



NAME:

Weighing in at:

Weigh in Judge initials:

SQUAT

Rack Height:

	Desired Weight (lbs)	Success (Yes/ No)	Judges Initials
Attempt 1			
Attempt 2			
Attempt 3			

Most Weight Successfully Lifted

Judges Initials

DEADLIFT

	Desired Weight (lbs)	Success (Yes/ No)	Judges Initials
Attempt 1			
Attempt 2			
Attempt 3			

Most Weight Successfully Lifted

Judges Initials

BENCH PRESS

Rack Height:

	Desired Weight (lbs)	Success (Yes/ No)	Judges Initials
Attempt 1			
Attempt 2			
Attempt 3			

Most Weight Successfully Lifted

Judges Initials