



OHIO STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

HEIDI LEWIS

Has Established The

84+ TEEN 3 RAW RECORD (2015-2021)

182.5 KG DEADLIFT PUSH-PULL

NO FRILLS RED HAWKE OPEN

12/04/2016



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport