

## Phil Beniston



First Name: \_\_Phil - Surname: Beniston

Date of Birth: 02/06/1963 - Town of birth: Sutton in Ashfield

Family: Married to Penny, two kids Adam & Dawn

Occupation: Martial Arts Coach - Gym you train: Festival hall

Training Partners: Anyone Around at the Time

Favourite Exercise: Bench - Body-weight class: 90/100kg

Best Official Squat: 290kg - Best Official Bench Press: 210kg

Best Official Dead Lift: 252.5kg - Best Official Total: 742.5kg

Competition Record World Titles, Years: Powerlifting 2006/07, Bench 2005/06/07

Competition Record European Titles, Years: Powerlifting 2006, Bench 2005/06/07

Competition Record British Titles, Years: Bench 2005/06/07

Favourite quote: Do it trembling if you must, But do it!

Your training tip: Stick to the Basic's

Your training days: Mon, Tues, Thur & Sat

Your measurements:

Chest: 48 – Waist: 33 – Hips: Biceps: 18½ - Thigh: 27 – Neck: 18

Future plans and aims: To Bench 500lb

Feats of strength: Getting out of bed in a morning

Favourite Lifter: Ed Coan

Other hobbies: Kickboxing and grappling