

Crazy World records 3

Written by
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Pure strength

Believe it or not: In a weight lifting competition in New York, Gene Richlak bench pressed 460kg and is focusing on doing 500kg before he retires from competition.

In July 2003, in California, Eamonn Keane established a new world record: the heaviest weight lifted in one hour bench press. He lifted 138.480kg, doing 1.280 repetitions with 90kg and 493 repetitions with 45kg. We think that his arms and chest must have burn a bit...