

Walter Urban Sets Guinness Weightlifting World Record at 53 Lifts 127,245 lbs. in One Hour

NEWS ALERT Niagara Falls – At 4:00 September 15th, 2011, 53-year-old current Walter Urban set a new Guinness World Weightlifting Record for the “Most Weight Squat Lifted in One Hour by an Individual – lifting 127,245 lbs. in New York City live on Regis and Kelly!

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

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.

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.