

<p>Everyone knows that MIAHALLEN has been benching like a mad man recently.◆ Today he claims the title of "HWBOT OC King Japan".◆ This title is given to the bencher with the most points for that country.◆ Way to go MIAH!!!◆ you can check the up to date ranking here:◆ <a href="http://hwbot.org/community/country/japan/overclocker">http://hwbot.org/community/country/japan/overclocker</a>◆</p> <p>◆</p> <p>◆</p> <p>◆</p> <p>◆</p> <p>Here is a screen cap below of the rankings:</p> <p></p> <p>◆</p> <p>◆</p>