



My name is Treston Shull, I live in Sacramento, Ca. and I work in the construction field. I enforce California labor laws and prevailing wage laws on non-union construction job sites. I train at Team Super Training gym in Sacramento, California, with some of the strongest men in America.

I started lifting for football when I was 15yrs old, I started with Strongman and found out about Powerlifting and Scottish Games as well. I won California's Strongest teen in Strongman competitions three times, took third place in the National Strongman championships when I was 19 and set American and World records for Strongman in the teen division. For Powerlifting I won the National Powerlifting championships twice in the teen division drug-free, I set state and National records in the teen division and still hold most of those records today. For Scottish Games I always came in the top 3 and also took overall champion in my class twice. At one point I was the youngest Scottish Gamer in North America.

In 2005 I was 6'1 320lbs and one of the best teen strength athletes in the United States when I was rear ended at a stop light by a bus and tore muscles in my neck and back. I lost 70lbs within 6 months and was out of lifting for almost 3yrs before I was cleared to start training.

I started lifting again in Nov 2007 and I'm now 23yrs old, 6'1 and 290lbs. Without any type of strength training for 3yrs I came back and did my first Powerlifting meet in Feb of 2008 where I finished 2nd in the 308lb weight class all ages division. On March 22 I set the new world record in the Junior (20-23yrs old) division 308lb weight class drug-free with a 550lb bench press. The following month I competed at the National Powerlifting Championships in Columbus, Ohio and took 1st place in the Junior Division 308lb weight class drug-free with a 821lb squat, 574lb bench press and a 611lb deadlift for a 2006lb total. I have set all the national records in the Junior weight class drug free division.

In the United States for *all* ages in the 308lb weight class my 821lb squat ranks as number 15. Since then I've already done an 865lb squat in the gym.

*"My first experience with LifeWave Energy Enhancer patches was in 2004. I met a horse trainer who used the patches on her horses and she shared with me the drastic improvements she observed in their performance. I asked if I could try the Energy Enhancer patches for my own lifting use. Prior to using the patches I could rep 315lbs eight times. After over a month of rest from the gym I applied the Energy Enhancer patches to my wrists and repped 315lbs fourteen times! At that moment I was sold on the effectiveness of the LifeWave Energy Enhancer patches. All of the reading, training, and supplements combined could not produce such an overwhelming increase in my lifting performance like the Energy Enhancing patches did!*

*Now that I am resuming my Powerlifting training, I can't wait to begin using the Energy Enhancing patches again and share my LifeWave experience with the strength lifting community!"*