



David Hoff

Ohio State Chairman

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David Hoff's powerlifting accomplishments began as a teenager earning Teenage World and Overall Records including:

805 lb. Squat -510 lb. Bench press -650lb. Dead lift – and 1965 lb. Total at 220 lb. body weight.

875 lb. Squat -575 lb. Bench press -685 lb. Dead lift – and 2135 lb. Total at 242 lb. bodyweight

1005 WR Squat – 680 lb. Bench press – 745 lb. Dead lift and 2430 lb. World Record Total at 275 lb. weight class (253bwt)-1st and only teenager to squat a 1000 lbs.

Dave went on to earn the following Junior/ American and all time World Records: (squat, bench press, dead lift and total respectively)

Junior and all time overall World record – 930-780-800-2515 lb. total at 275 lbs. body weight (253 lbs. bwt.)

Junior and all time overall at 275 lb. bodyweight lifts-980-840-750-2570

Junior and al time World Record at 275 lb. bodyweight-1115-810-709-2615

Junior all time overall World Record at 242 lb. body weight lifts 1025-785-790-2600 currently ranked #3 in the world.

Junior and Open American open record- at 275 lb. bodyweight lifts-1030-850-805-2685

Junior and open American record at 275 lb. bodyweight lifts- 1030-840-825-2700

Junior and open American record at 275 lb. bodyweight lifts- 1075-860-815-2750

Junior and open American record at 275 lb. bodyweight lifts-1060-900-810-2770

Junior and all time overall- World Record at 275 lb. bodyweight lifts- 1115-880-810-2805

Junior and all time overall - World Record at 275 lb. body weight lifts- 1165-945-800-2910

Junior and all time overall -World Record at 308 lb. bodyweight lifts -1200-965-795-2960

Dave Hoff Bio Continued

**Open Division - Overall and All-time World Records at 275 lb. Bodyweight
(squat, bench press, dead lift and total respectively)**

1190-935-790-2915

1168-959-793-2921

1175-970-815-2960

1210-975-820-3005 biggest total ever in history!

Other highlights:

-Bench pressed 1,000 lbs. at 275 lbs. bodyweight

-Youngest person to ever squat 900 lbs., 1000 lbs., 1100 lbs., and 1200 lbs.

-Lightest man to squat 1200 plus lbs. Only lifter in history under 300lbs to squat 1200lbs

-Highest full meet bench press with a 975 lb. bench

-The largest total and largest squat to ever be performed in the APF/WPC federations

-Deadlifted 800 lbs. at the age of 20!