



TINY MEEKER

IPA International Relations Chairman

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2016 York Barbell Hall of Fame Inductee, Tiny Meeker, holds the biggest Bench Record in history with 1,102 lbs. Tiny is the heaviest man to ever bench press more than 3x body weight. This isn't the first Hall of Fame in which Tiny holds a coveted spot. He also graces the WABDL Hall of Fame.

AMAZING FACTS ABOUT TINY MEEKER:

THE HIGHEST BENCH PRESS IN HISTORY AT 1102 LBS.

THE GREATEST BENCH PRESSER OF ALL TIME.

ELECTED TO THE WABDL HALL OF FAME IN 2012.

25-TIME DRUG-FREE BENCH PRESS WORLD CHAMPION.

WORLD RECORDS: 800 LBS. X 4 LIFTS, 700 LBS. X 8 LIFTS, AND 600 LBS. X 14 LIFTS.

HEAVIEST MAN TO EVER BENCH-PRESS MORE THAN THREE TIMES HIS OWN BODY WEIGHT.

OWNER OF TINY MEEKER'S POWER STATION AND MONSTER GYM IN KINGWOOD, TX.

FIRST TESTED LIFTER TO BENCH PRESS 800, 900, 1000, AND

THE ONLY LIFTER TO EVER PRESS 1100 POUNDS!

TINY MEEKER IS 45 YEARS OLD AND IS FROM HUMBLE, TEXAS

TINY HAS BEEN LIFTING FOR 30 YEARS AND COACHING AND

TRAINING LIFTERS FOR 15 YEARS. HE HAS TRAINED OVER 75 WORLD CHAMPIONS