



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ARVAL BRIDGES**

Has Established The

**-67.5 MASTER 1B SOUTHWEST REGIONAL EQUIPPED RECORD  
222.49 KG SQUAT**

**NATIONAL MASTERS  
01/01/2000**



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

America's Choice Drug Free Strength Sport