



# ARKANSAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MICHAEL SPRUELL**

Has Established The

**-120 MASTER 1B RAW RECORD (2015-2021)  
172.5 KG BENCH PRESS SINGLE LIFT**

**AND ANNUAL ARKANSAS STATE OPEN POWERLIFTING CHAMPIONSHIP**

**12/19/2020**



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