

IAWA World Records Index

6/3/10

LIFT	Group	LIFT	Group	LIFT	Group
Abdominal Raise	1	Deadlift - Index Fingers	12	Necklift	23
Allen Lift		Deadlift - Little Fingers		Pinch Clean & Press - LH	
Arthur Lift		Deadlift - Middle Fingers		Pinch Clean & Press - RH	
Backlift		Deadlift - Ring Fingers		(2H) Pinch Grip	
Barbell Cheat Curl		Deadlift - Left Leg		(LH) Pinch Grip	
Barbell Curl - Reverse		Deadlift - Right Leg		(RH) Pinch Grip	
Barbell Curl - Strict		Deadlift - Stiff Legged		Press Behind Neck From Racks	
(2H) Barbell Clean and Jerk	2	(2H) Dumbbells Anyhow	13	Pullover & Press on Back	24
(2H) Barbell Clean and Jerk 2" bar		(LH) Dumbbell Bent Presses		Pullover & Press Wrestlers Bridge	
(LH) Barbell Clean and Jerk		(RH) Dumbbell Bent Presses		Pullover & Push on Back	
(RH) Barbell Clean and Jerk		(LH) Dumbbell Cheat Curl		Pullover at Arms Length	
(2H) Barbell Clean and Press		(RH) Dumbbell Cheat Curl		Pullover - bent arm	
(2H) Barbell Clean and Press 2" bar	3	Dumbbell Curl - LH	14	Push Press from Racks	25
(2H) Barbell Clean and Press - Alt Grip		Dumbbell Curl - RH		(LH) Pushes (SidePresses)	
(2H) Barbell Clean & Press - Rev Grip		(2H) Dumbbell Clean and Jerk		(RH) Pushes (SidePresses)	
(2H) Barbell and Dumbbell Anyhow		(LH) Dumbbell Clean and Jerk		Rectangular Fix	
(2H) Barbell Snatch		(RH) Dumbbell Clean and Jerk		Reflex Lifts	
(2H) Barbell Snatch 2" bar	4	(2H) Dumbbell Clean & Press	15	Repetition Lifts	26
(LH) Barbell Snatch		(LH) Dumbbell Clean & Press		Reverse Rim Lift	
(RH) Barbell Snatch		(RH) Dumbbell Clean & Press		Rim Lift (Reeves)	
Barbell Snatch from Hang		(LH) Dumbbell Snatch		Roman Chair Situp	
Barbell Snatch on Knees		(RH) Dumbbell Snatch		Seated Press Behind Neck From Racks	
Bench Dip	5	(2H) Dumbbell Swing	16	Shoulder Drop	27
Bench Press - Alt grip		(LH) Dumbbell Swing		Squat	
Bench Press - feet on floor		(RH) Dumbbell Swing		Squat - Left Leg	
Bench Press - feet in air		(LH) Finger Lift - Index		Squat - Right Leg	
Bench Press - LH		(LH) Finger Lift - Little		Squat - Overhead	
Bench Press - RH	6	(LH) Finger Lift - Middle	17	Steinborn Lift	28
Bench Press - Hands together		(LH) Finger Lift - Ring		Straddle	
Bench Press - Reverse grip		(RH) Finger Lift - Index		Straddle - 2" Bar	
Bench Press - Roman Chair		(RH) Finger Lift - Little		Straddle - Index Fingers	
Bent Presses - LH		(RH) Finger Lift - Middle		Straddle - Little Fingers	
Bent Presses - RH	7	(RH) Finger Lift - Ring	18	Straddle - Middle Fingers	29
Clean & Bent Presses - LH		French Press		Straddle - Ring Fingers	
Clean & Bent Presses - RH		Front Squat		Teeth Lift	
(2H) Ciavattone Deadlift		Full Gardner		(2H) Thumbless Deadlift	
(LH) Ciavattone Deadlift		(2H) Fulton Deadlift 2" Bar		(LH) Thumbless Deadlift	
(RH) Ciavattone Deadlift	8	(LH) Fulton Deadlift 2" Bar	19	(RH) Thumbless Deadlift	30
(2H) Clean and Jerk Behind Neck		(RH) Fulton Deadlift 2" Bar		Trap Bar Deadlift	
Clean & Jerk - Middle Fingers		(2H) Fulton Dumbbell Deadlift		Travis Lift	
(2H) Clean & Press Behind Neck		(LH) Fulton Dumbbell Deadlift		(2H) Vertical Bar Lift - 2" bar	
(2H) Clean & Press on Knees		(RH) Fulton Dumbbell Deadlift		(LH) Vertical Bar Lift - 2" Bar	
Clean & Press - Middle Fingers	9	½ Gardner	20	(RH) Vertical Bar Lift - 2" Bar	31
(2H) Clean & Push Press		Good Morning		(LH) Vertical Bar Lift	
(2H) Clean & Push Press - 2" Bar		(2H) Hacklift		(RH) Vertical Bar Lift	
(2H) Clean & Seated Press		(2H) Hacklift - 2" Bar		(LH) Weaver Stick Lifts	
(2H) Clean & Seated Press Behind Neck		(LH) Hacklift		(RH) Weaver Stick Lifts	
Continental Clean	10	(RH) Hacklift	21	(2H) Wrist Curl	32
Continental Clean and Jerk		Hacklift - Index Fingers		(LH) Wrist Curls	
Continental Clean to Belt		Hacklift - Little Fingers		(RH) Wrist Curls	
Continental Snatch		Hacklift - Middle Fingers		Zeigler Clean	
Crucifix		Hacklift - Ring Fingers		(2H) Zercher	
(2H) Deadlift	11	Hand & Thigh	22	(LH) Zercher	33
(2H) Deadlift - 2" Bar		Harness Lift		(RH) Zercher	
(LH) Deadlift with straight bar		Hip Lift		2 Person Deadlift	
(RH) Deadlift with straight bar		Hold out in front Lowered		2 Person Hacklift	
Deadlift - 2 Barbells		Hold out in front Raised		2 Person Straddle	
(2H) Deadlift - Dumbbells	12	Jerk Behind from Racks	23	2 Person - Barbell Curl	33
(LH) Deadlift - Dumbbells		Jerk Front from Racks		2 Person - 2 Hands Clean & Jerk	
(RH) Deadlift - Dumbbells		Kelly Snatch		2 Person - 2 Hands Clean & Press	
(LH) Deadlift - Dumbbell Walk		Lateral Raise Lying		2 Person - 1 Hand Snatch & Clean	
(RH) Deadlift - Dumbbell Walk		Lateral Raise Standing		2 Person - 2 Hands Snatch & Clean	
		Leg Press		2 Person -1 Hand Snatch	
		Lunge Squat			
		Mansfield			