

# Tahoe powerlifter sets 4 Nev. titles



Alex Zuong competes this past spring in the state finals in Las Vegas. Photo/Provided

Alex Zuong set four state weight lifting records in the 82.5kg class while he was a senior at Incline Village High School this year.

He bench pressed 125 kilograms, dead-lifted 202.5kg and did a squat with 172.5kg. He set the total weight record at 485kg – that is more than a half a ton.

Zuong has only been in Tahoe since December, though his mom grew up in the area.

He is interested in competing in future powerlifting and arm wrestling events.

– Lake Tahoe News staff report