



# AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-60 MASTER 3B EQUIPPED  
70 KG BENCH PRESS**

**WOMEN'S NATIONALS - ORLANDO, FL  
05/20/2013**



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

America's Choice Drug Free Strength Sport