



ROB FORELL

Pennsylvania State Chairman

rob@forellinnovation.com

Rob is an All Time World Record holder bench presser in three different weight classes: 181 lbs benched 910lbs, 198 lbs benched 1000 lbs, and 220 lbs benched 930 lbs. He holds the 242 IPA World Bench Record with full meet totals of 2180 at 198 lbs and 2420 lbs at 220 lbs.

He is the owner and innovator of F8 Customs bench shirts, 814 Barbell Club, Forell 365 Cerakote, and Forell Innovation. He is located in Shippensburg, PA.

Rob can be contacted at rob@forellinnovation.com.

“LIFT ALIVE”

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814-319-2150