



AMERICAN RECORD CERTIFICATE

THIS CERTIFIES THAT

MIKE SETTLES

Has Established The

**-83 MASTER 4B
140 KG BENCH PRESS SINGLE LIFT**

AT THE 2019 ANNUAL IPF/NAPF NORTH AMERICAN BENCH PRESS CHAMPIONSHIP

10/24/2019



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport