



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HEILAM LIU**

Has Established The

**-75 JUNIOR HONG KONG RAW RECORD  
65 KG BENCH PRESS PUSH-PULL**

**DENCH WINTER SHOWDOWN  
12/10/2022**



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

America's Choice Drug Free Strength Sport