	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN											
40+											
45+		John Joy 16/Jul/90 52.3 - 10 reps USA									
50+		John Joy 3/Jul/93 45.3 - 22 reps USA									
55+											
60+											
65+			John Joy 8/Nov/08 31.5 - 70 reps USA								
70+											
75+											
80+											
85+											

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN		Steve Schmidt 8/Dec/01 453.6 - 1010 reps USA		Steve Schmidt 9/Nov/03 687.2 - 750 reps 13' 55" USA							
40+											
45+		Steve Schmidt 8/Dec/01 453.6 - 1010 reps USA		Steve Schmidt 9/Nov/03 687.2 - 750 reps 13' 55" USA							
50+											
55+											
60+											
65+											
70+											
75+											
80+											
85+											

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN	J. Power 10/Apr/05 77.5 - 10 reps Australia		Robert English 25/Jul/93 89.8 - 10 reps USA								
40+			Robert English 25/Jul/93 89.8 - 10 reps USA								
45+											
50+											
55+											
60+											
65+											
70+											
75+											
80+											
85+											

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg
13&Under										
14-15										
16-17										
18-19										
OPEN										
40+										
45+										
50+										
55+										
60+										
65+										
70+										
75+										
80+										
85+										

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN											
40+											
45+											
50+											
55+											
60+											
65+											
70+											
75+											
80+											
85+											

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg
13&Under										
14-15										
16-17										
18-19										
OPEN						Carolyn Anderson 3/Mar/01 14.0 - 15 reps USA				
40+										
45+										
50+						Carolyn Anderson 3/Mar/01 14.0 - 15 reps USA				
55+										
60+										
65+										
70+										
75+										
80+										
85+										

	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg
13&Under											
14-15											
16-17											
18-19											
OPEN	Andy Goddard 18/Nov/07 64.8 - 47 reps Britain	Steve Andrews 6/Dec/09 67.5 - 61 reps Britain		Johnny Ecleshall 18/Nov/07 77.5 - 72 reps Britain	Karl Birkinshaw 7/Nov/09 83.0 - 41 reps Britain		James Gardner 18/Nov/07 90.4 - 60 reps Britain			Bill Cookson 13/Nov/04 108.9 - 37 reps USA	Graham Alway 24/Oct/09 110.5 - 15 reps Britain
40+											
45+	Andy Goddard 18/Nov/07 64.8 - 47 reps Britain										
50+		Steve Andrews 6/Dec/09 67.5 - 61 reps Britain									
55+											
60+							D. Habecker 29/Oct/05 90.7 - 20 reps USA				
65+											
70+											
75+											
80+											
85+											

	75kg	80kg		85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg
13&Under											
14-15	Mandy Hughes 18/Nov/07 72.5 - 28 reps Britain										
16-17											
18-19											
OPEN	Mandy Hughes 18/Nov/07 72.5 - 28 reps Britain	A. Ollennunking 13/Nov/04 75.8 - 45 reps USA	A. Ollennunking 19/Nov/05 79.4 - 29 reps USA								
40+		A. Ollennunking 13/Nov/04 75.8 - 45 reps USA	A. Ollennunking 19/Nov/05 79.4 - 29 reps USA								
45+											
50+											
55+											
60+											
65+											
70+											
75+											
80+											
85+											

IAWA World Records | Repetitions - Harness Lift | 06/03/2010

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN											
40+											
45+											
50+											
55+											
60+											
65+											
70+											
75+			Howard Prechtel 3/Nov/01 324.8 - 741 reps USA								
80+											
85+											

IAWA World Records | Repetitions - Hip Lift | 06/03/2010

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN					Joe Garcia 6/Apr/03 489.9 - 100 reps USA						
40+					Joe Garcia 6/Apr/03 489.9 - 100 reps USA						
45+											
50+											
55+											
60+											
65+											
70+											
75+											
80+											
85+											

	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg
13&Under										
14-15										
16-17										
18-19										
OPEN				Chris Waterman 15/Oct/95 70.0 - 12 reps USA			Jason Mundell 7/Nov/98 85.0 - 17 reps USA	Ian Collins 15/Apr/00 90.0 - 10 reps Britain		
40+										
45+										
50+										
55+										
60+										
65+										
70+										
75+										
80+										
85+										

IAWA World Records | Repetitions - Leg Press | 06/03/2010

	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN	Ed Zercher 1 91.0 - 77 reps USA										
40+											
45+											
50+											
55+											
60+											
65+											
70+											
75+											
80+	Ed Zercher 1 91.0 - 77 reps USA										
85+											

	75kg	75kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under											
14-15											
16-17											
18-19											
OPEN											
40+											
45+											
50+											
55+											
60+											
65+											
70+											
75+	Dennis Mitchell 14/Oct/07 400 reps in 32' USA	Dennis Mitchell 11/Oct/09 525 reps in 38' USA									
80+											
85+											

	80kg	85kg	90kg	100kg	100kg	105kg	105kg	105kg	120kg	125kg	125+kg
13&Under											
14-15											
16-17											
18-19											
OPEN				Howard Prechtel 26/Nov/92 685.8 - 46 reps USA	Howard Prechtel 26/Feb/94 459.0 - 119 reps USA	Howard Prechtel 12/Nov/94 500.8 - 93 reps USA	Howard Prechtel 23/Nov/91 684.9 - 45 reps USA	Howard Prechtel 25/Mar/95 500.0 - 105 reps USA			
40+											
45+											
50+											
55+											
60+											
65+				Howard Prechtel 26/Nov/92 685.8 - 46 reps USA	Howard Prechtel 26/Feb/94 459.0 - 119 reps USA	Howard Prechtel 12/Nov/94 500.8 - 93 reps USA	Howard Prechtel 23/Nov/91 684.9 - 45 reps USA	Howard Prechtel 28/Feb/93 468.5 - 105 reps USA			
70+								Howard Prechtel 25/Mar/95 500.0 - 105 reps USA			
75+											
80+											
85+											