



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JILL ARNOW**

---

Has Established The

**-90 MASTER 2A EQUIPPED  
182.5 KG SQUAT**

**TACOMA, WA**

**12/05/2009**



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

America's Choice Drug Free Strength Sport