

**2017 WEIGHT LIFTING/FITNESS RESULTS
NEVADA SENIOR GAMES**

| Age Group | ARM CURL | BENCH PRESS | LEG PRESS | PUSH UPS | SIT UPS | PULL UPS |
|---------------------|-----------------|--------------------|------------------|-----------------|----------------|-----------------|
| MEN | | | | | | |
| <u>50-54</u> | | | | | | |
| Dan Green | 155 lb | 355 lb | 765 lb | | | |
| <u>55-59</u> | | | | | | |
| Darian Cooper | 115 lb | 220 lb | 410 lb | 41 | | |
| <u>60-64</u> | | | | | | |
| Allen Bauer | 115 lb | 255 lb | 630 lb | 50 | 38 | 4 |
| <u>65-69</u> | | | | | | |
| WC156-165 | | | | | | |
| Chet Myers | 140 lb | 255 lb | 650 lb | 86 | 20 | 15 |
| WC176-185 | | | | | | |
| Rob Blyther | 75 lb | 165 lb | 410 lb | | | |
| WC 196-205 | | | | | | |
| Rusty Spindel | 120 lb | 200 lb | 440 lb | 45 | 44 | |
| <u>70-74</u> | | | | | | |
| WC 166-175 | | | | | | |
| Dennis Jouett | 110 lb | 175 lb | 270 lb | 42 | 32 | 6 |
| WC 176-185 | | | | | | |
| Wendell Kanehe | | 115 lb | 320 lb | | | |
| <u>75-79</u> | | | | | | |
| Jay Dash | 95 lb | | | 79 | | 15 |
| WOMEN | | | | | | |
| <u>50-54</u> | | | | | | |
| Julie Baker | 70 lb | | 360 lb | 35 | 43 | 13 |
| <u>70-74</u> | | | | | | |
| Debbie Laub | 50 lb | 75 lb | 410 lb | 10 | 28 | |