

## MARYLAND STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **HOWARD STURMAN**

Has Established The

-93 MASTER 2B EQUIPPED RECORD (2015-2021)
165 KG BENCH PRESS PUSH-PULL

2014 CENTRAL MD PUSH PULL CHALLENGE 06/15/2014



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport