

Walter Urban sets 3rd Guinness Weightlifting World Record Live on the Today Show May 22nd, 2018

Attempt to lift more than 120,072 lbs. in 1 hour to bring the World Record back to United States

NEWS ALERT New York, NY – May 22th 2018: Walter Urban of Hazleton, PA set his 3rd Guinness World Record in 8 years – setting a new World Record for the most amount of weight sumo deadlifted in 1 hour lifting 130,830 lbs. (59,343,4 kg) drug free!

The current world record for the heaviest sumo deadlift in one hour was 54,464 kg (120,072 lb.) and was held by Nick Mallory (UK) which he set at Esporta Health Club in Hemel Hempstead, UK, on 21 March 2011. (120,072 is equivalent to lifting over 5000 cases of water in 60 minutes)

Walter completed the record on the ***The Today Show with Kathie Lee and Hoda*** live - which was the #1 morning show Q1 - 2018 with 4.29 million viewers.

As in the past, Walter's effort to break weightlifting world records 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, 60's and 70's. Also to stress the fact that "illegal performance enhancing substances are not necessary" to reach new heights in athletic performance – it's about "training as a Total Athlete"! The goal is to raise the awareness and success of "**drug free performance among young amateur athletes throughout North America**".

Walter Urban

Walter Urban is the father of three girls. A competitive powerlifter for over 16 years competing in the 75 kg 165 lbs. weight class. Walter competed in the Master World Championships in South Africa, Ostrava Czech Republic and Plzen Czech Republic in 2006, 2009 and 2010. His best finish was 6th place at the 2010 World Championships in Plzen Czech Republic.

Walter is one of few people who have competed at the World level for two different countries in two different sports. Walter is a former member 1982 US Parachute - World Para-Ski Team, finishing 4th in the US Nationals and selected to represent the US in the 1983 World Championships.

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Earlier Attempts – Two Guinness Weightlifting World Records Set

The opportunity started back in September 2011 when I attempted to break the Guinness World Record for the most amount of weight lifted squatting in one hour which was 125,065 lbs set in 2009 by 32-year-old "Six Pack" Ryan Lapadat.

At 9:50 am EDT September 15, 2011 on ***Live with Regis and Kelly*** Walter officially broke the record, exceeding his target weight; lifting 127,245 lbs over 904 squats live on the show in one hour. The weight lifted was equivalent to lifting 18 African Elephants in one hour or about 800 times my body weight at the age of 53!

Then at 5:00 pm September 29th, 2012 in Niagara Falls Walter set a second Guinness World Weightlifting Record live on a national telecast of ***Sports Day***. This time for the “Heaviest Sumo Dead lift in One Minute” lifting 10,535 LBS in 60 seconds. The weight was equivalent to lifting 350 cases of water or 55 times his body weight in one minute at the age of 54!

The Good

Child obesity, rampant steroid use, unhealthy adult lifestyles, etc. are not the only headlines people need to read! Anyone can be strong and healthy, young or old...it's a matter of knowledge, a plan, expert medical and mental support and lots of hard work!

People are tired of reading headlines regarding performance enhancing drugs.....baby boomers to fitness enthusiasts and teen athletes to elite pro athletes at any age react to this story with excitement, interest and motivation!