



Justin Williford



Basic Information

Height 6'4"

Weight 286.6

Weight Room

Bench 275

Squat 345

Power Clean 255

Power Index (Big 3) 3.05

Deadlift 485

Bench Reps @225 4

Combine

40 Yard Dash 6.40

Pro Shuttle

Vertical Jump 18

Broad Jump 76

L Cone Drill



Other Sports