



# WASHINGTON STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**UMAR ABDULLAH**

Has Established The

**140+ OPEN RAW RECORD  
242.5 KG BENCH PRESS**

**WASHINGTON STATE CHAMPIONSHIP  
10/08/2022**



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

America's Choice Drug-Free Strength Sport