

## AMERICAN RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **MIKE SETTLES**

Has Established The

## -83 MASTER 4B EQUIPPED (2015-2021) 140 KG BENCH PRESS SINGLE LIFT

TH ANNUAL IPF/NAPF NORTH AMERICAN BENCH PRESS CHAMPION SH 10/24/2019



America's Choice Drug-Free Strength Sport