



IDAHO STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

ALYSSA GILMORE

Has Established The

**-43 TEEN 1 EQUIPPED RECORD (2015-2021)
30 KG SQUAT**

**EMPIRE CLASSIC POWERLIFTING CHAMPIONSHIP
05/07/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport