



JIM HOWELL

New York State Chairman

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James Howell is a 23 year veteran of competitive powerlifting. Training out of Ultimate Athletics in Ithaca, NY. He claims 6 IPA world records in both equipped and raw lifting. James is currently ranked number one in the world for the raw squat in the 220 50+ division with 630 pounds owning the All-Time Historical record. He also owns an 802.5 equipped squat record, as well as a 670 pound deadlift record . . . and he's far from finished.

James hosts very exciting events several times each year at Ultimate Athletics. The competitive MMA atmosphere is perfect for powerlifting. Helping lifters achieve their goals, and fighters claim victory keeps him on the platform and in the record books.

Lifters for lifters.