



## NEW JERSEY STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 1B**

**Equipped Record (2015-2021)**

**72.5 KG BENCH PRESS SINGLE LIFT  
IPF MASTER BENCHPRESS WORLDS**

**04/16/2015**



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

America's Choice Drug-Free Strength Sport