

# Yumon Eaton's Bodybuilding and Power lifting Contest History

## Power lifting Contests:

Florida State University Bench Press Championships

Year – 2006 (just weeks before the NPC South Florida Bodybuilding Championships, which I competed in)

Placing – 1<sup>st</sup> (179 lbs class), 2<sup>nd</sup> (Overall) (Second to world record holding bench presser Jeremy Hoornstra)

Lifts – 350 lbs (In Bodybuilding Competition Shape)

## Bodybuilding Contests:

NPC South Florida Bodybuilding Championships – 1st (179lbs class)  
1st (Overall), Teen Division

Year: 2006