



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN PLANAS**



Has Established The

**-120 MASTER 1A RAW RECORD (2015-2021)  
210 KG BENCH PRESS**

**2014 CALIFORNIA STATE GAMES  
07/12/2014**



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

America's Choice Drug-Free Strength Sport