

ABS SERIES PRO



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DUBLIN | IRELAND



ABS SERIES PRO



ABS Pro: Europe's Notorious Powerlifting Showdown Returns

Dublin, Ireland - The powerlifting world is set to witness an unparalleled display of strength as the ABS Series presents the highly anticipated sixth instalment of the ABS Pro. Known as Europe's elite head-to-head powerlifting competition, lifters from across the globe will converge for a chance to claim the most prestigious powerlifting belt in Europe.

A Look Back at ABS Pro's Legacy

The ABS Pro has a storied history, marked by its high standards and fast pace. This competition has never seen a defending champion retain the belt in successive years, underscoring its rigorous nature. The previous year saw an all-1000kg podium in the men's division, making it a tough playground for DOTS merchants. German athlete Denise Herber claimed the women's belt for her second time last year, going for her third belt this year.

The Format: Wilks formula

Scheduled for **August 17th in Dublin**, the ABS Pro maintains its timeless format; ranking athletes by DOTS, disregarding weight classes. This approach ensures that the strongest lifter is determined in a more nuanced manner, emphasizing both absolute strength and efficiency.

An International Roster of Title Contenders

This year's line-up is bigger and better than ever before; with 28 athletes hailing from 19 countries spanning 4 continents, ABS Pro is quickly becoming first choice for elite athletes internationally. Listen to what each lifter had to say about their background and expectation:

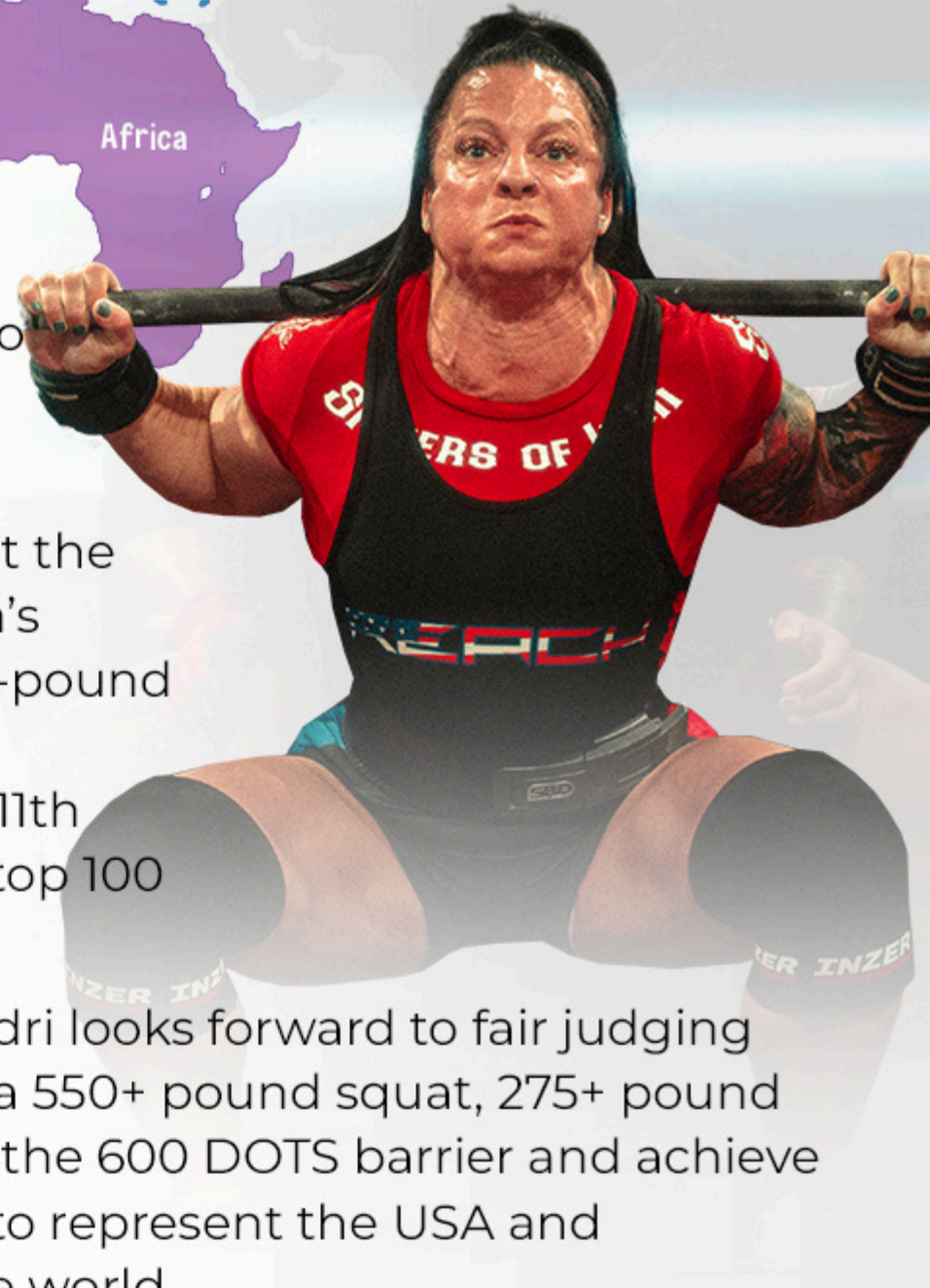


Landri Peden
USA

Landri Peden from Michigan began sports at age four and always aimed high. A US Army veteran with nearly 10 years of service, she turned to strength sports in 2017 to overcome PTSD, starting powerlifting in May 2019.

Landri's achievements include winning best lifter at the 2020 USPA DT Nationals and the 2023 APF Women's Pro/Am with a 589 DOTS score. She recorded a 529-pound raw squat in the 75kg category. Competing at the American Pro and the Ghost Clash III, she finished 11th overall and holds a 595 DOTS score, ranking in the top 100 all-time on Open Powerlifting.

Competing in the ABS Series for the first time, Landri looks forward to fair judging and the event's exciting atmosphere. She aims for a 550+ pound squat, 275+ pound bench, and a 575+ pound deadlift, hoping to break the 600 DOTS barrier and achieve a 1400-pound total in the 75kg class. She's excited to represent the USA and compete with some of the strongest athletes in the world.



Eetu Sieppi
Finland

Eetu Sieppi made his debut at the ABS Pro last year, marking a significant milestone in his powerlifting journey. Competing in the -90kg class, Eetu aims to break the current Finnish record of 925.5kg. Reflecting on his experience, he describes last year's ABS Pro as the highlight of his powerlifting career, praising the competition for its exceptional organization and athlete-focused environment. Eetu is excited to return and compete at this event, striving to set new records and achieve his best performance yet.





Viktoriya Ilieva *Bulgaria*

Viktoriya Ilieva has been dedicated to sports her entire life. She spent 11 years as a professional swimmer before switching to powerlifting at 17. She is a multiple-time national champion and record holder in the 75kg and 82.5kg categories. Viktoria is an IPF European bronze medallist for sub-juniors and the 2023 WRPf national and world champion, holding the WRPf record in the 82.5kg weight class for total lift. She is recognized as Bulgaria's strongest woman and has the second-highest DOTS score in the country.

Despite facing injuries in 2023 and early 2024, Viktoria is determined to outdo herself at the ABS Pro. Her goals include squatting over 220kg, benching more than 145kg, and deadlifting 250kg. Viktoria is excited to compete on what she considers the best platform in Europe, offering great organization, a spectacular show, and the chance to lift alongside the world's best.



Jake "Legathron" Brennan *Ireland*

Jake "Legathron" Brennan has been powerlifting for a long time; a stalwart of both ABS Series and ABS Pro. He was brought into the ABS Series by Jay, and the rest is history, holding Ireland's biggest raw total ever of 1000kg.

For this year's ABS Pro, Jake's goal is simple: arrive alive, put up a personal best total, and let the results speak for themselves. He holds the ABS competitions in high regard, considering them

the best in the world. Jake appreciates their continuous improvement and consistency, ensuring they are not just a one-hit wonder.





Mónica Burgos Angulo
Spain

Mónica Burgos Angulo recently competed in the Ghost Clash in Miami, where she improved her lifts and Wilks points. For this year's ABS Pro, her goal is to surpass her performance from last year, focusing on achieving a strong squat. Mónica appreciates the ABS Pro for its excellent organization and the way it takes great care of athletes in all aspects, making it one of the best competitions she has attended.



Nicolaas Du Preez
South Africa

Nicolaas Du Preez began his powerlifting journey in 2018, achieving an 870kg total at his first meet. Six years later, by April 2024, he has competed in 10 meets and increased his total to 1065kg, setting the all-time heaviest total in South Africa. His recent competitions include two ABS Series meets where he placed 2nd in both Wilks and total for two consecutive years.

Nicolaas aims to secure a 1100kg total and clinch 1st place at this year's ABS Pro. With strong competitors like Boris and Dave, who consistently perform well, Nicolaas knows he has a tough challenge ahead. His primary goal is to beat his personal best, but he aspires to place on the podium and walk away with gold.

Returning for his third consecutive ABS Series event, Nicolaas values the opportunity to compete against the world's best lifters under the highest standards and strictest judging. The stacked line-ups and elite competition make ABS Pro his preferred platform to prove himself among the best.





Sara Sobak
Croatia

Sara Sobak began powerlifting at the end of 2020 and has since competed in numerous events. Her favorite competition was ABS Series 11 in 2022, where she achieved remarkable results despite having a broken back. In 2023, Sara broke the WRPF world record in bench press at the American Pro and then broke her own record a few months later at the Fitness Store Classic.

Sara's goals for this year's ABS Pro are to set a new bench press personal record and aim for the squat sleeved record, as well as to earn another ABS champion ring. Encouraged by Laura Vogelsgang and inspired by the people and community, Sara is passionate about competing in the ABS Series and is excited to be part of this prestigious event once again.

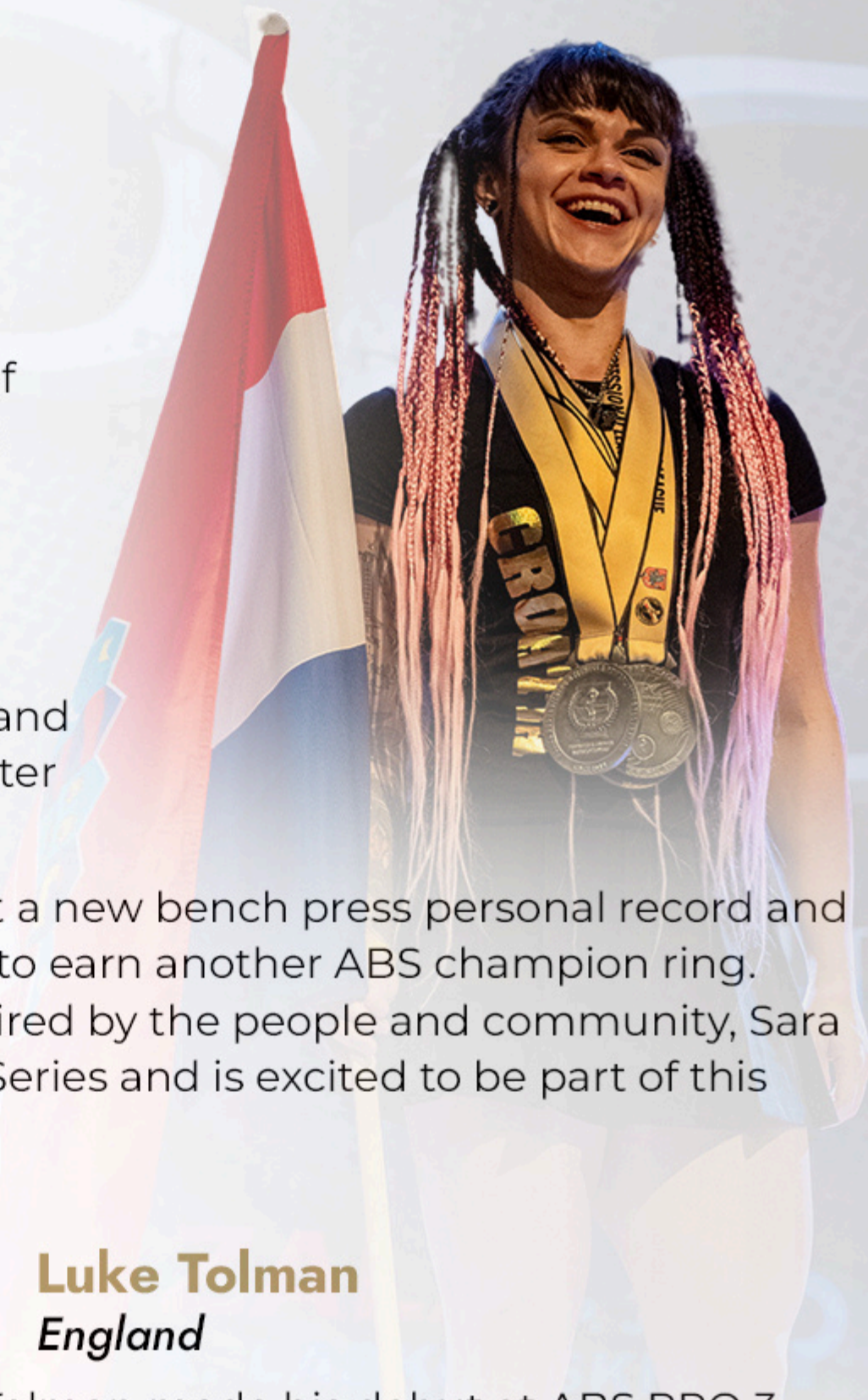


Luke Tolman
England

Luke Tolman made his debut at ABS PRO 3 in 2021, where he delivered a clinical 9/9 performance and became the first English male champion of the competition. The following year, Luke narrowly lost to Dave Richardson by less than one Dots point, igniting a rivalry not seen in British powerlifting for a long time.

Luke competed at Series 12 PRO-AM against former foe Jesse Mornan, winning his second ABS meet and becoming the first athlete to win both a PRO and PRO-AM title.

Despite being one of the youngest in the competition, Luke has a wealth of experience on the platform, competing for Great Britain and holding the All-Time World Record (ATWR) in bench press.





Panagiotis Perentis *Greece*

Panagiotis Perentis has been competing in powerlifting for 10 years. His best meet to date was last year's Ghost Clash, where he placed second overall in sleeves with an impressive total of 880kg at 88.7kg body weight.

For this year's ABS Pro, Panagiotis is focused on having fun, visiting Ireland, and meeting some of the best lifters from Europe and around the world. This will be his first meet in wraps and using a stiff bar in five years, so he has no specific expectations but plans to give his best performance on meet day.

Panagiotis appreciates the atmosphere of ABS competitions, having watched previous events via livestream. He looks forward to the unique challenge presented by the power bar and the strict meet conditions that ABS offers.



Sir Dave *England*

Sir Dave is an accomplished powerlifter with numerous accolades, including winning the ABS Pro in 2022, five podium finishes in the series, and claiming victory at Clash of Titans 2. Currently the GOAT of the UK powerlifting scene, he holds the ABS records for highest DOTS, WILKS, total, and deadlift.

His goal for this year's ABS Pro is straightforward as usual: win at all costs. Sir Dave values the ABS Series for its investment in lifters, its reputation as the fastest-growing platform in the world, and its commitment to the highest standards and well-organized competitions.



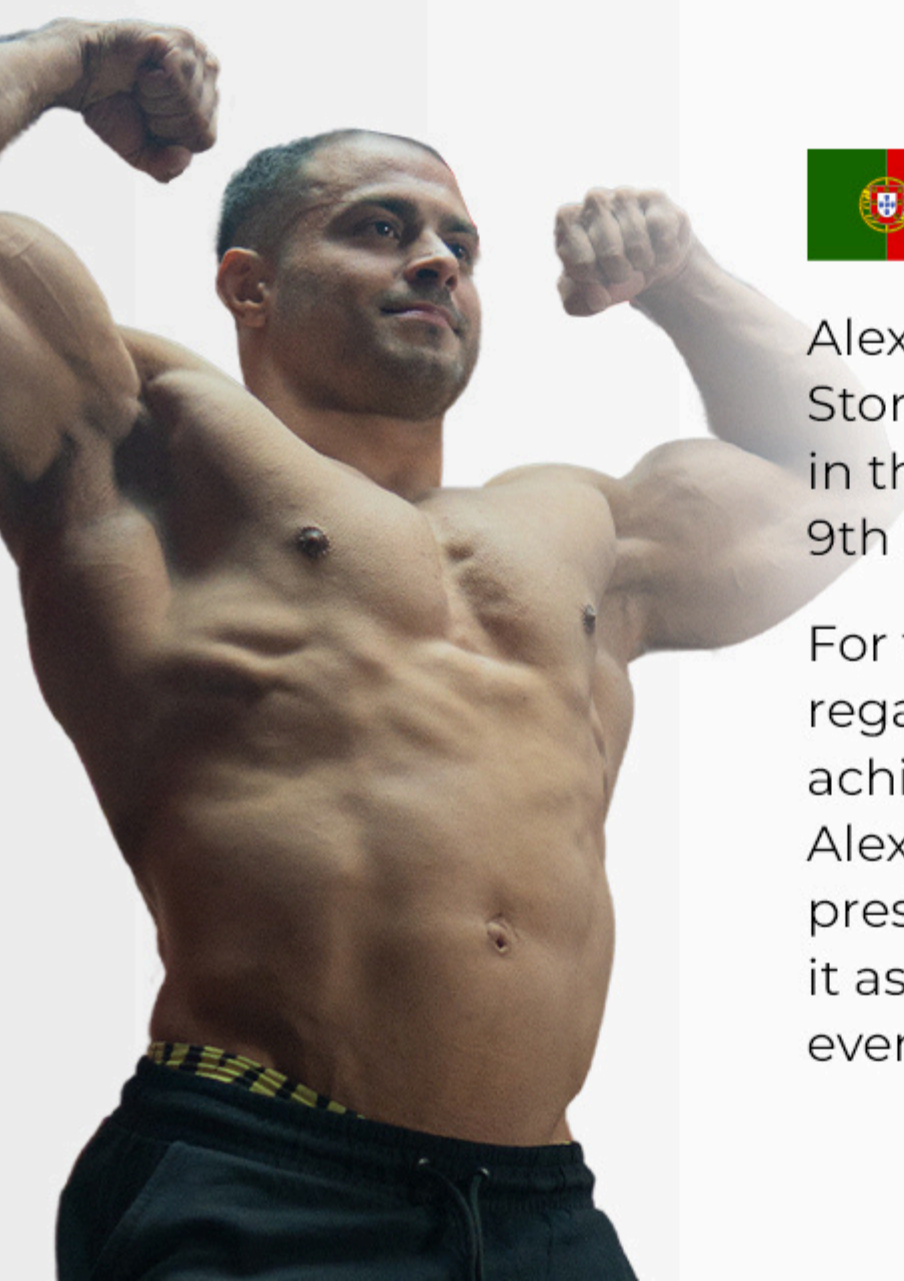
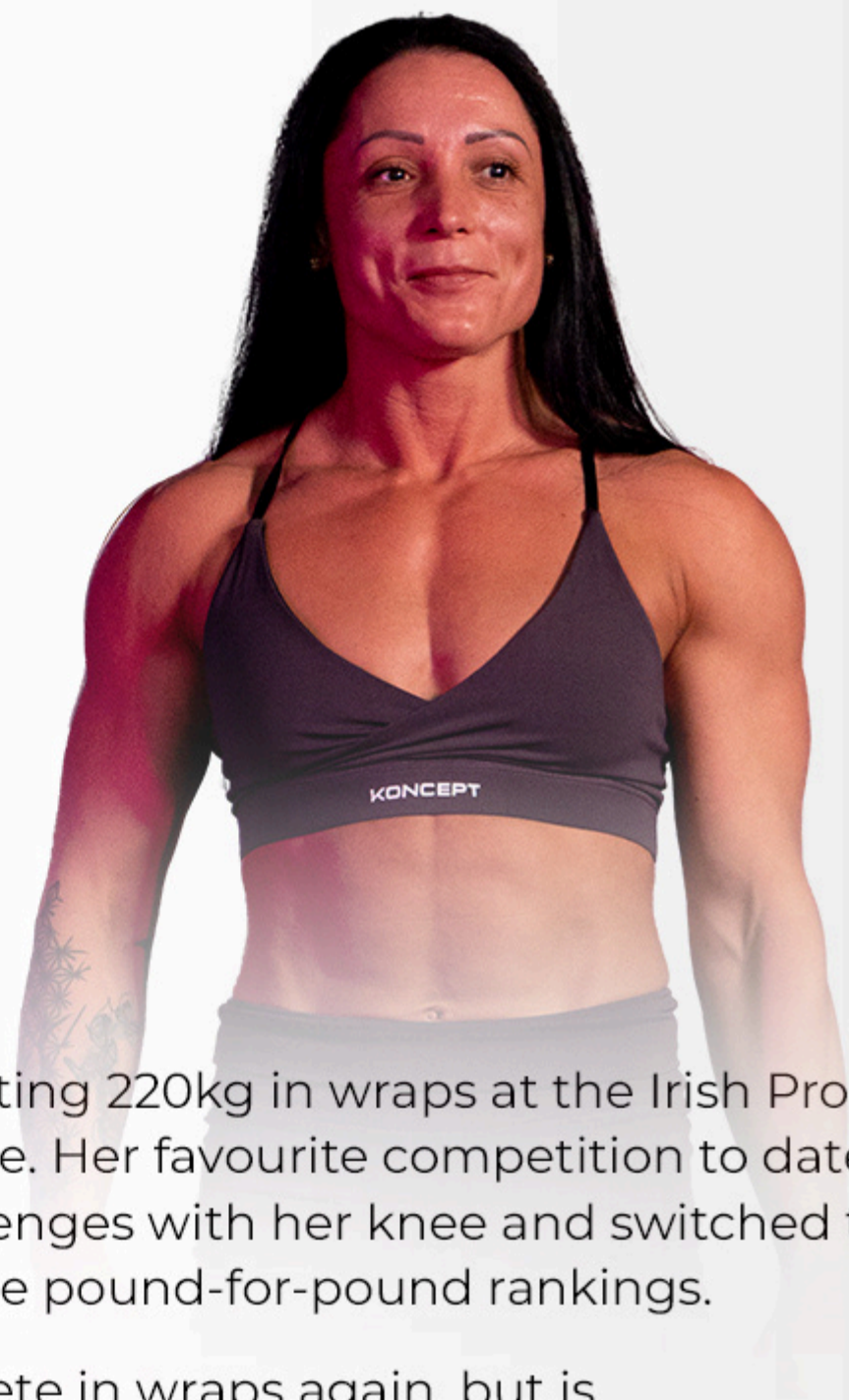


Zsuzsanna Tóth
Hungary

Zsuzsanna Tóth started powerlifting in 2017 at 29 years old, competing in the GPC open at 67.5kg with a total of 355kg in wraps. Initially encouraged by her gym and coached by Delroy McQueen, Zsuzsanna quickly developed a passion for the sport. Her enthusiasm grew after meeting Tom Martin and taking a more serious approach to training. In 2019, she competed at ProRaw, where she had the opportunity to compete alongside big names like Stefi Cohen and Keeta Crisp, and even met Arnold Schwarzenegger.

Zsuzsanna's notable achievements include squatting 220kg in wraps at the Irish Pro in the 75kg class, which fuelled her desire for more. Her favourite competition to date is the ABS Pro in 2022, where she overcame challenges with her knee and switched to sleeves, finishing 3rd and securing 9th place in the pound-for-pound rankings.

For this year's ABS Pro, Zsuzsanna plans to compete in wraps again, but is prepared to battle in sleeves if necessary. Her goal is to improve her previous performance and avoid finishing last. She highly values the quality of ABS competitions, including the refereeing, entertainment, and overall atmosphere, and is proud to compete alongside some of the most successful athletes in the sport. With ten competitions under her belt, Zsuzsanna prefers the high standards of ABS meets over multiple federation events.



Alexis Amorim Carvalho
Portugal

Alexis Amorim Carvalho placed in the top 5 at the Fitness Store Classic with a 550 DOTS score. He made his debut in the ABS Series last year at ABS Pro, where he secured 9th place.

For this year's ABS Pro, Alexis aims to finish in the top 5, regardless of the competition. He believes he needs to achieve a 550+ Wilks score to reach this goal.

Alexis is drawn to the ABS Pro for its prestige and high standards, recognizing it as the most competitive powerlifting event in Europe.





Brianny Terry
USA

Brianny Terry has been powerlifting for almost seven years and holds five all-time world records. Excited to compete in her first ABS competition, she looks forward to the added challenges of walking out and using a stiff bar on deadlift.

Her goals for the competition include securing a minimum 260kg squat, improving her bench to around 152.5-155kg, and deadlifting at least 272kg. Brianny is eager to experience the fast-paced, high-stakes environment of ABS Pro, and is excited about traveling outside the US to meet other passionate lifters and compete under extremely tough conditions.



Laura Sancho
Spain

Laura Sancho has broken the all-time UK deadlift record three times and holds the all-time UK total record in sleeves, exceeding 600kg.

Her goal for this year's ABS Pro is to secure a spot on the podium. Laura is drawn to the competition for its high standards and exceptional quality.





Delroy McQueen
UK

Delroy McQueen began his lifting career as an Olympic weightlifter, competing internationally for 11 years and winning three gold medals at the 2002 Commonwealth Games in Manchester. He set Commonwealth records in Clean and Jerk and Total, which still stand today.

In 2004, Delroy transitioned to powerlifting, competing in various formats including Multi-ply, Single Ply, Raw with wraps, and Raw with sleeves. Throughout his career, he has won British, European, and World titles across multiple powerlifting federations.

ABS Pro 2024 will be Delroy's first competition in the ABS Series and marks the final competition of his powerlifting career. He aims to give it his all and hopes to compete against the Irish legend, Jake Brennan.

Delroy is thrilled to finally participate in the ABS Pro after delays due to the pandemic. Having attended several ABS events, he is eager to step onto the ABS platform and test himself against some of the world's best lifters.



Tómas Darri Þorsteinsson
Iceland

Tómas Darri Þorsteinsson has been involved in powerlifting and strongman competitions since 2017/18, but since early 2023, he has fully focused on powerlifting after a brief stint in CrossFit in 2022. His recent performance at the ABS 15 Pro-Am, which he won, propelled him to the pro class where he placed 8th at the Clash of Titans, solidifying his position in Icelandic powerlifting history as the number one pound-for-pound lifter.

Currently standing at a 970kg total, Tómas is determined to reach the 1000kg milestone. He is confident he can add the extra 30kg needed by August. He also aims to maintain his perfect record of 9/9 lifts at each competition, having already achieved 18/18 in his previous two ABS meets.

Tómas looks forward to his third appearance at the ABS Pro, appreciating the strict standards, the amazing people, and the overall great atmosphere. Competing on this platform is always a pleasure, and he is as excited as he was for his first appearance.





Aleksandra Szymczykowska

 Poland

Aleksandra has been training in powerlifting for four years, having initially focused on bench pressing. Her notable achievements include winning the XPC Pro in Siedlce and the GPC World Championships in 2023.

At this year's ABS Pro, Aleksandra aims to set personal records in all her lifts and compete against the best lifters in her weight category. She is excited to take part in ABS Pro to challenge herself among the world's top competitors. Being part of such a prestigious and increasingly renowned competition is already a success for her.

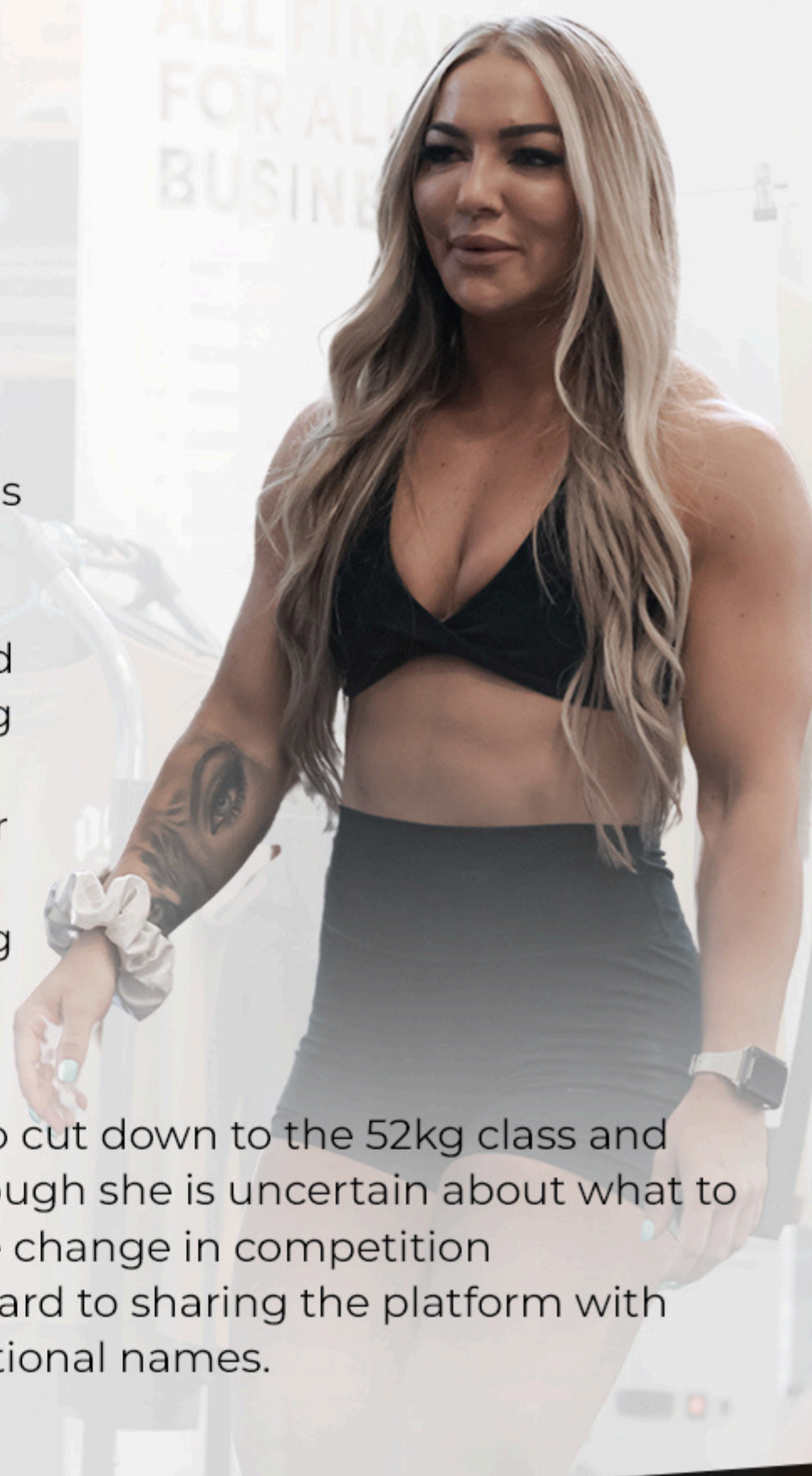


Jen Smith

Australia

Jen Smith has been powerlifting since 2015 and is currently ranked #1 in Australia in two weight classes. She holds a 545kg total in the 60kg class (207.5kg squat, 125kg bench, 212.5kg deadlift) and a 505kg total in the 56kg class (185kg squat, 115kg bench, 205kg deadlift). Jen made history as the first female in Australia to bench over double her bodyweight in competition. Her most recent competition was ProRaw in March 2023, marking a year and a half since she last stepped on the platform.

For the ABS Pro, Jen plans to cut down to the 52kg class and aims to total over 500kg, though she is uncertain about what to expect. She is excited for the change in competition environment and looks forward to sharing the platform with some of the biggest international names.



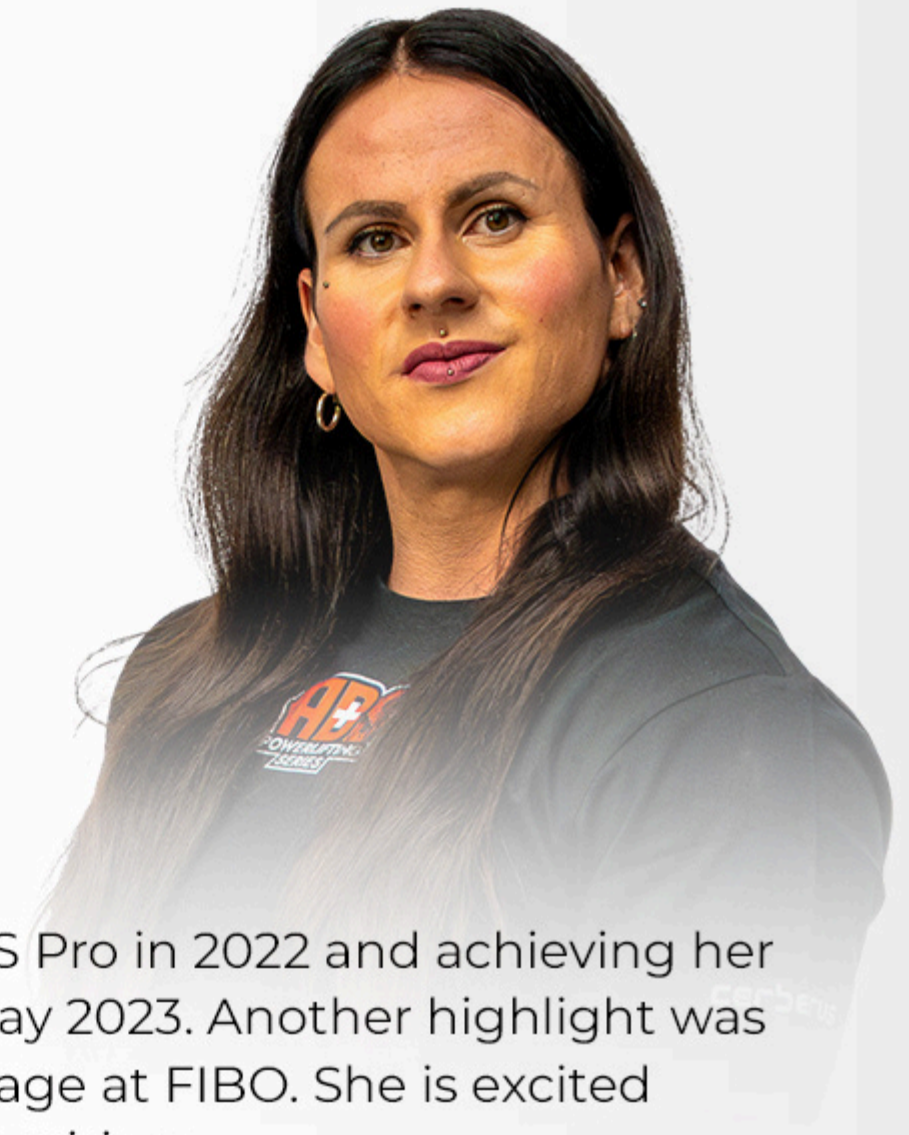


Anja Zosso
Switzerland

Anja Zosso started powerlifting in 2017 as a way to overcome her battle with BPD and eating disorders, inspired by the loss of a friend to anorexia. Her journey began with a small competition in December 2018, and in March 2019, she started training with Denise Herber for her first international competition. Powerlifting quickly became a passion, transforming her life for the better.

Anja's notable achievements include winning ABS Pro in 2022 and achieving her highest total of 585kg with a 575 DOTS score in May 2023. Another highlight was her impressive 9 reps with 200kg at the Animal Cage at FIBO. She is excited about the upcoming ABS Köln and ABS Pro competitions.

Anja prefers to focus on one meet at a time, with no specific expectations for ABS Pro just yet. She aims to give her best performance and see how she places among other strong competitors like Denise Herber and Brianny Terry. She loves the ABS competitions for their exceptional organization, vibrant atmosphere, and the overall experience.

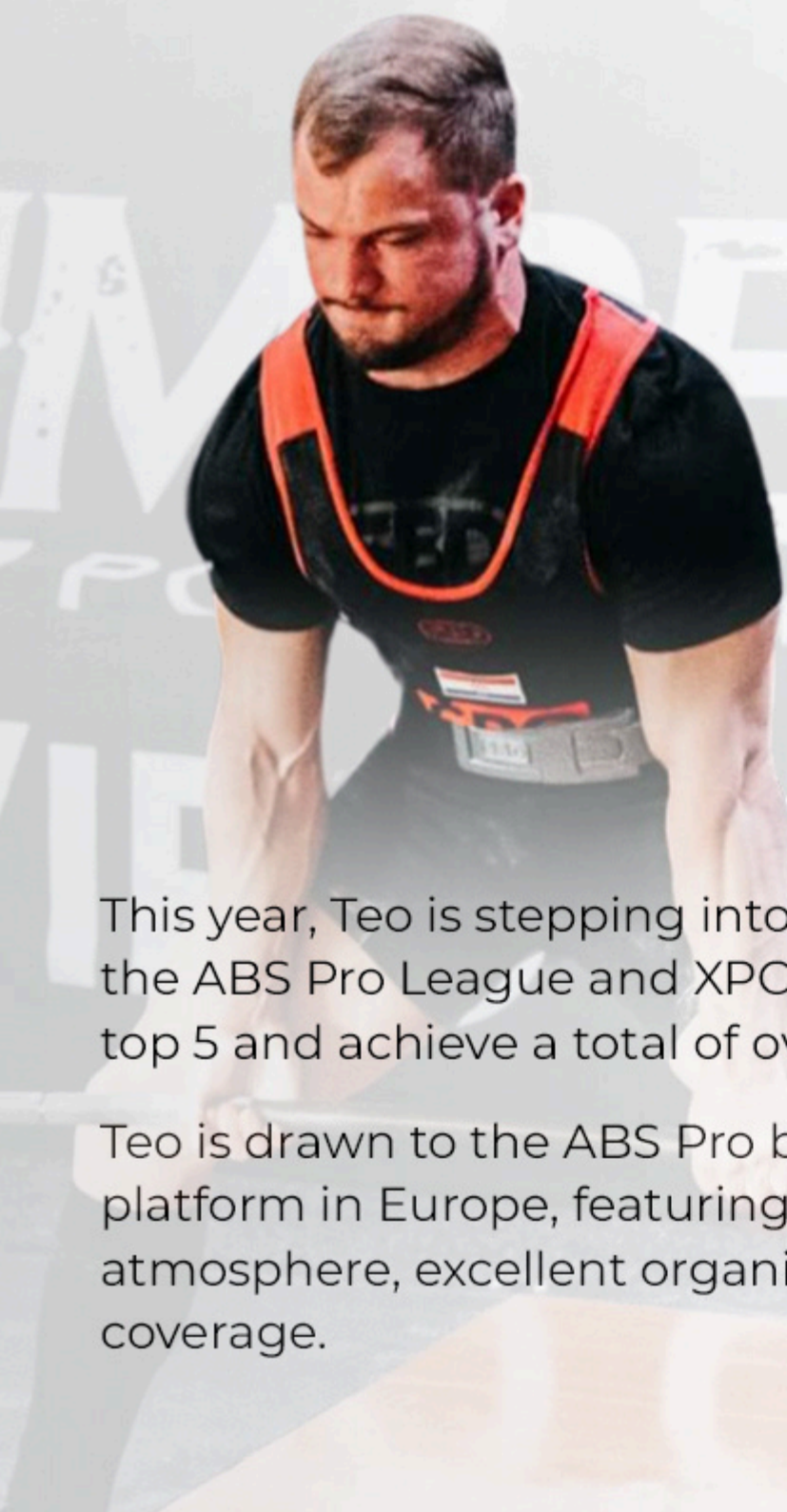


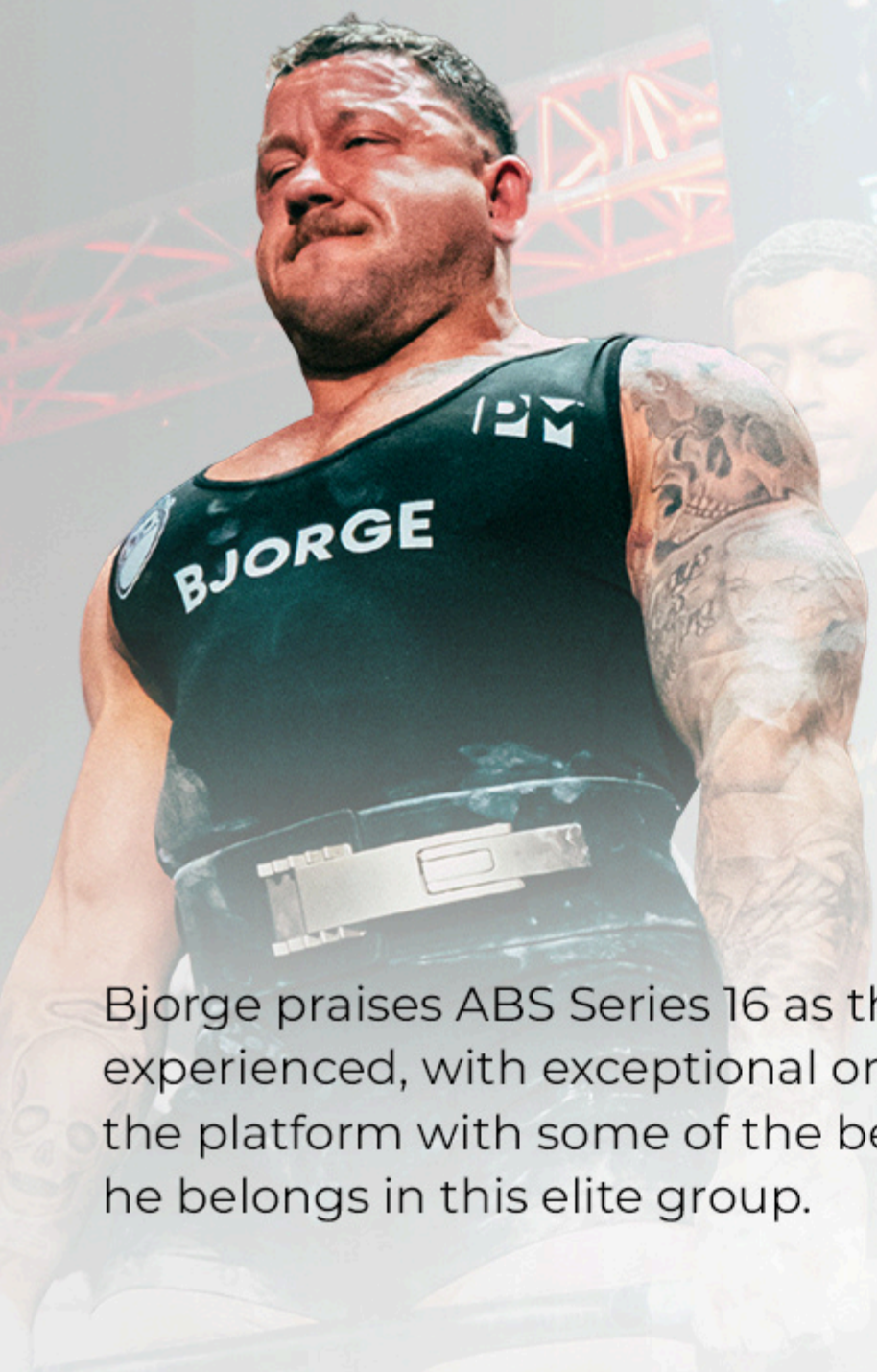
Teo Kalogjera
Croatia

Teo Kalogjera has been powerlifting for five years and has an impressive list of achievements. He is the IPF world champion in the sub-junior division (-74kg category) from the 2021 championship in Halmstad, Sweden. Teo holds two world and two European records in the sub-junior class for IPF, as well as five world records in the WUAP federation (three in the teen 3 division and two in the open division). Additionally, he has set 34 Croatian records (18 in tested federations and 16 in untested federations).

This year, Teo is stepping into the pro leagues for the first time, competing in both the ABS Pro League and XPC Pro League. His goal for the ABS Pro is to place in the top 5 and achieve a total of over 850kg.

Teo is drawn to the ABS Pro because he believes it has the best platform in Europe, featuring the strongest lifters, an intense atmosphere, excellent organization, and outstanding media coverage.





Bjorge Janssen
Netherlands

Bjorge Janssen started training like a powerlifter in 2015 and competed in his first competition in 2016. Since 2021, he has held the title of the all-time #1 powerlifter in his country. His most recent competition was ABS Series 16, which he won.

For this year's ABS Pro, Bjorge is thrilled to be part of the event and aims to hit a 900kg total. He expects the top competitors to put on an impressive show for the podium and is excited to be among them.

Bjorge praises ABS Series 16 as the most professional competition he has ever experienced, with exceptional organization and setup. He looks forward to sharing the platform with some of the best lifters on the planet and is eager to prove that he belongs in this elite group.

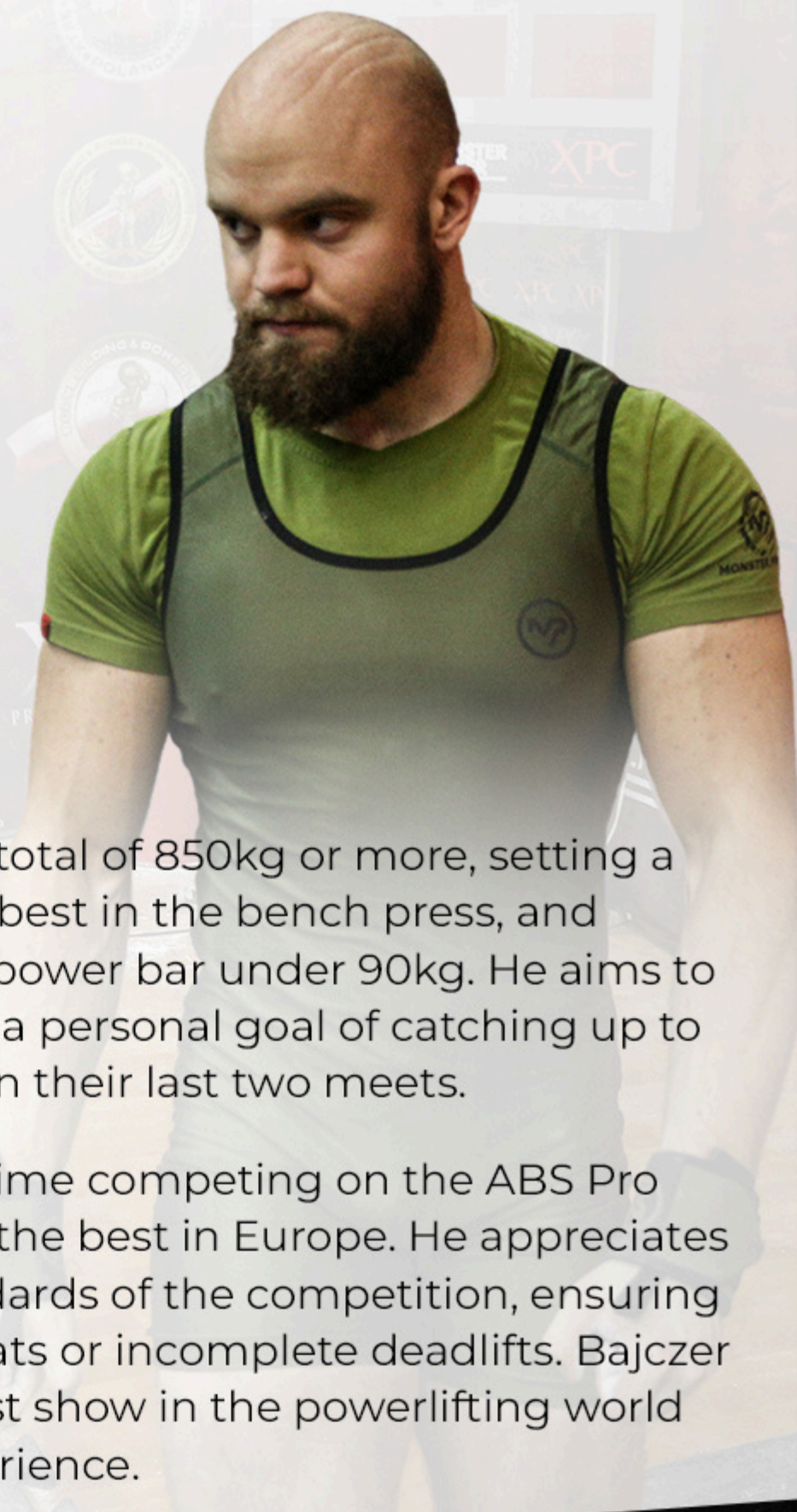


Bajczer Csaba
Hungary

Bajczer Csaba started powerlifting in 2017 and has since competed on some of the best platforms in Europe. His best official total is 840kg in the -90kg category. At 22 years old, soon to be 23 in August, Bajczer is determined to make a strong showing at this year's ABS Pro after illness affected his performance last year.

His goals for the competition include achieving a total of 850kg or more, setting a huge personal best in the squat, a small personal best in the bench press, and matching his last meet's deadlift of 350kg on the power bar under 90kg. He aims to finish in the center field and enjoy the show, with a personal goal of catching up to his Portuguese friend, Alex, who has beaten him in their last two meets.

This will be Bajczer's second time competing on the ABS Pro platform, which he considers the best in Europe. He appreciates the strict rules and high standards of the competition, ensuring fair judging with no high squats or incomplete deadlifts. Bajczer is excited to be part of the best show in the powerlifting world and looks forward to the experience.

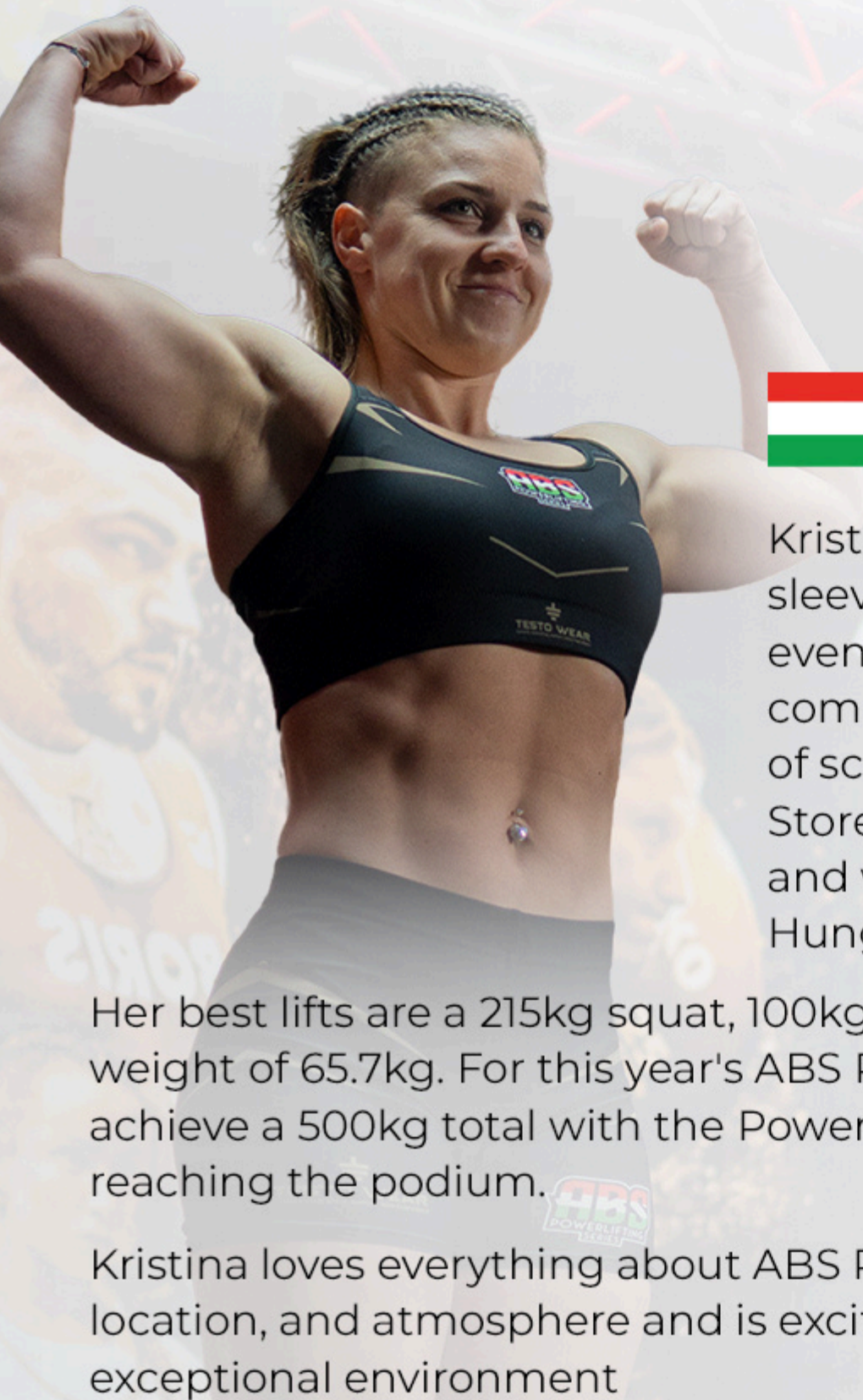
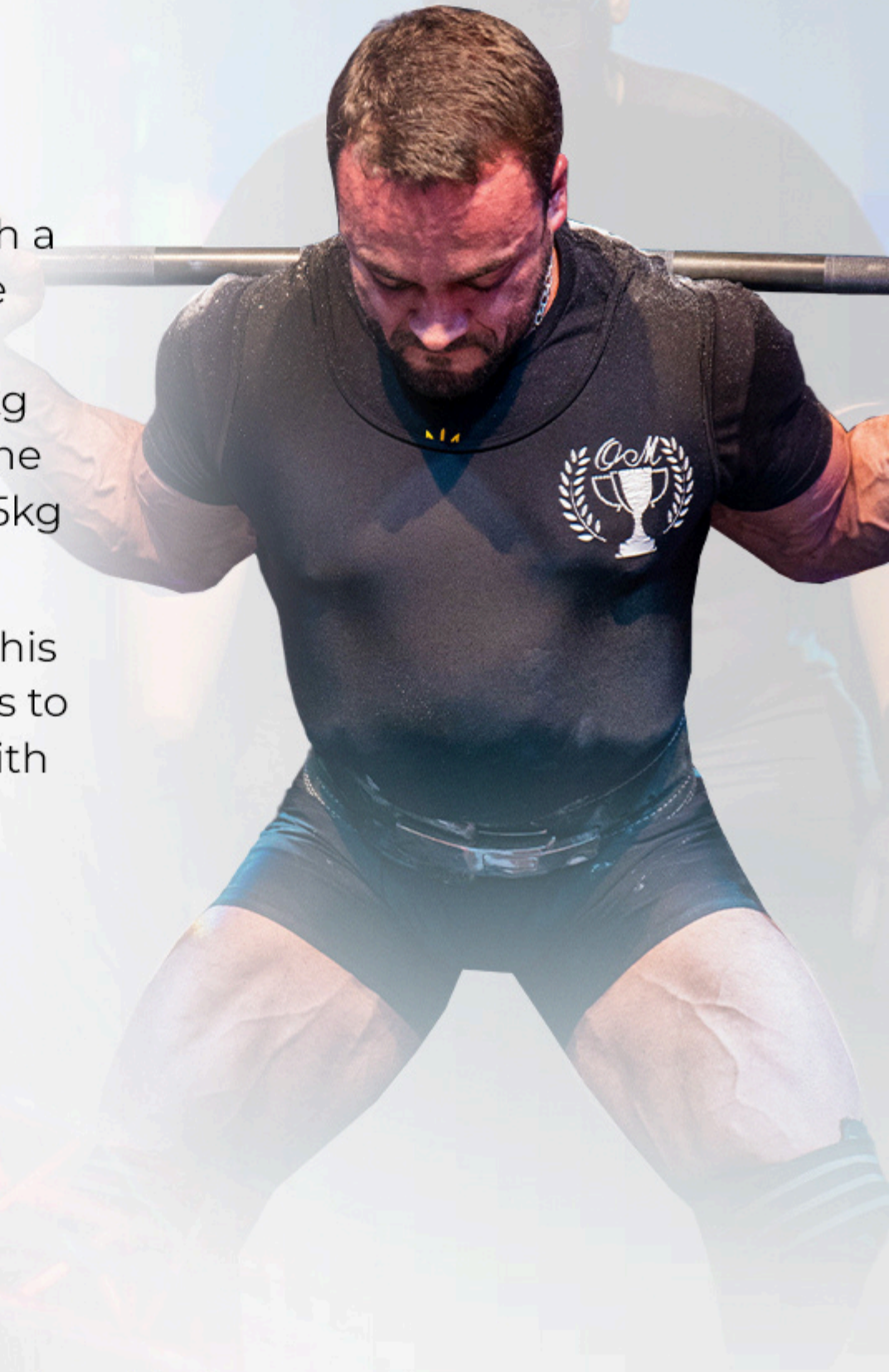




Oleksii Melnyk
Ukraine

Oleksii Melnyk is a professional powerlifter with a best total of 910kg at 88.1kg, achieved at Battle XXI in Cleveland, Ohio, in 2019. He has also competed at the Kern US Open in 2017 (857.5kg at 90kg) and 2019 (880kg at 90kg), as well as the Fitness Store Classic in Germany in 2024 (882.5kg at 86kg).

At this year's ABS Pro, Oleksii aims to improve his total and strive for victory. His ambitious goal is to break the all-time world record in the squat with a lift of 401kg. This will be his first time competing at ABS Pro, and he expects a spectacular competition and great results.



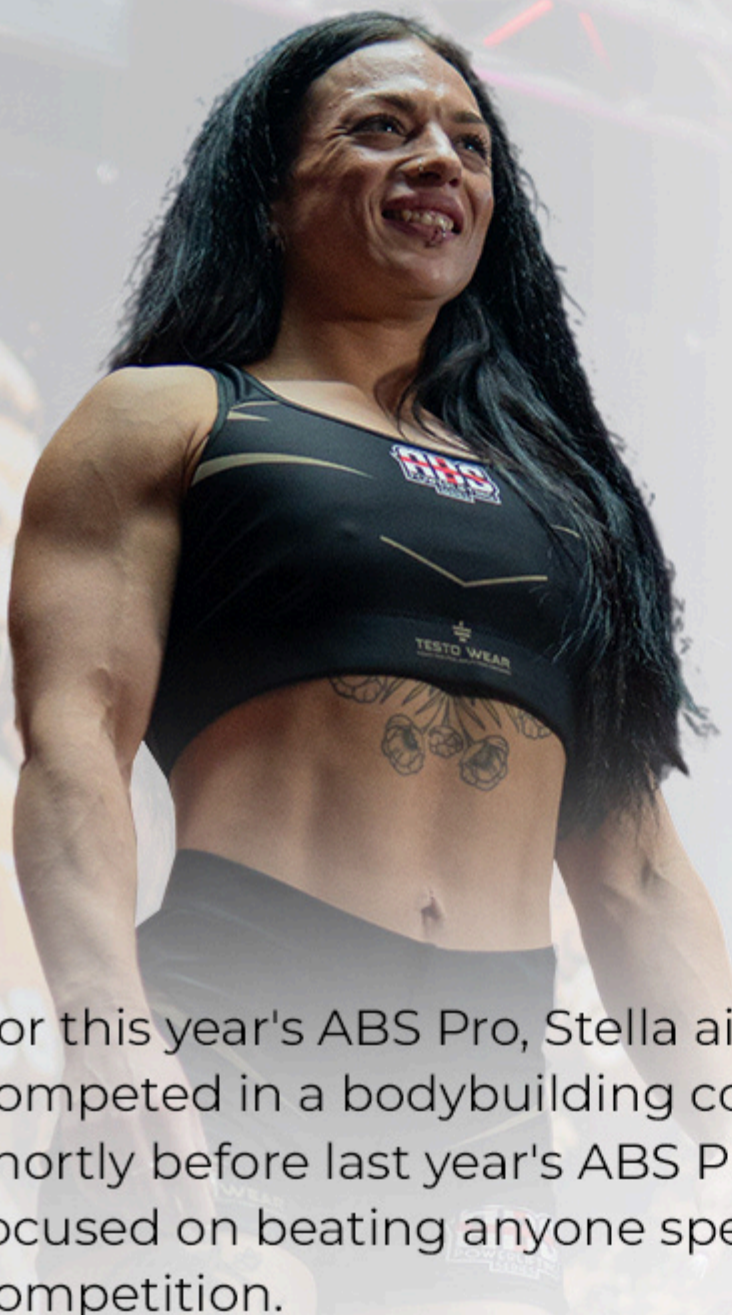
Krisztina Majoros
Hungary

Kristina Majoros competed at ABS Pro last year in sleeves and returns this year in wraps, aiming for an even more successful total. She took a break from competing in the fall to prioritize her daughter's start of school. In March, she competed at the Fitness Store Classic in Germany, where she squatted 210kg and went for a 510kg total in the -67.5kg category in Hungary in May, achieving her goal.

Her best lifts are a 215kg squat, 100kg bench press, and 195kg deadlift at a body weight of 65.7kg. For this year's ABS Pro, Kristina aims to lower her body weight and achieve a 500kg total with the PowerBar, and she has her sights set on possibly reaching the podium.

Kristina loves everything about ABS Pro-the friends, platform, ABS location, and atmosphere and is excited to compete again in this exceptional environment





Stella Higgins UK

Stella Higgins is marking her 10th year as a competitive powerlifter. She placed 2nd at ABS Pro in 2023 and is seeking redemption after feeling she underperformed. Stella is the lightest woman in the UK to squat 200kg and holds all-time British records for squat, bench, and total (in wraps) in the 56kg and 60kg classes. Her best competition lifts to date are a 200kg squat, 112.5kg bench press, and 190kg deadlift.

In addition to powerlifting, Stella is also a competitive strongwoman and bodybuilder.

For this year's ABS Pro, Stella aims to achieve a better total than in 2023. She competed in a bodybuilding competition and England's Strongest Woman finals shortly before last year's ABS Pro, which impacted her performance. She is not focused on beating anyone specific but wants to ensure she is seen as formidable competition.

Stella values the high standards, the treatment of athletes, and the unique and exciting nature of the ABS Pro, which she believes represents the future of the sport.



Fernando Arias USA

Quickly becoming a familiar face of the ABS platform, Fernando Arias has an impressive competitive history; winning at ABS Clash of Titans¹, Poland XPC Pro, and podiuming at American Pro 1&2. His goal lifts for this year's ABS Pro are 420kg squat, 250kg bench, and 435kg deadlift.

Facing strong competitors like Luke and Dave, Fernando aims to prove himself once again on what he considers the best platform in the world.



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Danel Van Jaarsveld
South Africa

Danel Van Jaarsveld began her journey into powerlifting in 2010, initially aiming to get into better shape. It didn't take long for her to fall in love with the sport.

What attracted Danel to powerlifting was its accessibility. Despite being born with Talipes Equinovarus (TEV), a condition affecting her mobility, she found a way to compete and excel. Over the years, Danel has participated in many competitions, with one of her proudest moments being a personal best total of 527.5 kg at the Black Hawk Bar Benders competition in March 2024.

At 47 years old, Danel feels incredibly privileged to have been invited to compete at ABS Pro VI. "It's not just an honour to be part of this event—I know I'm good enough to compete at this elite level, which means the world to me," she says.

Danel sees this as her final opportunity to truly test her capabilities. "I want to lift the best I've ever lifted in my life. I've trained hard, and I'm confident I'll walk away from ABS Pro knowing I gave it everything I've got, with no regrets."



Future Outlook: Growing Legacy

The successful legacy of ABS Pro and the anticipation surrounding its sixth instalment suggest a promising future for the series. The event continues to attract elite athletes and spectators alike, further establishing its reputation as a premier powerlifting competition.

ABS Pro is shaping up to be not just a competition but a significant event in the powerlifting calendar. It offers a platform where elite lifters can showcase their strength and skill in a unique format. As Dublin prepares to host these athletes, the powerlifting world looks on with keen interest, ready to witness another chapter in the sport's history.

