



# IOWA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**AVA PALMER**

Has Established The

**-63 OPEN EQUIPPED RECORD (2015-2021)  
43.09 KG BENCH PRESS SINGLE LIFT**

**WOODWARD ACADEMY INVITATIONAL  
02/10/2018**



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

America's Choice Drug-Free Strength Sport