

## **1b Max Bench Press Comp. (Winners)**

### **Max Bench Press Winners**

<b><u>Name</u></b>	<b><u>Gender</u></b>	<b><u>Weight Division</u></b>	<b><u>Weight Lifted</u></b>
Mark Garcia	male	120lbs & Under	225
Jason Montgomery	male	121lbs-140lbs	260
Alberto Cordova	male	141lbs-165lbs	315
Michelle Marie Shaban	female		95
Mark Alvarado	male	166lbs-200lbs	305
Ibelize Acosta	female		65
Ekow Essel	male	201lbs-230lbs	385
Jonathon Ramos	male	231lbs-280lbs	305

### **SUB-Max Winners**

<b><u>Name</u></b>	<b><u>Gender</u></b>	<b><u>Weight Lifted</u></b>	<b><u>Reps</u></b>
Darren Jen	male	125	70
Michelle Marie Shaban	female	55	29