



AMERICAN RECORD CERTIFICATE

THIS CERTIFIES THAT

HELEN WHITE

Has Established The

**-63 MASTER 4A EQUIPPED (2015-2021)
72.5 KG BENCH PRESS SINGLE LIFT**

**IPF WORLD MASTERS BENCH PRESS CHAMPIONSHIPS - AURORA, CO
04/17/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport