



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KAREN PARNOW**



Has Established The

**-72 MASTER 1B EQUIPPED RECORD (2015-2021)  
80 KG BENCH PRESS SINGLE LIFT**

Â

**02/11/2012**



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

America's Choice Drug-Free Strength Sport