

AMERICAN RECORD CERTIFICATE

THIS CERTIFIES THAT

JAY HELMS

Has Established The

-59 MASTER 2A EQUIPPED (2015-2021) 122.5 KG BENCH PRESS SINGLE LIFT

2015 IPF MASTERS WORLD BENCH PRESS (AURORA, CO)
04/16/2015



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport