



NEW JERSEY STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

EMILY HO

Has Established The

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

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport