



# MICHIGAN STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JAY HELMS**

Has Established The

**-66 MASTER 1A EQUIPPED RECORD (2015-2021)  
132.5 KG BENCH PRESS SINGLE LIFT**

**MICHIGAN POWERLIFTING AND BP STATE CHAMPIONSHIPS**

**11/05/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport