



AMERICAN RECORD CERTIFICATE

THIS CERTIFIES THAT

HOWARD STURMAN

Has Established The

**-83 MASTER 3A RAW (2015-2021)
155 KG BENCH PRESS SINGLE LIFT**

5TH NAPF NORTH AMERICAN REGIONAL BENCH PRESS CHAMPIONSHIP

10/25/2018



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport