



Scot Mendelson
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Scot Mendelson an American [powerlifter](#) who specializes in the [bench press](#). Scott earned multiple All-Time [World Records](#) holding the raw (unassisted) All-Time World Bench Record in the 308 lb. weight class with 701 lb. (318 kg) since 2002. In 2009 Scott broke the All-Time World Record Bench in the [equipped](#) 275 lb. weight class with 1,031 lbs. (468 kg). Adding to his amazing accomplishments in the bench press, he also held the All-Time World Record in the raw division, regardless of weight class, with 715 lb. (324 kg) for 10 years.

Working as a self-employed strength coach and combat sports teacher, Scot and is also personal trainer. He runs his own gym called Next Level Training located in Sherman Oaks California.

Scot Mendelson is a three-time National and four-time World Champion in the bench press. He has broken over 60 world records during his career.

Scot's Official Powerlifting All-Time World Records

- Raw [Bench press](#) - 701.1 lbs. (318.0 kg) @308 lb. class raw with only wrist wraps and a belt (APC 2002)
- Raw [Bench press](#) - 715.0 lbs. (324.3 kg) @SHW class raw with only wrist wraps and a belt (Atlantis 2005)
- Equipped [Bench press](#) - 1030.7 lbs. (467.5 kg) @275 lb. class (APF 2008)
- Equipped [Bench press](#) - 1025.1 lbs. (465.0 kg) @SHW class (APF/WPC 2008)