



SHAWNA MENDELSON

New York State Chairman

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Shawna Mendelson is an World Champion Powerlifter and Strength Athlete. She has a MS degree in Kinesiology/Sports Science from NYU.

She has over 20yrs experience as a CSCS, personal trainer, and is a strength and sports performance specialist.

Her best lifts to date are 725lb squat, 550lb ATWR bench, and a 510lb deadlift. Best overall total is 1685lbs. in the 181lb weight class.

Shawna is the owner of Blue Collar Barbell located at 230 Knickerbocker Ave, Suite G-H Bohemia, NY 11716.