



MARYLAND STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

HOWARD STURMAN

Has Established The

**-83 MASTER 1B RAW RECORD (2015-2021)
162.5 KG BENCH PRESS**

**2012 MARYLAND STATE POWERLIFTING CHAMPIONSHIP
01/01/2012**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport