

# Aaron Lawrence

## SAYS GOODBYE

BY JEFF "ROBOT" IRION

**How old are you?** I'm 42.

**How much do you weigh?** I am presently around 306 or so, but at the time of my 2,315 total I was 338.6 lbs. The largest I have ever been was 382.8. I was scary-strong at that weight.

**What do you do for a living?** I am a high school teacher; my subjects are business and technology.

**When did you start lifting weights? And when did you start training specifically for powerlifting?** I started lifting weights when I was 12 years old, when my parents bought me one of those sand weightlifting sets that weighed 110 lbs. with a bench and dumbbells. Yes, I am that old!

I started training specifically for powerlifting when I was 18, after I suffered an injury playing college football. My first contest was in 1989 at the ADFPA West Virginia State Championships. I won the Novice division and took second in the Open Class. I competed raw (belt only, though that was not a division) and didn't even know what powerlifting gear was at the time. I went 606, 407, 611 at my first contest.

**What are your best competition lifts, and how do you stack up?** My best raw lifts are an 830 squat, 630 bench and 855 deadlift. My best total is 2,315, which is ranked No. 5 all-time at SHW and No. 7 all-time overall. I'm one of only seven men to ever total 2,300-plus raw. My 630 bench is ranked No. 15 at SHW. I also benched 605 at 296, and that is ranked No. 15 at 308.

**Please explain how you managed to total 2,315 raw without anyone noticing.** Honestly, I never gave it a second thought after the meet and I do not know if anyone else did, either. To me it was just another training day. I never even trained for the meet. I was called up a few days before and asked if I would like to compete and help raise some money for some children in need. I had not really maxed out in nearly seven years, so I just did it for fun.





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