

TRESTON SHULL Lifting Background

Strongman-North American Strongman Society (NASS)

2000 - Modesto Strongman Challenge (Tied for 2nd place in the adult division lightweight class at 16yrs old)

2001 - Jamestown Strongman Challenge (Took 1st place teenage division and title of Californias Strongest teen and set the American partial deadlift record with 545lbs in the teen division and the American Anvil carry of 308lbs with a distance of 366ft)

2001 - New Mexico Strongman Challenge (Took 1st place teenage division and Title of New Mexico Strongest teen)

2004 - NASS National Championships (Took 4th place overall teen division)

2006 - Battle of the Four Corners Strongman Challenge (Took 2nd Place Adult Heavyweight division)

I know I did one or two more but I cant remember for the life of me which ones they were

Powerlifting - American Powerlifting Federation (APF) American Powerlifting Association (APA) Natural Athlete Strength Association (NASA) United Powerlifting Association (UPA) International Powerlifting Association (IPA)

2000 - APF California 48th Annual Ironman Championships (Took 1st place 14-15yr old class 220lb weight class and set California records in my division in the Squat and Total)

2001 - APF National Championships (Took 1st place 16-17yr old class 242lb weight class and set American Records in the Squat and Total)

2001 - APF California 49th Annual Ironman Championships (Took 1st place 16-17yr old class 242lb weight class and set American Records records in my division in the Squat, Deadlift and Total)

2002 - APF National Championships (Took 1st place 16-17yr old class 275lb weight class and set American Records in the Squat and Total)

2002 - APF California State Championships (Took 1st place 16-17yr old class 275lb weight class and set American Records in the Squat and Total)

2003 - NASA Southwest Regional Championships (Took 1st place 18-19yr old class 242lb weight class and set State Records in the Squat, Bench, Deadlift and Total)

2003 - Unsactioned Party on the Pecos Bench Press Challenge (Took 1st place teen division over 220lb class)

2004 - APF California 50th Annual Ironman Championships (Took 1st place 20-23yr old class 242lb weight class and set American Records records in my division in the Squat and Total)

2008 - UPA Northern California Powerlifting Championships (Took 2nd place 308lb weight class all ages Division and had a 2000lb Total)

2008 - APA Nor-Cal Powerlifting and Bench Press Championships (Took 1st place 20-23yr old division 308lb weight class drug free division, took Overall Best Bencher all ages and set new World Record Bench at 550lbs 20-23 yr old division drug free)

2008 - UPA National Championships (Took 1st place 20-23yr old division 308lb weight class drug free division and set all National Records in my division with a 821lb Squat, 574lb Bench Press, 613lb Deadlift and a Total of 2008lbs)

Started wearing LIFEWAVE 1wk after previous meet (Made an 8lb increase in my total between meets before using the LIFEWAVE PATCHES

2008 - IPA Powerstation Pro/Am (Took 1st place all ages division 308lb weight class drug free division and recieved my Elite Total with a 850lb Squat, 575lb Bench Press, 650lb Deadlift and a Total of 2075lbs)

4months after wearing the LIFEWAVE PATCHES I increased my total by 67lbs