

MICHIGAN STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOSHUA DELONG

Has Established The

-74 JUNIOR RAW RECORD (2015-2021) 137.5 KG BENCH PRESS PUSH-PULL

2016 MID-WEST & CENTRAL REGION CHAMPIONSHIPS 11/05/2016



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport