

Roster and User Data for Evaluation, Development, Organization and Growth (R.U.D.E.D.O.G.) - 2026

Lifter/Lift	Current PR	1st Lift	G/R	2nd Lift	G/R	3rd Lift	G/R	Place
Andy								1
Bench	170	155	G	165	G	175	R - No Return	1
Deadlift	370	315	G	340	R - Hitched	370	R - Foot	2
Anthony								2
Bench	95	80	G	85	G	95	G - Tied PR	3
Deadlift	135	115	G	125	G	135	G - Tied PR	4
Jack								1
Bench	135	115	G	125	G	135	G - PR	3
Deadlift	210	185	G	195	R - Hitched	210	G - PR	3
James								1
Squat	210	180	G	200	G	215	R - No Return	2
Bench	195	165	G	180	G	190	R - No Return	2
Deadlift	290	245	G	265	G	280	G	2

Luis								1
Bench	110	65	G	85	R - No Lock	85	G	4
Deadlift	240	165	G	180	G	200	G	3
Mai-Lin								1
Bench	75	55	G	65	G	70	G	1
Deadlift	167	140	G	155	G	165	G	1
Robert								2
Bench	150	130	G	140	G	150	R - Command	4
Deadlift	245	205	G	225	G	245	G - PR	2
Ryan								1
Bench	115	100	R - Foot	110	G	120	R - Command	3
Deadlift	215	180	G	200	G	215	G - PR	2
Thomas								1
Bench	80	70	G	75	R - Command	80	G - Tied PR	3
Deadlift	132	110	G	115	G	130	G	3