | | 70 | 53 | 60 | 51 |
| **Tiong, June** | | | | | | |
| **Williams, Bethan** | 90 | 77 | 120 | 90 | 75 | 64 |
| **Zindman, Ally** | | | | | 95 | 81 |