

# Yumon's Body Composition

## Current Stats:

Height: 5'8  
Weight: 185  
Body fat: 7-8%

## Off-Season (heaviest weight) Stats:

Height: 5'8  
Weight: 185-190  
Body fat: 7-8 %

## Contest shape:

Weight: 175  
Body fat: around 3%

## Projected Stats for Next Contest

I am competing in a strongman competition next month (April 7, 2007). I am gaining weight so that I am able to compete with the heavier guys. I weigh, on average, around 180 lbs - 185 lbs. The lowest weight class in this upcoming competition is 200 lbs and below, so I am going to gain between 15 – 20 pounds for this competition.

Weight: 195 – 200 lbs  
Body fat: 7 – 9 %

## Ultimate Goal

### *Bodybuilding:*

Weight: 235 –245 lbs  
Body fat: 2.5 - 3 %

### *Powerlifting:*

Weight: Varies  
Body fat: Varies

### *Strongman:*

Weight: 231 lbs (Lowest Weight Class in Most Competitions)  
Body fat: 7 – 10 %

## Lifting Stats:

Bench Press - 365 lbs  
DeadLift - 535 lbs  
Squat - 425 lbs

T - Bar Row - 365 lbs x 10 reps

Farmer's Walk – 440 lbs, Entire Course (1st Ever Attempt)  
Yoke – 550 lbs, Entire Course (1st Ever Attempt)

*Favorite Lifts:*

DeadLift

*Favorite Strongman Events:*

Farmer's Walk, Power Stairs, The DeadLift Variations

*Sprinting:*

100 m Dash – 10.90 sec  
200 m Dash – 22.88 sec  
400 m Dash – 50.99 sec

40 yard Dash – between 4.40 – 4.50 sec