



# WASHINGTON STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MICHAEL FREDERICK**

Has Established The

**-93 TEEN 2 RAW RECORD (2015-2021)  
132.5 KG BENCH PRESS SINGLE LIFT**

**2014 COLUMBIA CITY CLASSIC  
10/25/2014**



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

America's Choice Drug-Free Strength Sport