

## ARIZONA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## JIM SPAINHOWER

Has Established The

-105 MASTER 3A RAW RECORD (2015-2021) 115 KG BENCH PRESS SINGLE LIFT

SONORAN DESERT SHOWDOWN 12/09/2018



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport