



# ALABAMA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TAMMY STRONG**

Has Established The

**-63 MASTER 3 RAW RECORD (2015-2021)  
45 KG BENCH PRESS SINGLE LIFT**

**KILOS ON THE COOSA  
12/01/2018**



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

America's Choice Drug-Free Strength Sport