



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BILL HELMICH**

Has Established The

**-120 MASTER 3B EQUIPPED (2015-2021)  
187.5 KG BENCH PRESS**

**GUATEMALA CITY**

**06/01/2007**



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

America's Choice Drug-Free Strength Sport