

POWERLIFTING (in wraps)

men

Weight class	Record	First & last name	Place and date of competition
52	490		
56	530		
60	567,5		
67,5	630		
75	702,5	Sunny Sehrawat	Spain, Madrid, 13.10-15.10.2023
82,5	727,5		
90	815	Jacob L Anderson	USA-GA, Atlanta, 09.12..2023
100	805	Geoff Laney	USA-NC, Charlotte, 21.10-22.10.2023
110	850	Vusal Aghalarov	Spain, Madrid, 13.10-15.10.2023
125	940	Mohamed Bouafia	USA-NC, Charlotte, 21.10-22.10.2023
140	1000,5	Sergey Zelyanin	Belarus, Vitebsk, 19.06.2021
140+	970	Andre Baguma	USA-MN, Dilworth 25.10.2025

women

Weight class	Record	First & last name	Place and date of competition
44	305		
48	332,5		
52	395	Marina Gorbacheva	Belarus, Senno, 25.12.2022
56	390		
60	467,5	Christina Ryan	USA-OH, Columbus 07.03.2026
67,5	492,5	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
75	572,5	Ana Robinson	USA-OH, Columbus 07.03.2026
82,5	550	Chantelle Gauci	USA-OH, Columbus 07.03.2026
90	515		
90+	522,5		

POWERLIFTING (without equipment)

men

Weight class	Record	First & last name	Place and date of competition
52	465		
56	505		
60	542,5		
67,5	605		
75	720	Dawid Kawka	Poland, Jaworzno, 06.03-10.03.2024
82,5	750	Austin Hutzenbiler	USA-ND, Dickinson, 29.03.2025
90	850	Jan Spais	Spain, Madrid, 13.10-15.10.2023
100	862,5	Thomas O'Hotzke	USA-OH, Columbus 07.03.2026
110	882,5	Andrew Garcia	USA-OH, Columbus 07.03.2026
125	1025	Phillip Herndon	USA-OH, Columbus 01.03.2025
140	962,5	Chris Hockemeyer	USA-OH, Columbus 07.03.2026
140+	955	Michael Brinson	USA-OH, Columbus 07.03.2026

women

Weight class	Record	First & last name	Place and date of competition
44	297,5		
48	325		
52	357,5	Ratsanee Uthipratuma	Dilworth, North Dakota, U.S.A., 02.11.2024
56	442,5	Ayelén Noguera	USA-OH, Columbus 01.03.2025
60	465	Christina Ryan	USA-MN, Dilworth 25.10.2025
67,5	532,5	Taylor Ballinger	USA-OH, Columbus 07.03.2026
75	562,5	Anja Zosso	USA-OH, Columbus 01.03.2025
82,5	572,5	Brittany Gagne	USA-GA, Atlanta, 09.12..2023
90	502,5		
90+	510		

PUSH PULL (BP & DL)

men

Weight class	Record	First & last name	Place and date of competition
52	340		
56	360		
60	377,5		
67,5	417,5		
75	442,5		
82,5	472,5		
90	492,5		
100	517,5		
110	537,5		
125	560		
140	580		
140+	595		

women

Weight class	Record	First & last name	Place and date of competition
44	190		
48	205		
52	260	Marina Gorbacheva	Belarus, Senno, 25.12.2022
56	232,5		
60	245		
67,5	267,5		
75	330	Margarita Makunina	Russian Federation, Moscow, 12.12-14.12.2025
82,5	310		
90	327,5		
90+	345		

BENCH PRESS

men

Weight class	Record	First & last name	Place and date of competition
52	130		
56	140		
60	150		
67,5	167,5		
75	230	Roma Eremashvili	Spain, Madrid, 13.10-15.10.2023
82,5	210	Laurynas Lukosevicius	Spain, Madrid, 13.10-15.10.2023
90	230	Vjaceslavs Letlans	Spain, Madrid, 13.10-15.10.2023
100	232,5	Pawel Przybylowicz	Spain, Madrid, 13.10-15.10.2023
110	255	George Beroshvili	Spain, Madrid, 13.10-15.10.2023
125	255	Anatoly Serbin	Russian Federation, Moscow, 20.12.2025
140	270	Laszlo Meszaros	Spain, Madrid, 13.10-15.10.2023
140+	252,5		

women

Weight class	Record	First & last name	Place and date of competition
44	65		
48	75	Tatyana Polstyanova	Kazakhstan, Almaty, 13.09-14.09.2025
52	80	Maria Averina	Russian Federation, Moscow, 12.12-14.12.2025
56	100	Christina Dedova	Russian Federation, Moscow, 12.12-14.12.2025
60	90	Daria Tsygankova	Belarus, Baran, 16.10.2021
67,5	130	Aleksandra Szymczykowska	Poland, Jaworzno, 06.03-10.03.2024
75	130	Lyubov Maleeva	Kazakhstan, Almaty, 07.07.2024
82,5	125	Evelyn Eisensehr	Poland, Jaworzno, 06.03-10.03.2024
90	175	Malgorzata Kopiec	Poland, Jaworzno, 06.03-10.03.2024
90+	125		

DEADLIFT

men

Weight class	Record	First & last name	Place and date of competition
52	212,5		
56	217,5		
60	242,5		
67,5	267,5	Valery Balaban	Kazakhstan, Almaty, 22.11-23.11.2025
75	297,5	Sunny Sehrawat	Spain, Madrid, 13.10-15.10.2023
82,5	300	Dominik Safranek	Spain, Madrid, 13.10-15.10.2023
90	330	Radoslaw Zarzycki	Poland, Katowice, 02.03-05.03.2023
100	350	Kirill Litvinov	Kazakhstan, Almaty, 22.11-23.11.2025
110	342,5	Radosław Kozdrach	Poland, Jaworzno, 06.03-10.03.2024
125	355	Evgeny Shavchenko	Belarus, Alexandria 10.07.2021
140	357,5		
140+	360		

women

Weight class	Record	First & last name	Place and date of competition
44	132,5		
48	145	Tatyana Polstyanova	Kazakhstan, Almaty, 13.09-14.09.2025
52	200	Marina Gorbacheva	Belarus, Baran, 06.03.2022
56	190	Anastasia Sled	Russian Federation, Moscow, 08.03.2026
60	210	Marina Gorbacheva	Russian Federation, Moscow, 12.12-14.12.2025
67,5	200	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
75	220	Tatiana Cavagnolli	Brazil, Igrejinha, 09.03.2024
82,5	237,5	Chantelle Gauci	USA-OH, Columbus 07.03.2026
90	207,5		
90+	250	Victoria Epikhina	Russian Federation, Moscow, 12.12-14.12.2025

EXTREME BENCH PRESS

men

Barbell weight	Record	First & last name	Place and date of competition
55	80		
75	64		
100	44		
125	30		
150	22		

women

Barbell weight	Record	First & last name	Place and date of competition
25	60		
35	50		
45	30		
55	25		

BENCH PRESS FOR MANY REPS OWN BW

men

Weight class	Record	First & last name	Place and date of competition
52	48		
56	47		
60	46		
67,5	45		
75	57	Almas Dosanaev	Kazakhstan, Almaty, 07.07.2024
82,5	40		
90	85	Ivan Mezhenin	Russian Federation, Moscow, 12.12-14.12.2025
100	43	Nematjon Khalmetov	Kazakhstan, Almaty, 13.09-14.09.2025
110	45	Artem Becker	Kazakhstan, Astana, 10.04-12.04.2026
125	33		
140	31		
140+	28		

women

Weight class	Record	First & last name	Place and date of competition
44	34	Anastasia Speranskaya	Russian Federation, Moscow, 08.03.2026
48	23		
52	22		
56	21		
60	20		
67,5	19		
75	18		
82,5	17		
90	16		
90+	15		

STRICT BICEPS CURL

men

Weight class	Record	First & last name	Place and date of competition
52	50	Murad Mirzazada	Russian Federation, Moscow, 08.03.2026
56	55		
60	60	Evgeny Novoselov	Kazakhstan, Almaty, 07.07.2024
67,5	70	Valery Balaban	Kazakhstan, Almaty, 22.11-23.11.2025
75	85	Damir Abdrakhmanov	Kazakhstan, Astana, 20.12-21.12.2025
82,5	87,5	Akaki Tsitskishvili	Georgia, Tbilisi 26.10.2025
90	85	Denis Dolgushev	Kazakhstan, Almaty, 22.11-23.11.2025
100	107,5	Oleg Sakovich	Russian Federation, Moscow, 08.03.2026
110	92,5	Murad Chrelashvili	Georgia, Tbilisi 26.10.2025
125	95	Bolat Rakhmalin	Kazakhstan, Almaty, 07.07.2024
140	100		
140+	107,5		

women

Weight class	Record	First & last name	Place and date of competition
44	37,5		
48	40		
52	42,5		
56	45		
60	47,5		
67,5	50		
75	60	Ekaterina Prokopova	Russian Federation, Moscow, 20.12.2025
82,5	55		
90	57,5		
90+	60		

BENCH PRESS SOFT-EQUIPMENT 1 LOOP

men

Weight class	Record	First & last name	Place and date of competition
52	145		
56	157,5		
60	172,5		
67,5	195		
75	260	Pavel Nikolovsky	Russian Federation, Novokuznetsk, 11.04.2026
82,5	260	Pavel Nikolovsky	Russian Federation, Novosibirsk 17.05-18.05.2025
90	255		
100	330	Maxim Kononov	Kazakhstan, Almaty, 03.04-05.04.2026
110	312,5	Vladimir Samoilo	Russian Federation, Novokuznetsk, 11.04.2026
125	307,5		
140	322,5		
140+	332,5		

women

Weight class	Record	First & last name	Place and date of competition
44	80		
48	87,5		
52	97,5		
56	105		
60	112,5		
67,5	125		
75	170	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
82,5	145		
90	152,5		
90+	157,5		

BENCH PRESS SOFT-EQUIPMENT 2-3 LOOPS

men

Weight class	Record	First & last name	Place and date of competition
52	162,5		
56	177,5		
60	192,5		
67,5	217,5		
75	290	Pavel Nikolovsky	Russian Federation, Novosibirsk 22.11-24.11.2024
82,5	267,5		
90	350	Sergey Belokhonov	Russian Federation, Bryansk 30.10.2021
100	355	Sebastian Dabrowski	Poland, Katowice, 06.09-10.09.2023
110	380	Alexey Stasevich	Belarus, Alexandria 10.07.2021
125	380	Vladimir Cheredin	Belarus, Alexandria 10.07.2021
140	365		
140+	375		

women

Weight class	Record	First & last name	Place and date of competition
44	92,5		
48	100		
52	110		
56	122,5		
60	127,5		
67,5	140		
75	155		
82,5	180	Monika Barzso	Poland, Katowice, 06.09-10.09.2023
90	175		
90+	180		