



NEW JERSEY STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

HELEN WHITE

Has Established The

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

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport