

MOST IMPROVED LIFTERS BY YEAR

2025

Light Platform

Squat - Xavier Zambrano (+109.41)
Bench - Xavier Zambrano (+69.29)
Dead Lift - Matthias Molito (+73.22)
Overall - Xavier Zambrano (+222.47)

Heavy Platform

Squat - Jaxen Hamer (+94.77)
Bench - Jaxen Hamer (+91.17)
Dead Lift - Mekhi Oubre (+50.99)
Overall - Jaxen Hamer (+226.08)

2024

Light Platform

Squat - Justin Thames (+105.76)
Bench - Cayden Clayton (+46.41)
Dead Lift - Bryce Wiley (+79.05)
Overall - Kalen Chometsky (+179.71)

Heavy Platform

Squat - Kaeden Cross (+116.45)
Bench - Kaeden Cross (+99.81)
Dead Lift - Kaeden Cross (+74.86)
Overall - Kaeden Cross (+266.16)

2023

Light Platform

Squat - Macoy Noack (+110.82)
Bench - Macoy Noack (+77.95)
Dead Lift - Macoy Noack (+125.86)
Overall - Macoy Noack (+314.62)

Heavy Platform

Squat - Levi Zaunbrecher (+85.63)
Bench - Levi Zaunbrecher (+50.37)
Dead Lift - Connor Moomaw (+69.77)
Overall - Levi Zaunbrecher (+198.96)

2022

Light Platform

Squat - Hank Hewgley (+69.24)
Bench - Jerry Contreras (+43.76)
Dead Lift - Jerry Contreras (+69.29)
Overall - Hank Hewgley (+158.85)

Heavy Platform

Squat - Jakob Handy (+91.49)
Bench - Cayden Clayton (+50.15)
Dead Lift - Jakob Handy (+66.54)
Overall - Jakob Handy (+177.44)

2021

Light Platform

Squat - Jerry Contreras (+58.93)
Bench - Jerry Contreras (+38.04)
Dead Lift - Tyler Higginbotham (+29.18)
Overall - Jerry Contreras (+128.25)

Heavy Platform

Squat - Zach Shilu (+72.45)
Bench - Logan Ecuyer (+29.52)
Dead Lift - Ethan Scott (+79.09)
Overall - Ethan Scott (+164.36)

2020

Light Platform

Squat - Bret Peterson (+76.54)
Bench - Daniel Gil (+51.06)
Dead Lift - Bret Peterson (+63.23)
Overall - Bret Peterson (+169.73)

Heavy Platform

Squat - Makiyah Gilford (+49.71)
Bench - Alex Martin (+43.11)
Dead Lift - Alex Martin (+38.37)
Overall - Alex Martin (+120.80)

2019

Light Platform

Squat - Jared Ali (+57.47)
Bench - Kase Mitchell (+27.20)
Dead Lift - Matt Provost (+48.31)
Overall - Kase Mitchell (+112.80)

Heavy Platform

Squat - Nick McBride (+58.22)
Bench - Nathan Leone (+19.12)
Dead Lift - Branden Clay (+33.69)
Overall - Nathan Leone (+105.59)

2018

Light Platform

Squat - AJ Ono (+60.37)
Bench - Jacob Willard (+33.28)
Dead Lift - AJ Ono (+43.76)
Overall - AJ Ono (+143.07)

Heavy Platform

Squat - Grant Mountain (+52.75)
Bench - Nick McBride (+36.46)
Dead Lift - Marko Milosavljevic (+46.83)
Overall - Branden Clay (+121.17)

2017

Light Platform

Heavy Platform

Squat - Michael Hushka (+83.44)
Bench - Michael Hushka (+35.13)
Dead Lift - Nick Provost (+65.00)
Overall - Michael Hushka (+158.09)

Squat - Harrison Sorenson (+65.18)
Bench - Marko Milosavljevic (+28.20)
Dead Lift - Grant Mountain (+97.66)
Overall - Grant Mountain (+176.54)

2016

Light Platform

Squat - Nick Provost (+58.98)
Bench - Gavin Webster (+37.05)
Dead Lift - Nick Provost (+43.58)
Overall - Nick Provost (+119.35)

Heavy Platform

Squat - Ali Jumili (+46.89)
Bench - Ali Jumili (+38.10)
Dead Lift - Ali Jumili (+ 46.89)
Overall - Ali Jumili (+ 120.15)

2015

Light Platform

Squat - Gavin Webster (+65.15)
Bench - Zach Hawkins (+43.76)
Dead Lift - Gavin Webster (+33.77)
Overall - Gavin Webster (+127.55)

Heavy Platform

Squat - Grant Farley (+46.23)
Bench - Rene Troche-Baez (+44.36)
Dead Lift - Rene Troche-Baez (+47.13)
Overall - Rene Troche-Baez (+127.54)

2014

Light Platform

Squat - Grayson Brown (+85.53)
Bench - Grayson Danner (+33.52)
Dead Lift - Zach Hawkins (+47.41)
Overall - Grayson Brown (+148.46)

Heavy Platform

Squat - Rene Troche-Baez (+50.57)
Bench - Mitchell Fountain (+33.27)
Dead Lift - Mitchell Fountain (+52.68)
Overall - Ian Harris (+109.55)

2013

Light Platform

Squat - Tristan Horton (+81.06)
Bench - Craig Collins (+43.76)
Dead Lift - Tristan Horton (+104.63)
Overall - Tristan Horton (+182.93)

Heavy Platform

Squat - Mitchell Fountain (+34.19)
Bench - Kevin Butts (+71.84)
Dead Lift - Kevin Butts (+62.79)
Overall - Kevin Butts (+167.15)

2012

Light Platform

Squat - Sterling Scott (+55.95)
Bench - Akeem Green (+36.47)
Dead Lift - Akeem Green (+58.35)
Overall - Sterling Scott (+125.88)

Heavy Platform

Squat - Mitchell Fountain (+84.00)
Bench - Kevin Butts (+48.85)
Dead Lift - Mitchell Fountain (+75.14)
Overall - Mitchell Fountain (+199.25)

2011

Light Platform

Squat - Kevin O'Neil (+57.09)
Bench - Craig Collins (+32.58)
Dead Lift - Craig Collins (+40.73)
Overall - Craig Collins (+105.90)

Heavy Platform

Squat - Mark Poteat (+48.23)
Bench - Tim Silva (+26.07)
Dead Lift - Colin Fuchigami (+39.93)
Overall - Tim Silva (+96.46)

2010

Light Platform

Squat - Ryan Sweat (+39.52)
Bench - Dan London (+21.88)
Dead Lift - Ryan Sweat (+39.52)
Overall - Ryan Sweat (+92.22)

Heavy Platform

Squat - Nick Sweetland (+62.14)
Bench - Nick Sweetland (+62.14)
Dead Lift - Zach Hohman (+63.77)
Overall - Nick Sweetland (+133.60)

2009

Light Platform

Squat - Zach Hohman (+59.90)
Bench - Zach Hohman (+73.22)
Dead Lift - Matt Lee (+62.26)

Heavy Platform

Squat - Adam Sibal (+39.87)
Bench - Chad Lindsay (+48.23)
Dead Lift - Andy Luke (+35.17)

Overall - Zach Hohman (+169.73)

Overall - Adam Sibal (+22.38)

2008

Light Platform

Squat - Tahseen Karim (+72.94)
Bench - Nick Sweetland (+23.30)
Dead Lift - Tahseen Karim (+54.71)
Overall - Tahseen Karim - (+169.82)

Heavy Platform

Squat - Charlie Guerra (+71.50)
Bench - Charlie Guerra (+40.85)
Dead Lift - Charlie Guerra (+63.36)
Overall - Charlie Guerra (+169.82)

2007

Light Platform

Squat - Ben Gross (+52.73)
Bench - Ryan Demny (+12.91)
Dead Lift - Drew Belcher (+37.09)
Overall - Drew Belcher (+66.86)

Heavy Platform

Squat - Matt Ray (+73.00)
Bench - Matt Ray (+39.12)
Dead Lift - Matt Ray (+62.57)
Overall - Matt Ray (+174.67)

2006

Light Platform

Squat - Mark Reis (+23.89)
Bench - Mark Reis (+18.82)
Dead Lift - Mark Reis (+24.56)
Overall - Mark Reis (+50.64)

Heavy Platform

Squat - Hardy Faison (+32.68)
Bench - Hardy Faison (+24.85)
Dead Lift - Alex Palmer (+24.95)
Overall - Hardy Faison (+81.42)

2005

Light Platform

Squat - Alex Baughman (+62.26)
Bench - Dan Bundy (+23.95)
Dead Lift - Alex Baughman (+47.89)
Overall - Alex Baughman (+119.73)

Heavy Platform

Squat - Tyle Johnson (+43.50)
Bench - Chase Johnson (+29.52)
Dead Lift - Tyle Johnson (+34.18)
Overall - Tyle Johnson (+102.53)

2004

Light Platform

Squat - Ryan Cappolino (+43.76)
Bench - Ryan Cappolino (+21.88)
Dead Lift - Ryan Cappolino (+25.53)
Overall - Ryan Cappolino (+94.82)

Heavy Platform

Squat - Matt Hernandez (+0.00)
Bench - Matt Hernandez (+26.07)
Dead Lift - Matt Hernandez (+18.25)
Overall - Matt Hernandez (+44.32)