



## **JAMES GRANDICK**

*Iowa/Nebraska State Chairman*

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James Grandick is a veteran powerlifter whose accomplishments have made it to Powerlifting's All-Time Records list. He hails from Council Bluffs Iowa with his wife Mary. He is an original member of the legendary Big Iron Gym Powerlifting Team. James was coached by the late, great Rick Hussey. James expertly carries on the Big Iron name with his new gym, Big Iron Compound. He is a multi-time National and World Champion having set over 50 national and world records in his career. His totals are still among the best of all time in the 242 and 275 weight classes.

### **James' Powerlifting Accomplishments**

#### ***242 Pound Class***

Squat	1015 lbs.
Bench:	805 lbs.
Dead lift:	755 lbs.
Total:	2565 lbs.

#### ***275 Pound Class***

Squat:	1058 lbs.
Bench:	804.5 lbs.
Dead lift:	777 lbs.
Total:	2612.5 lbs.