



HAWAII STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

RACHEL PRADOS

Has Established The

**-67.5 MASTER 1A RAW RECORD (2022-2024)
80 KG BENCH PRESS SINGLE LIFT**

**SOUTH WEST REGIONAL CHAMPIONSHIPS
06/08/2024**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport