

Flex Fitness Center hosts powerlifting championships

By LEO MARTONOSI

The Holland Sentinel

Posted Jan 22, 2009 @ 11:48 PM

Holland, MI —

Mike Benson of Hudsonville will be different than the majority of participants competing at Saturday's West Michigan Powerlifting Championships at Holland's Flex Fitness Center, 474 Century Lane.

"This will be my first weightlifting competition in quite a while," Benson said. "It's really secondary to what we do."

Benson is a member of the Conquerors International Strength Team, which will be showing off its skills and sharing a powerful message with not only the participants but with the general audience.

"Mike might even attempt to bench press more than 400 pounds while lying atop a bed of nails," said Flex co-owner Shawn Miller.

Benson does have a goal in mind for the competition, which gets under way at 1 p.m. "I would really like to bench 500 pounds," Benson said. "We'll see what happens." This is the fourth year that Shawn and his wife, Amy, have hosted the West Michigan Powerlifting Championships.

"We had a huge turnout our first year," Shawn Miller said. "We had around 50 participants last year. Hopefully, we'll be back up to at least 60 participants Saturday." Saturday's competition at the Flex Fitness Center will be in the bench press and deadlift events. "This will be a great opportunity for local participants to show their strength and for fans to see how strong these people really are," Miller said.

Miller said many state and national records have been set at the West Michigan championships.

"We've had some world-ranked competitors from Michigan bench press 740 pounds and 830 pounds here," Miller said.

Benson thinks highly of the Millers. "They aren't in it for the money," Benson said. "They really care about people living a healthy lifestyle."

For more information, contact Shawn Miller at (616) 396-2901 or shawn@flexfitnesscenter.com.