



# ARKANSAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MATTHEW NELSON**

Has Established The

**-75 OPEN RAW RECORD  
155 KG BENCH PRESS SINGLE LIFT**

**ARKANSAS STATE CHAMPIONSHIPS  
11/18/2023**



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

America's Choice Drug-Free Strength Sport