

600 Pound Unequipped Bench Press Hall of Fame

Bench Press	xBwt/Class/Lifter/Ctry/YOB/Date/Wt@Bdywt/Loc/Fed
1. 715.0 (324.3) *2.28X SHW Scot Mendelson (US/69) 5/22/05 (715.0 lb. @ 314.0 lb. Highest bench press of all time without a bench press shirt.) (Worcester, Massachusetts) (Atlantis)	
2. 711.0 (322.5) *1.82X SHW James Henderson (US/65) 7/13/97 (322.5 kg. @ ~390 lb. First man to bench press 700 pounds without a bench press shirt.) (Philadelphia, Pennsylvania) (USPF/IPF)	
3. 701.1 (318.0) *2.28X 308 (140) Scot Mendelson (US/69) 10/12/02 (318.0 kg. @ 308.0 lb.) (San Francisco, California) (APF)	
4. 675.0 (306.2) *1.97X SHW Jim Williams (US/41-07) 11/9/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU)	
5. 666.9 (302.5) *2.33X 308 (140) Ted Arcidi (US/59) 4/1/84 (302.5 kg. @ 286.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)	
6. 665.0 (301.6) *2.16X 308 (140) Glen Chabot (US/66) 4/6/02 (665.0 lb. @ 308.0 lb.) (Queensbury, New York) (IPA)	
7. 661.4 (300.0) *2.00X SHW Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)	
8. 650.4 (295.0) *2.36X 275 (125) Ted Arcidi (US/59) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)	
9. 650.4 (295.0) *1.96X SHW Andrew Collura (US/76) 8/17/02 (295.0 kg. @ 331.0 lb.) (Lantana, Florida) (NSM)	
10. 650.0 (294.8) 2.11X 308 (140) Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)	
11. 650.0 (294.8) *1.91X SHW Brian Siders (US/78) 5/22/05 (650.0 lb. @ 341.0 lb.) (Worcester, Massachusetts) (Atlantis)	
12. 650.0 (294.8) *1.86X SHW Nick Winters (US/82) 5/6/06 (650.0 lb. @ 350.0 lb.) (Amherst, Massachusetts) (Atlantis)	
13. 639.3 (290.0) *2.00X SHW Riku Kiri (Finland/63) 9/27/91 (290.0 kg. @ ~145.0 kg.) (Birmingham, England) (WPC)	
14. 639.3 (290.0) *2.16X 308 (140) Vladimir Kravtsov (Russia/72) 4/29/01 (290.0 kg. @ 134.0 kg.) (Saratov, Russia) (IPF)	
15. 633.8 (287.5) *2.11X 308 (140) Steve Wong (US/68) 11/18/02 (287.5 kg. @ ~301.0 lb.) (Reno, Nevada) (WABDL)	
16. 628.3 (285.0) SHW Lars Hedlund (Sweden/49) 3/4/80 (285.0 kg.) (Copenhagen, Denmark) (IPF)	
17. 628.3 (285.0) 2.04X 308 (140) Lee Moran (US/55-99) 12/17/83 (285.0 kg.) (Santa Cruz, California) (USPF)	
18. 628.3 (285.0) 2.28X 275 (125) Jari Sjoman (Finland) 10/4/97 (285.0 kg.) (Helsinki, Finland) (WPC)	
19. 628.3 (285.0) *1.90X SHW John Dolan (US/70) 1/26/08 (285.0 kg. @ 330.0 lb.) (Tampa, Florida) (RUPC1)	
20. 620.0 (281.2) *1.97X SHW Josh Bryant (US/81) 5/22/05 (620.0 lb. @ 315.0 lb.) (Worcester, Massachusetts) (Atlantis)	
21. 617.3 (280.0) *1.93X SHW Wayne Bouvier (US) 3/19/80 (280.0 kg. @ ~320.0 lb.) (Honolulu, Hawaii) (USPF/IPF)	
22. 617.3 (280.0) *1.95X SHW Lee Moran (US/55-99) 7/8/84 (280.0 kg. @ 143.6 kg.) (Dayton, Ohio) (USPF)	
23. 617.3 (280.0) *2.32X 275 (125) Dmitry Kasatov (Russia/77) 11/9/08 (280.0 kg. @ 120.5 kg.) (Krivoi Rog, Ukraine) (WPC)	
24. 615.5 (279.2) *1.87X SHW Pat Casey (US/39-05) 6/17/67 (615.0 lb. @ 329.5 lb., which later weighed out at 615.5 lb. First man to bench press 500 pounds, and without a bench press shirt. First man to bench press 600 pounds, and without a bench press shirt.) (San Diego, California) (AAU)	
25. 615.0 (279.0) *2.56X 242 (110) Jeremy Hoornstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)	
26. 615.0 (279.0) *1.50X SHW Andy Shaffer (US/77) 12/8/07 (615.0 lb. @ 410.0 lb.) (Leesport, Pennsylvania) (IPA)	
27. 615.0 (279.0) *2.07X 308 (140) Ben Graves (US/78) 11/29/08 (615.0 lb. @ 297.0 lb.) (Chattanooga, Tennessee) (SPF)	
28. 614.4 (278.7) *2.25X 275 (125) Tom Hardman (US) 10/23/82 (280.0 kg. @ 124.0 kg., which later weighed out at 614.4 lb.) (Atlanta, Georgia) (USPF/IPF)	
29. 611.8 (277.5) 2.22X 275 (125) Doug Young (US/44-05) 4/3/78 (277.5 kg.) (El Dorado, Arkansas) (AAU)	

30. 611.8 (277.5) *1.68X SHW Richard Schoenberger (US) 4/29/96 (277.5 kg. @ 364.0 lb.) (Moreno Valley, California) (AAU)

31. 607.4 (275.5) *1.71X SHW Don Reinholdt (US/45) 8/31/75 (275.5 kg. @ 356.0 lb) (York, Pennsylvania) (AAU/IPF)

32. 605.0 (274.4) 2.20X 275 (125) Ben White (US/76) 7/26/03 (605.0 lb.) (Glens Falls, New York) (IPA)

33. 605.0 (274.4) *2.08X 308 (140) Al Davis (US) 8/11/07 (605.0 lb. @ 291.0 lb.) (Dallas, Texas) (HPL)

34. 605.0 (274.4) *1.83X SHW Travis Rogers (US/68) 8/9/08 (605.0 lb. @ 330.0 lb.) (Rochester, New York) (IPA)

35. 603.0 (273.5) *2.51X 242 (110) Mike MacDonald (US/48) 11/5/77 (600.0 lb. @ 240.0 lb., which later weighed out at 603.0 lb.) (Duluth, Minnesota) (AAU)

36. 600.8 (272.5) *2.18X 275 (125) Lee Moran (US/55-99) 7/24/83 (272.5 kg. @ 125.0 kg.) (Austin, Texas) (USPF)

37. 600.8 (272.5) *1.76X SHW Telford Hagans Jr. (US) 7/8/84 (272.5 kg. @ 154.7 kg.) (Dayton, Ohio) (USPF)

38. 600.8 (272.5) *2.04X 308 (140) Yuri Chelobitchikov (Russia/64) 3/25/87 (272.5 kg. @ 133.7 kg.) (Sialia, Russia) (IPF)

39. 600.8 (272.5) *1.84X SHW Beau Moore (US/66) 11/6/99 (272.5 kg. @ 326.0 lb.) (Daytona Beach, Florida) (AAPF)

40. 600.8 (272.5) *1.84X SHW Andy Bolton (Great Britain/70) 3/1/03 (272.5 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)

41. 600.8 (272.5) *1.96X 308 (140) Josh Bryant (US/81) 11/15/03 (272.5 kg. @ 306.0 lb.) (Round Rock, Texas) (USPF)

42. 600.0 (272.2) *1.86X SHW John Kuc (US/47) 11/11/72 (600.0 lb. @ 322.25 lb.) (Harrisburg, Pennsylvania) (AAU)

43. 600.0 (272.2) *2.00X 308 (140) John "Luke" Iams (US/49-04) 4/1/79 (600.0 lb. @ ~300.0 lb.) (Bluefield, West Virginia) (USPF)

44. 600.0 (272.2) 2.47X 242 (110) Sam Samaniego (US) 1/29/83 (600.0 lb.) (Bakersfield, California) (NSM)

45. 600.0 (272.2) SHW Freddie Moore (US) 9/3/83 (600.0 lb.) (Clovis, California) (USPF)

46. 600.0 (272.2) SHW Joe Zymewski (US) 11/30/91 (600.0 lb.) (Greenwood, Indiana) (NSM)

47. 600.0 (272.2) *2.03X 308 (140) Ryan Knelly (US/74) 11/22/03 (600.0 lb. @ 295.0 lb.) (Coeur d'Alene, Idaho) (Pride)

48. 600.0 (272.2) *1.49X SHW Mike Wolfe (US/75) 5/6/06 (600.0 lb. @ 404.0 lb.) (Amherst, Massachusetts) (Atlantis)

49. 600.0 (272.2) *2.62X 242 (110) Jauncey "Rock" Lewis (US) 10/28/06 (600.0 lb. @ 229.0 lb.) (Wilmington, North Carolina) (100% RAW)

50. 600.0 (272.2) *1.83X SHW Vincent Dizenzo (US/69) 6/24/07 (600.0 lb. @ 328.4 lb.) (York, Pennsylvania) (IPA)

51. 600.0 (272.2) *1.67X SHW Rob Wilkerson (US) 6/30/07 (600 lb. @ 360.0 lb.) (Chattanooga, Tennessee) (APF)

---- Over 600 LB (272.2 Kilogram) Men's Unequipped Bench Press ----