

Kenetix Performance & Fitness		Squat Maxes										Updated: 11/07	
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%		
A. Bell	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205		
A. DeVaughn	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295		
A. Finn	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285		
A. Howell	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345		
A. Jackson	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195		
A. Meador	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185		
A. Stack	62.5	68.75	75	81.25	87.5	93.75	100	106.25	112.5	118.75	125		
A. Tinnin	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155		
A. Wharton	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265		
B. Doss	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205		
B. Evans	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215		
B. Hoxie	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175		
B. Malone	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185		
B. McRae	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135		
B. Morgan	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145		
B. Solomon	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175		
B. Stone	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185		
C. Guy	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105		
C. Middleton	157.5	173.25	189	204.75	220.5	236.25	252	267.75	283.5	299.25	315		
C. Tromboli	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175		
D. Eskridge	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195		
D. Gross	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185		
D. Thomas	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335		
E. Meyers	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195		
E. Pugh	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285		
G. Roberto	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175		
J. Chandler	192.5	211.75	231	250.25	269.5	288.75	308	327.25	346.5	365.75	385		
J. Estell	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335		
J. Griggs	202.5	222.75	243	263.25	283.5	303.75	324	344.25	364.5	384.75	405		
J. Hunter	157.5	173.25	189	204.75	220.5	236.25	252	267.75	283.5	299.25	315		
J. Rawlings	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245		
K. Andrews	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155		
K. Fleming	207.5	228.25	249	269.75	290.5	311.25	332	352.75	373.5	394.25	415		
K. Hayes	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195		
K. Lucs	157.5	173.25	189	204.75	220.5	236.25	252	267.75	283.5	299.25	315		
K. Spragling	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345		
L. Armstrong	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115		
L. Jackson	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275		
L. Jones	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305		
M. Cole	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305		
M. Davis	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295		
M. Guy	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225		
M. Marshall	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285		
M. Smith	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155		
M. Walker	202.5	222.75	243	263.25	283.5	303.75	324	344.25	364.5	384.75	405		
M. Wharton	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105		
N. Ellis	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205		
N. Reed	142.5	156.75	171	185.25	199.5	213.75	228	242.25	256.5	270.75	285		
Q. Bentley	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105		
R. Traylor	187.5	206.25	225	243.75	262.5	281.25	300	318.75	337.5	356.25	375		
R. Watkins	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135		
T. DeVaughn	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205		
T. Jones	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165		
T. Keller	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215		
V. Braggs	87.5	96.25	105	113.75	122.5	131.25	140	148.75	157.5	166.25	175		
V. Warren	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225		
W. Reaves	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155		

Kenetix Performance & Fitness Bench Maxes Updated: 11/07											
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
A. Bell	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95
A. DeVaughn	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215
A. Finn	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145
A. Howell	82.5	90.75	99	107.25	115.5	123.75	132	140.25	148.5	156.75	165
A. Jackson	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135
A. Meador	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135
A. Stack	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95
A. Tinnin	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155
A. Wharton	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195
B. Doss	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95
B. Evans	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105
B. Hoxie	42.5	46.75	51	55.25	59.5	63.75	68	72.25	76.5	80.75	85
B. Malone	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135
B. McRae	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
B. Morgan	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
B. Solomon	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
C. Guy	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105
C. Middleton	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305
C. Tromboli	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95
D. Gross	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185
D. Thomas	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275
E. Pugh	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225
G. Roberto	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
J. Chandler	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265
J. Estell	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295
J. Griggs	147.5	162.25	177	191.75	206.5	221.25	236	250.75	265.5	280.25	295
J. Hunter	85	93.5	102	110.5	119	127.5	136	144.5	153	161.5	170
J. Smith	127.5	140.25	153	165.75	178.5	191.25	204	216.75	229.5	242.25	255
K. Brooks	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
K. Fleming	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135
K. Hayes	67.5	74.25	81	87.75	94.5	101.25	108	114.75	121.5	128.25	135
K. Lucs	122.5	134.75	147	159.25	171.5	183.75	196	208.25	220.5	232.75	245
K. Spragling	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235
L. Armstrong	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
L. Jackson	72.5	79.75	87	94.25	101.5	108.75	116	123.25	130.5	137.75	145
M. Cole	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205
M. Guy	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195
M. Marshall	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155
M. Smith	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105
M. Walker	157.5	173.25	189	204.75	220.5	236.25	252	267.75	283.5	299.25	315
M. Wharton	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25	95
N. Ellis	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.25	115
N. Reed	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205
R. Traylor	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275
T. Jones	37.5	41.25	45	48.75	52.5	56.25	60	63.75	67.5	71.25	75
V. Braggs	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75	105
V. Warren	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155

Kenetix Performance & Fitness		Deadlift Maxes									Updated: 11/07	
Name	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	
A. Bell	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
A. DeVaughn	202.5	222.75	243	263.25	283.5	303.75	324	344.25	364.5	384.75	405	
A. Finn	182.5	200.75	219	237.25	255.5	273.75	292	310.25	328.5	346.75	365	
A. Jackson	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
A. Meador	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	
A. Stack	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	
A. Tinnin	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	
A. Wharton	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
B. Doss	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	
B. Evans	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
B. Hoxie	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	
B. Malone	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	
B. McRae	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
B. Morgan	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
B. Solomon	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	
C. Guy	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
C. Tromboli	97.5	107.25	117	126.75	136.5	146.25	156	165.75	175.5	185.25	195	
D. Fletch	107.5	118.25	129	139.75	150.5	161.25	172	182.75	193.5	204.25	215	
D. Gross	102.5	112.75	123	133.25	143.5	153.75	164	174.25	184.5	194.75	205	
D. Thomas	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	
E. Pugh	197.5	217.25	237	256.75	276.5	296.25	316	335.75	355.5	375.25	395	
J. Chandler	162.5	178.75	195	211.25	227.5	243.75	260	276.25	292.5	308.75	325	
J. Griggs	172.5	189.75	207	224.25	241.5	258.75	276	293.25	310.5	327.75	345	
K. Fleming	237.5	261.25	285	308.75	332.5	356.25	380	403.75	427.5	451.25	475	
K. Hayes	112.5	123.75	135	146.25	157.5	168.75	180	191.25	202.5	213.75	225	
K. Lucs	137.5	151.25	165	178.75	192.5	206.25	220	233.75	247.5	261.25	275	
K. Spragling	167.5	184.25	201	217.75	234.5	251.25	268	284.75	301.5	318.25	335	
L. Jackson	132.5	145.75	159	172.25	185.5	198.75	212	225.25	238.5	251.75	265	
M. Guy	127.5	140.25	153	165.75	178.5	191.25	204	216.75	229.5	242.25	255	
M. Marshall	152.5	167.75	183	198.25	213.5	228.75	244	259.25	274.5	289.75	305	
M. Smith	92.5	101.75	111	120.25	129.5	138.75	148	157.25	166.5	175.75	185	
M. Walker	197.5	217.25	237	256.75	276.5	296.25	316	335.75	355.5	375.25	395	
N. Ellis	117.5	129.25	141	152.75	164.5	176.25	188	199.75	211.5	223.25	235	
R. Traylor	177.5	195.25	213	230.75	248.5	266.25	284	301.75	319.5	337.25	355	
V. Warren	77.5	85.25	93	100.75	108.5	116.25	124	131.75	139.5	147.25	155	