

STRENGTH	POWER CLEAN	HANG CLEAN	B SQUAT	FRONT SQUAT
TRAIN MAX		85% OF POWER CLEAN		75% OF BACK SQUAT
Chijoff-Evans, Alexei	180	155	250	190
Clayton, Chris	225	195	390	295
Ermakov, Sasha	195	170	340	255
Felton, Alistair	155	135	215	165
Guzick, Will	170	145	305	230
Hayes, Michael	155	135	255	195
Hietaniemi, Liinus	150	130	215	165
Kalfayan, Michael	150	130	260	195
Libert, Michael	155	135	250	190
Mangham, Davis	170	145	280	210
McAnulty, Mac	135	115	215	165
Omodele-Lucien, Aba	165	140	280	210
Vegosen, Spencer		0		0
Wu, Tim	155	135	260	195

BENCH	INCLINE	
	85% OF BENCH	
200	170	
235	200	
225	195	
180	155	
170	145	
205	175	
225	195	
210	180	
180	155	
195	170	
170	145	
185	160	
	0	
170	145	