

= 1813 @. @ 3 lbs being the 4th highest ; Malanichev 's 992 lbs squat and 815 lbs deadlift = 1808 being the 5th ; Don Reinhoudt 's 904 @. @ 5 lbs squat and 885 @. @ 5 lbs deadlift = 1790 @. @ 0 lbs being th 6th)

Mark Henry does not only hold the greatest all @-@ time drug @-@ tested raw (unequipped) Powerlifting Total in history at 1060 @. @ 0 kg (2336 @. @ 9 lbs) , but also the second greatest in history at 1050 kg (2314 @. @ 8 lbs) .

* incomplete

* * surpassed by Robert Wilkerson (SHW class) of the United States with a 975 lbs raw squat with knee wraps on June 7 , 2010 at the Southern Powerlifting Federation (SPF) Nationals (open competition , not drug @-@ tested) as the all @-@ time raw world record in the SHW class

* * * surpassed by Sergiy Karnaukhov (308 @-@ pound @-@ class) of Ukraine with a 970 lbs raw squat with knee wraps on November 4 , 2007 as the all @-@ time raw " regardless of weight class " world record

* * * * surpassed by Andy Bolton (SHW class) of the United Kingdom with a 953 lbs raw deadlift on May 23 , 2010 (open competition , not drug @-@ tested) as the all @-@ time raw world record in the SHW class (+ regardless of weight class)

* * * * * surpassed by Konstantin Konstantinovs (308 @-@ pound @-@ class) of Latvia with a 939 lbs raw deadlift without a belt on July 4 , 2009 (drug @-@ tested competition) as the all @-@ time raw " regardless of weight class " world record

= = = Weightlifting = = =

Olympic Games

Olympic Games team member representing USA at the Olympics 1992 in Barcelona , Spain , finishing 10th place in SHW division at age 21

Team Captain of the Olympic Weightlifting team representing USA at the Olympics 1996 in Atlanta , Georgia , finishing 14th in SHW division due to back injury at age 25

Pan American Games Silver Medalist in the Olympic weightlifting Total in SHW (+ 108) division at the Pan American Games 1995 in Mar del Plata , Argentina at age 23

result : total ? 804 pounds

Gold Medalist in the Snatch in SHW (+ 108) division at the Pan American Games 1995 in Mar del Plata , Argentina at age 23

result : snatch ? 391 1 / 4 pounds , setting an American record

Bronze Medalist in Clean and jerk in SHW (+ 108) division at the Pan American Games 1995 in Mar del Plata , Argentina at age 23

result : clean and jerk ? snatch 412 3 / 4 pounds

North America , Central America , Caribbean Islands (NACAC) Championships

1st place in North America , Central America , Caribbean Islands Championships 1996 in SHW (+ 108 kg) division

U.S. National Weightlifting Championships 1st place in U.S. National Junior Weightlifting Championships 1991 in SHW (+ 110 kg) division at age 19 results : total : 326 @. @ 0 kg ? snatch : 156 @. @ 0 kg / clean & jerk : 170 @. @ 0 kg

4th place in U.S. Senior National Weightlifting Championships 1991 in SHW (+ 110 kg) division at age 19 results : total : 325 @. @ 0 kg ? snatch : 150 @. @ 0 kg / clean & jerk : 175 @. @ 0 kg

3rd place in U.S. Senior National Weightlifting Championships 1992 in SHW (+ 110 kg) division at age 20 results : total : 365 @. @ 0 kg ? snatch : 165 @. @ 0 kg / clean & jerk : 200 @. @ 0 kg

1st place in U.S. Senior National Weightlifting Championships 1993 in SHW (+ 108 kg) division at age 21 results : total : 385 @. @ 0 kg ? snatch : 175 @. @ 0 kg / clean & jerk : 210 @. @ 0 kg

1st place in U.S. Senior National Weightlifting Championships 1994 in SHW (+ 108 kg) division at age 22 results : total : 387 @. @ 5 kg ? snatch : 172 @. @ 5 kg / clean & jerk : 215 @. @ 0 kg

1st place in U.S. Senior National Weightlifting Championships 1996 in SHW (+ 108 kg) division at age 24 results : total : 400 @. @ 0 kg ? snatch : 180 @. @ 0 kg / clean & jerk : 220 @. @ 0 kg

Mark Henry was voted as the # 1 outstanding lifter of the championships

U.S. Olympic Festival Championships 1st place in U.S. Olympic Festival Championships 1993 in SHW (+ 108 kg) division at age 22

1st place in U.S. Olympic Festival Championships 1994 in SHW (+ 108 kg) division at age 23

USA Weightlifting American Open Championships

2nd place in the American Open Weightlifting Championships 1991 in SHW (+ 110 kg) division at age 20

1st place in the American Open Weightlifting Championships 1992 in SHW (+ 110 kg) division at age 21

RECORDS

Junior US American record holder (+ 110 kg) in the Snatch at 162 @. @ 5 kg , Clean and jerk at 202 @. @ 5 kg , and Total at 362 @. @ 5 kg (1986 ? 1992)

Senior US American record holder (+ 108 kg) in the Snatch at 180 @. @ 0 kg , Clean and jerk at 220 @. @ 0 kg , and Total at 400 @. @ 0 kg (1993 ? 1997)

= = = Strength athletics = = =

Arnold Classic

Arnold Strongman Classic ? Winner 2002

First man in history to one @-@ hand clean and push press the " unliftable " Thomas Inch dumbbell (172 lbs ; 2 @. @ 47 " diameter handle)

The Second Strongest Man That Ever Lived according to Flex Magazine

International Sports Hall of Fame

International Sports Hall of Fame (Class of 2012)

= = = Professional wrestling = = =

Pro Wrestling Illustrated

Most Improved Wrestler of the Year (2011)

PWI ranked him No. 9 of the top 500 singles wrestlers in the PWI 500 in 2012

World Wrestling Federation / Entertainment / WWE

ECW Championship (1 time)

World Heavyweight Championship (1 time)

WWF European Championship (1 time)

Slammy Award (3 times)

" Holy \$ # ! + Move of the Year " (2011) Big Show and Mark Henry implode the ring after Henry superplexed him at Vengeance

Feat of Strength of the Year (2013) Pulling two trucks with his bare hands

Match of the Year (2014) ? Team Cena vs. Team Authority at Survivor Series