



OHIO STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JAY HELMS

Has Established The

**-59 MASTER 2A EQUIPPED RECORD (2015-2021)
130 KG BENCH PRESS SINGLE LIFT**

**2015 OHIO STATE CHAMPIONSHIPS - COLUMBUS, OH
07/12/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport