

# MP Powerlifting Association Records

## JUNIOR

### Mens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
53kg	PRASANG PATEL	Indore District	58.63	297.5	15-04-2023
59kg	DHRUVRAJ KURE	Bhopal District	58.94	617.5	15-04-2023
66kg	HEMANT SINGH THAKUR	Jabalpur	65.21	510	15-04-2023
74kg	AMAN BHAGAT	Indore Corporation	71.28	630	15-04-2023
83kg	ASHWAR KUMAR THAKUR	Jabalpur	74.05	652.5	15-04-2023
93kg	SHASHANK JOSHI	Jabalpur	91.3	702.5	15-04-2023
105kg	PRAMEESH SINGH	Rewa District	103.6	735	15-04-2023
120+kg	SANJAY NADONIYA	Jabalpur	121.75	0	15-04-2023
200kg	YASH RAWAT	RS FITNESS GYM	123.4	510	21-04-2024

### Mens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
53kg	KOSHAL JHA	Mureena	52.26	437.5	15-04-2023
59kg	ABHISHEK SINGH	Bhopal Corporation	57.3	412.5	15-04-2023
66kg	PRAVEEN JAMDAR	Indore Corporation	66	352.5	15-04-2023
74kg	GOURAV DAGAR	Narsullaganj	72.5	437.5	15-04-2023
83kg	ADITYA SINGH	Jabalpur	80.25	407.5	15-04-2023
93kg	ABHISHEK RAWAL	SHRI RAM GYM KHAJRANA	91.38	480	21-04-2024
105kg	VAIBHAV SONI	Indore District	95.85	365	15-04-2023
120+kg	SANJAY NADONIYA	Jabalpur	121.75	0	15-04-2023
200kg	YASH RAWAT	RS FITNESS GYM	123.4	510	21-04-2024

### Mens(Equipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
53kg	KULDEEP YADAV	Indore Corporation	52.26	372.5	15-04-2023
59kg	DHRUVRAJ KURE	Bhopal District	58.94	617.5	15-04-2023
66kg	HEMANT SINGH THAKUR	Jabalpur	65.21	510	15-04-2023
74kg	AMAN BHAGAT	Indore Corporation	71.28	630	15-04-2023
83kg	ALEX V MINJ	Bhopal District	77.45	702.5	15-04-2023
93kg	SHASHANK JOSHI	Jabalpur	91.3	702.5	15-04-2023
105kg	PRAMEESH SINGH	Rewa District	103.6	735	15-04-2023
120+kg	SANJAY NADONIYA	Jabalpur	121.75	0	15-04-2023
200kg	YASH RAWAT	RS FITNESS GYM	123.4	510	21-04-2024

### Mens(Equipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
53kg	KOSHAL JHA	Mureena	52.26	437.5	15-04-2023
59kg	DHRUVRAJ KURE	Bhopal District	58.94	617.5	15-04-2023
66kg	HEMANT SINGH THAKUR	Jabalpur	65.21	510	15-04-2023
74kg	AMAN BHAGAT	Indore Corporation	71.28	630	15-04-2023
83kg	ALEX V MINJ	Bhopal District	77.45	702.5	15-04-2023
93kg	SHASHANK JOSHI	Jabalpur	91.3	702.5	15-04-2023
105kg	PRAMEESH SINGH	Rewa District	103.6	735	15-04-2023
120+kg	SANJAY NADONIYA	Jabalpur	121.75	0	15-04-2023
200kg	YASH RAWAT	RS FITNESS GYM	123.4	510	21-04-2024

## JUNIOR

### Mens(Unequipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
53kg	LOKESH GHUSHAR	Bhopal District	53	350	30-03-2023
59kg	MAHENDRA PRAJAPAT	Indore District	53.1	290	30-03-2023
66kg	AMAN YADAV	Vidisha	59.1	0	30-03-2023
74kg	TAHA JHABUA	Badwani	67.41	260	30-03-2023
83kg	HITESH KUMAR MOTIYANI	Ratlam	79.4	562.5	30-03-2023
93kg	SHASHANK JOSHI	Jabalpur	93	590	30-03-2023
105kg	PRAMEESH SINGH	Rewa District	103.8	702.5	30-03-2023
120+kg	KULDEEP DANDOTIYA	Mureena	120.1	305	30-03-2023
120kg	YASHVARDHAN SINGH	Jabalpur	107.1	545	30-03-2023

### Mens(Unequipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
53kg	DEVENDRA PRAJAPATI	Ujjain	53	90	30-03-2023
59kg	TANUJ ARYA	Gwalior	58.4	437.5	30-03-2023
66kg	BRAJESH RAJGOUND	Sagar	65.65	420	30-03-2023
74kg	SHIVAM MOURYA	Sagar	71.83	435	30-03-2023
83kg	SHESHU YADAV	Sagar	74.8	427.5	30-03-2023
93kg	PUNEET SINGH PARIHAR	Rewa District	83.7	405	30-03-2023
105kg	ROOP NARAYAN DWIVEDI	Shadol	99.6	445	30-03-2023
120+kg	TUSHAR TRIPATHI	Jhabua	130.6	440	30-03-2023
120kg	YASHVARDHAN SINGH	Jabalpur	107.1	545	30-03-2023

### Mens(Unequipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
53kg	LOKESH GHUSHAR	Bhopal District	53	350	30-03-2023

Category	Name	Unit	Body Wt.	Result	Date
59kg	DHRUVRAJ KURE	Bhopal District	58.9	510	30-03-2023
66kg	ARPIT CHOUDHARY	Ujjain	64.5	440	30-03-2023
74kg	VISHNU NATH	Indore Corporation	71.1	485	30-03-2023
83kg	HITESH KUMAR MOTIYANI	Ratlam	79.4	562.5	30-03-2023
93kg	SHASHANK JOSHI	Jabalpur	93	590	30-03-2023
105kg	PRAMEESH SINGH	Rewa District	103.8	702.5	30-03-2023
120+kg	PARAG JAIN	Vidisha	133.4	512.5	30-03-2023
120kg	YASHVARDHAN SINGH	Jabalpur	107.1	545	30-03-2023

### Mens(Unequipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
53kg	JAY JUNANIYA	Itarsi	58.7	380	30-03-2023
59kg	DHRUVRAJ KURE	Bhopal District	58.9	510	30-03-2023
66kg	ARPIT CHOUDHARY	Ujjain	64.5	440	30-03-2023
74kg	RAVI MALI	Ujjain	71.64	522.5	30-03-2023
83kg	HITESH KUMAR MOTIYANI	Ratlam	79.4	562.5	30-03-2023
93kg	SHASHANK JOSHI	Jabalpur	93	590	30-03-2023
105kg	PRAMEESH SINGH	Rewa District	103.8	702.5	30-03-2023
120+kg	PARAG JAIN	Vidisha	133.4	512.5	30-03-2023
120kg	YASHVARDHAN SINGH	Jabalpur	107.1	545	30-03-2023