



John Ruoppo

Massachusetts State Chairman

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John Ruoppo is a top powerlifter with many years of experience. His best numbers include 1010 squat, 670 bench, and a 775 deadlift. While having a full time day job, he also is an ISSA certified personal trainer.

He and his wife own a gym, Evolve Fitness and Training in Worcester, Massachusetts. John can be contacted at evolveft22@gmail.com.