



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MIKE SETTLES**

Has Established The

**-83 MASTER 4A EQUIPPED (2015-2021)  
156.5 KG BENCH PRESS SINGLE LIFT**

**IPF BENCH WORLDS - RODBY DENMARK  
04/19/2016**



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

America's Choice Drug-Free Strength Sport