

## MICHIGAN STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## FRED BIRCHMEIER

Has Established The

-93 MASTER 2B EQUIPPED RECORD (2015-2021)
167.5 KG BENCH PRESS SINGLE LIFT

7TH ANNUAL IRONMAN (PUSH/PULL) MEET 05/30/2015



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport