



## NEVADA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LISA HOWARD**

Has Established The

**84+ MASTER 1B RAW RECORD (2015-2021)  
122.47 KG SQUAT**

**2015 SOUTHWEST REGIONAL CHAMPIONSHIPS  
03/28/2015**



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

America's Choice Drug-Free Strength Sport