

## LOUISIANA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **ASHLEY MITCHELL**

Has Established The

84+ OPEN EQUIPPED RECORD (2015-2021)
148 KG BENCH PRESS SINGLE LIFT

3-JUNIOR AND JUNIOR WORLD CHAMPIONSHIPS (PRAGUE, CZECH RE



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport