



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BILL HELMICH**

Has Established The

**-110 MASTER 4A EQUIPPED  
205 KG SQUAT**

**"IPF WORLD MASTERS CHAMPIONSHIPS" KILLEEN, TX  
10/05/2012**



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

America's Choice Drug-Free Strength Sport