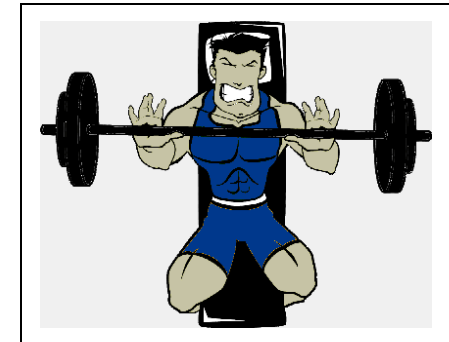


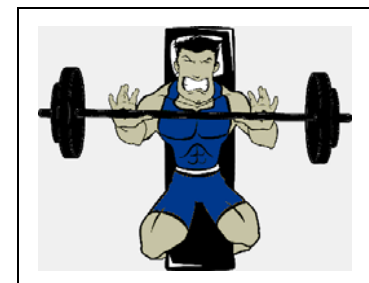


BEST



LIFTERS

BENCH PRESS		Weight ↑ Lifted	Body Weight ↑	Exercise Weight ÷ Body Weight Co-efficiency	SQUAT		Weight ↑ Lifted	Body Weight ↑	Exercise Weight ÷ Body Weight Co-efficiency
1.	Noah Kuba	105	90	1.17	1.	Noah Kuba	155	90	1.72
2.	Brendon Hicks	115	100	1.15	2.	Logan Stenger	160	100	1.60
3.	Zane Rowe	145	130	1.11	3.	Zane Rowe	205	130	1.58
4.	Ryan Gessner	175	160	1.09	4.	Brendon Hicks	155	100	1.55
5.	Clark Wagner	130	120	1.08	5.	Ryan DeHaas	155	100	1.55
6.	Ryan DeHaas	105	100	1.05	6.	Ryan Gessner	245	160	1.53
7.	Cooper Wagner	85	85	1.00	7.	Cooper Wagner	115	85	1.35
8.	Logan Stenger	95	100	.95	8.	D'varon Feliciano	85	65	1.31
9.	Luke Walter	85	100	.85	9.	Clark Wagner	155	120	1.29
10	D'varon Feliciano	55	65	.846	10.	Luke Walter	115	100	1.15



Last Updated 5/15/2010

BEST

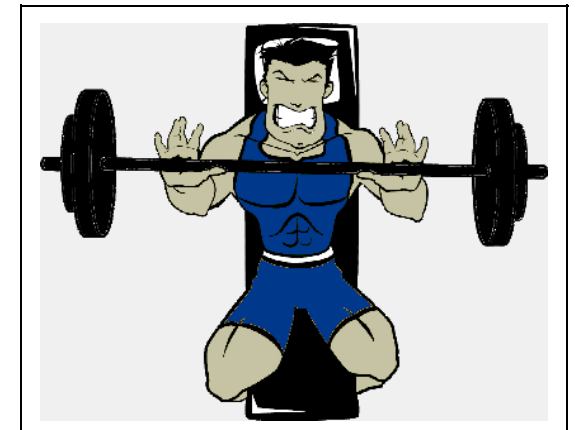
LIFTERS

POWER CLEAN				DEADLIFT					
		Weigh ↑ Lifted	Body Weigh ↑	Exercise Weight ÷ Body Weight Co-efficiency		Weigh ↑ Lifted	Body Weigh ↑	Exercise Weight ÷ Body Weight Co-efficiency	
1.	Ryan Gessner	155	160	0.97	1.	Jared Spade	245	115	2.13
2.	Noah Kuba	85	90	0.94	2.	D'varon Feliciano	135	65	2.08
3.	Zane Rowe	115	130	0.885	3.	Noah Kuba	185	90	2.06
4.	Clark Wagner	105	120	0.875	4.	Ryan Gessner	315	160	1.969
5.	Ryan DeHaas	85	100	0.85	5.	Zane Rowe	255	130	1.962
6.	Logan Stenger	80	100	0.80	6.	Clark Wagner	235	120	1.958
7.	Brendon Hicks	75	100	0.75	7.	Cooper Wagner	155	85	1.82
8.	D'varon Feliciano	45	65	0.69	8.	Logan Stenger	175	100	1.75
9.	Cooper Wagner	55	85	0.65	9.	Luke Walter	165	100	1.65
10	Jared Spade	65	115	0.57	10.	Ryan DeHaas	165	100	1.65



BEST

LIFTERS



Last Updated 5/15/2010

DIPS		# of Rep s	PULL UPS		# of Reps	TOWEL HANG	HANG TIME (min.sec)	
1.	Brendon Hicks	32	1.	Ryan Gessner	25	1.	Clark Wagner	1.18
2.	Noah Kuba	21	2.	Brendon Hicks	24	2.	Ryan Gessner	1.09
3.	Cooper Wagner	21	3.	Zane Rowe	21	3.	Ryan DeHaas	1.00
4.	Ryan Gessner	20	4.	Clark Wagner	20	4.	D'varon Feliciano	0.54
5.	Clark Wagner	15	5.	Noah Kuba	16	5.	Cooper Wagner	0.44
6.	Zane Rowe	15	6.	Cooper Wagner	16	6.	Zane Rowe	0.42
7.	Ryan DeHaas	15	7.	Logan Stenger	10	7.	Jared Spade	0.35
8.	Logan Stenger	13	8.	Jared Spade	10	8.	Noah Kuba	0.22
9.	D'varon Feliciano	11	9.	Ryan DeHaas	6	9.	Brendon Hicks	0.20
10	Jared Spade	9	10.	D'varon Feliciano	5	10	Logan Stenger	0.13