

Kenetix Performance & Fitness			Squat Maxes								Updated: 02/01					
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	Old PR	(+/-)			
A. Bell	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	205	4.88			
A. DeVaughn	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295	295	0.00			
A. Finn	150	165	180	195	210	225	240	255	270	285	300	285	5.26			
A. Howell	177.5	195.25	213	230.75	248.5	266.25	284	301.75	319.5	337.25	355	345	2.90			
A. Jackson	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	195	5.13			
A. Meador	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	185	10.81			
A. Stack	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	125	8.00			
A. Tinnin	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	155	0.00			
A. Wharton	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285	265	7.55			
B. Doss	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	205	0.00			
B. Evans	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	155	38.71			
B. Hoxie	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	125	40.00			
B. Malone	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	185	16.22			
B. McRae	70	77	84	91	98	105	112	119	126	133	140	135	3.70			
B. Morgan	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	195	-25.64			
B. Solomon	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	175	5.71			
B. Stone	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41			
C. Barrett	0	0	0	0	0	0	0	0	0	0	0	155	-100.00			
C. Exene	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!			
C. Guy	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	105	9.52			
C. Middleton	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335	315	6.35			
D. Eskridge	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	195	0.00			
D. Fletch	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	185	0.00			
D. Gross	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41			
D. Thomas	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345	295	16.95			
E. Meyers	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	195	5.13			
E. Pugh	150	165	180	195	210	225	240	255	270	285	300	285	5.26			
G. Roberto	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	175	5.71			
J. Chandler	192.5	211.75	231	250.25	269.5	288.75	308	327.25	346.5	365.75	385	295	30.51			
J. Estell	175	192.5	210	227.5	245	262.5	280	297.5	315	332.5	350	315	11.11			
J. Griggs	207.5	228.25	249	269.75	290.5	311.25	332	352.75	373.5	394.25	415	405	2.47			
J. Hunter	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	245	32.65			
J. Rawlings	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	245	0.00			
J. Smith	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!			
K. Andrews	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	155	19.35			
K. Brooks	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!			
K. Fleming	207.5	228.25	249	269.75	290.5	311.25	332	352.75	373.5	394.25	415	385	7.79			
K. Hayes	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	195	5.13			
K. Lucs	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	315	3.17			
K. Rice	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	115	0.00			
K. Spragling	182.5	200.75	219	237.25	255.5	273.75	292	310.25	328.5	346.75	365	345	5.80			
L. Armstrong	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	115	52.17			
L. Jackson	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275	195	41.03			
L. Jones	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305	305	0.00			
L. Rawlings	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!			
M. Amerson	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	115	0.00			

M. Davis	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295	295	0.00
M. Guy	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	225	8.89
M. Melton	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	0	#DIV/0!
M. Smith	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	155	12.90
M. Walker	212.5	233.75	255	276.25	297.5	318.75	340	361.25	382.5	403.75	425	415	2.41
N. Ellis	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	205	0.00
Q. Bentley	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105	105	0.00
R. Garland	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	0	#DIV/0!
R. Traylor	197.5	217.25	237	256.75	276.5	296.25	316	335.75	355.5	375.25	395	385	2.60
R. Watkins	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	135	7.41
T. DeVaughn	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	205	9.76
T. Jones	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	165	6.06
T. Keller	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	215	0.00
V. Braggs	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	175	0.00
V. Warren	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	225	4.44
W. Reaves	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165	155	6.45

Kenetix Performance & Fitness			Bench Maxes										Updated: 02/01		
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	Old PR	(+/-)		
A. Bell	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105	95	10.53		
A. DeVaughn	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	215	0.00		
A. Finn	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	145	6.90		
A. Floyd											105	105	0.00		
A. Howell	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175	165	6.06		
A. Jackson	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	135	7.41		
A. Meador	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	135	7.41		
A. Stack	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105	95	10.53		
A. Tinnin	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	155	0.00		
A. Wharton	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	195	5.13		
B. Doss	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95	95	0.00		
B. Evans	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105	105	0.00		
B. Hoxie	42.5	46.75	51	55.25	59.5	63.75	68	72.25	76.5	80.75	85	85	0.00		
B. Malone	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	135	7.41		
B. McRae	60	66	72	78	84	90	96	102	108	114	120	115	4.35		
B. Morgan	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	115	0.00		
B. Solomon	62.5	68.75	75	81.25	87.5	93.75	100	106.25	112.5	118.75	125	115	8.70		
B. Stone	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	125	8.00		
C. Barrett	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165	155	6.45		
C. Exene	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
C. Guy	55	60.5	66	71.5	77	82.5	88	93.5	99	104.5	110	105	4.76		
C. Middleton	155	170.5	186	201.5	217	232.5	248	263.5	279	294.5	310	305	1.64		
D. Eskridge	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	115	0.00		
D. Fletch	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	0	#DIV/0!		
D. Gross	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41		
D. Thomas	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285	276	3.26		
E. Meyers	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
E. Pugh	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	225	4.44		
G. Roberto	62.5	68.75	75	81.25	87.5	93.75	100	106.25	112.5	118.75	125	115	8.70		
J. Chandler	135	148.5	162	175.5	189	202.5	216	229.5	243	256.5	270	265	1.89		
J. Estell	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305	295	3.39		
J. Griggs	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305	295	3.39		
J. Hunter	85	93.5	102	110.5	119	127.5	136	144.5	153	161.5	170	170	0.00		
J. Smith	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265	255	3.92		
K. Andrews	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165	155	6.45		
K. Brooks	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115	115	0.00		
K. Fleming	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95	285	-66.67		
K. Hayes	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	135	7.41		
K. Lucs	127.5	140.25	153	165.75	178.5	191.25	204	216.75	229.5	242.25	255	245	4.08		
K. Rice	50	55	60	65	70	75	80	85	90	95	100	100	0.00		
K. Spragling	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	235	4.26		
L. Armstrong	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	115	17.39		
L. Jackson	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145	145	0.00		
L. Jones	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
L. Rawlings	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
M. Amerson	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95	95	0.00		



Kenetix Performance & Fitness			Deadlift Maxes										Updated: 02/01		
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	Old PR	(+/-)		
A. Bell	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41		
A. DeVaughn	202.5	222.75	243	263.25	283.5	303.75	324	344.25	364.5	384.75	405	405	0.00		
A. Finn	187.5	206.25	225	243.75	262.5	281.25	300	318.75	337.5	356.25	375	365	2.74		
A. Floyd											0	0	#DIV/0!		
A. Howell	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
A. Jackson	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	185	10.81		
A. Meador	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	215	4.65		
A. Stack	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165	155	6.45		
A. Tinnin	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	205	0.00		
A. Wharton	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285	225	26.67		
B. Doss	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	235	0.00		
B. Evans	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	185	0.00		
B. Hoxie	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	155	0.00		
B. Malone	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	215	13.95		
B. McRae	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41		
B. Morgan	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	185	0.00		
B. Solomon	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	215	4.65		
B. Stone	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	175	17.14		
C. Barrett	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265	265	0.00		
C. Exene	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
C. Guy	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	185	5.41		
C. Middleton	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
D. Eskridge	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245	245	0.00		
D. Fletch	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	215	4.65		
D. Gross	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	205	9.76		
D. Thomas	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335	325	3.08		
E. Meyers	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
E. Pugh	200	220	240	260	280	300	320	340	360	380	400	275	45.45		
G. Roberto	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
J. Chandler	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335	325	3.08		
J. Estell	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
J. Griggs	177.5	195.25	213	230.75	248.5	266.25	284	301.75	319.5	337.25	355	345	2.90		
J. Hunter	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
J. Smith	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
K. Andrews	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	185	10.81		
K. Brooks	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
K. Fleming	237.5	261.25	285	308.75	332.5	356.25	380	403.75	427.5	451.25	475	495	-4.04		
K. Hayes	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	225	4.44		
K. Lucs	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285	275	3.64		
K. Rice	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	135	0.00		
K. Spragling	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345	335	2.99		
L. Armstrong	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	205	0.00		
L. Jackson	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265	225	17.78		
L. Jones	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	0	#DIV/0!		
L. Rawlings	0	0	0	0	0	0	0	0	0	0	0	0	#DIV/0!		
M. Amerson	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135	135	0.00		



<b>Name</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>	<b>Club</b>
A. Bell	215	105	195	515	500 Club)))
A. DeVaughn	295	215	405	915	
A. Finn	300	155	375	830	
A. Floyd		105	0	105	
A. Howell	355	175	0	530	
A. Jackson	205	145	205	555	
A. Meador	205	145	225	575	
A. Stack	135	105	165	405	
A. Tinnin	155	155	205	515	
A. Wharton	285	205	285	775	
B. Doss	205	95	235	535	
B. Evans	215	105	185	505	
B. Hoxie	175	85	155	415	
B. Malone	215	145	245	605	
B. McRae	140	120	195	455	
B. Morgan	145	115	185	445	
B. Solomon	185	125	225	535	
B. Stone	195	135	205	535	
C. Barrett	0	165	265	430	
C. Exene	0	0	0	0	
C. Guy	115	110	195	420	
C. Middleton	335	310	0	645	
C. Tromboli	#REF!	#REF!	#REF!	#REF!	
D. Eskridge	195	115	245	555	
D. Fletch	185	135	225	545	
D. Gross	195	195	225	615	
D. Thomas	345	285	335	965	
E. Meyers	205	0	0	205	
E. Pugh	300	235	400	935	

G. Roberto	185	125	0	310	
J. Chandler	385	270	335	990	
J. Estell	350	305	0	655	
J. Griggs	415	305	355	1075	
J. Hunter	325	170	0	495	
J. Rawlings	245	#REF!	#REF!	#REF!	
J. Smith	0	265	0	265	
K. Andrews	185	165	205	555	
K. Brooks	0	115	0	115	
K. Fleming	415	95	475	985	
K. Hayes	205	145	235	585	
K. Lucs	325	255	285	865	
K. Spragling	365	245	345	955	
L. Armstrong	175	135	205	515	
L. Jackson	275	145	265	685	
L. Jones	305	0	325	630	
L. Rawlings	0	0	0	0	
M. Cole	#REF!	95	#REF!	#REF!	
M. Davis	115	0	0	115	
M. Guy	245	205	275	725	
M. Marshall	#REF!	175	225	#REF!	
M. Smith	175	110	195	480	
M. Walker	425	325	445	1195	
M. Wharton	#REF!	#REF!	#REF!	#REF!	
N. Ellis	205	115	235	555	
N. Reed	#REF!	#REF!	#REF!	#REF!	
Q. Bentley	105	105	175	385	
R. McKay	175	95	155	425	
R. Traylor	395	285	375	1055	
R. Watkins	145	0	0	145	
T. DeVaughn	225	0	0	225	



T. Jones	175	80	0	255	
T. Keller	215	0	0	215	
V. Braggs	175	105	0	280	
V. Warren	235	155	155	545	
W. Reaves	165	0	0	165	