LHSPLA LIFTING CARD

NAME: **WT. CLASS**

SCHOOL: **BODY WT.**

WEIGH-IN OFFICIAL: **LIFTER'S INITIALS:** **COACHES INITIALS:**

LIFT	1ST ATT.	2ND ATT.	3RD ATT.	BEST LIFT
SQUAT				
BENCH				
DEADLIFT				

RACK HEIGHT: **TOTAL**

DEADLIFT CHANGES	2ND ATTEMPT		3RD ATTEMPT	
	#1 #2		#1 #2	

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	#1 #2		#1 #2	