

## Walter Urban Sets 2<sup>nd</sup> Guinness Weightlifting World Record at 54 Lifts 10,535 lbs. or 61 Times Bodyweight in One Minute

NEWS ALERT Niagara Falls – At 4:00 September 29th, 2012, 54-year-old current Guinness World Weightlifter Record holder Walter Urban set a new Guinness World Weightlifting Record for the “Heaviest Sumo Dead lift in one minute” – lifting 10535 LBS in 60 seconds live on Sports Day in Canada.

<http://www.youtube.com/watch?v=abtGj6GAMmk>

Walter lifted a 215 lb weightlifting bar 49 times over the 60 seconds for the 10,535 lbs. and the new record.

The effort to break the current world record is the result of team work over a 12-month period, supported by 16 years of core work. The effort is to bring attention to the fact **“Age is not a Barrier”** and adults can continue to remain healthy and get stronger longer than even before, well into their 50’s and 60’s and to stress the fact that **“steroids are not always necessary”** to reach new heights in athletic performance. The goal is to raise awareness and success of “drug free” performance among young amateur athletes around the US and Canada.

Last year, Urban broke the then current Guinness Book of World Records, and set the present record for the most amount of weight lifted squatting in one-hour September 15th, 2011 – drug free on Live with Regis and Kelly. Walter’s record weight was 127,245 lbs which was accomplished by completing 904 squats in one hour, or 15 squats per minute, at an average weight of 140 lbs for 60 minutes.

Walter is a US Citizen and a landed Canadian immigrant living in Ontario. He was once again independently drug tested for all performance enhancing drugs by Evans OCC Health Clinic in Toronto Canada in conjunction with Health Street NYC and tested negative for all tests.