

THE IRISH POWERLIFTING FEDERATION MUNSTER CHAMPIONSHIPS 2019



20-21 APRIL 2019

JODIE RING

KINETIC TRAINING SYSTEMS
WEIGHT CLASS: 47KG

SQUAT
90 KG

BENCH PRESS
42.5 KG

DEADLIFT
110 KG

TOTAL
242.5 KG

1-F-0-47-PL

Rob Burke
President

