



# AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BILL HELMICH**

---

Has Established The

**-120 MASTER 3B  
281.5 KG DEADLIFT**

**ST. LOUIS, MO  
05/01/2009**



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

America's Choice Drug-Free Strength Sport