



## NEW JERSEY STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 3B EQUIPPED RECORD (2015-2021)  
72.5 KG BENCH PRESS SINGLE LIFT**

**IPF MASTER BENCHPRESS WORLDS  
04/16/2015**



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

America's Choice Drug-Free Strength Sport