



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KRYSTI LLAMAS**

Has Established The

**100+ JUNIOR MIDWEST REGIONAL EQUIPPED RECORD  
152.5 KG BENCH PRESS SINGLE LIFT**

**ARNOLD - BENCH BASH**

**03/03/2024**



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

America's Choice Drug Free Strength Sport