

Funny worldrecords

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The world’s longest aerobic class took place in Colombia between February 26 and 27, 2005. Duberney Trujillo gave a 24-hour world record breaking aerobic class. We can call this fitness power.

Eamonn Keane beat a world record by lifting the most weight in one hour in California. He lifted a total of 138,480 Kg. in one hour divided into 1,280 repetitions with 90 Kg and 493 repetitions with 45 Kg. We suspect that his arms and chest burned a bit after this crazy session.