



## NEW JERSEY STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**EMILY HO**

Has Established The

**-47 JUNIOR RAW RECORD (2015-2021)  
55 KG BENCH PRESS SINGLE LIFT**

**1ST IPF UNIVERSITY POWERLIFTING WORLD CUP  
07/11/2016**



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

America's Choice Drug-Free Strength Sport