

Wrestling combine of Max Lifts

NAME: _____

Weight	Bench Max	Squat Max	Power Clean Max	400 time (Secs)	Pull-up Max	Squat BW+ 25LBS	Bench 3/4 BW	Differential	
								#DIV/0!	Test 1 DATE:
								#DIV/0!	Test 2 DATE:
								#DIV/0!	Test 3 DATE:
								#DIV/0!	Test 4 DATE:
								#DIV/0!	Test 5 DATE:
								#DIV/0!	Test 6 DATE:
								#DIV/0!	Test 7 DATE:
								#DIV/0!	Test 8 DATE:

$$\frac{\text{Bench max} + \text{Squat max} + \text{Power Clean max}}{(\text{Pull-up max} + \text{Squat BW} + 25 + \text{Bench 3/4 BW}) + \text{Body Weight}} - 400 \text{ time} \quad \text{This} = \text{Differential}$$