



VIRGINIA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

MICHAEL NICHOLS

Has Established The

-66 MASTER 4A EQUIPPED RECORD (2015-2021)

115 KG BENCH PRESS SINGLE LIFT

2017 DES MOINES METRO CLASSIC

01/21/2017



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport