



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LAMONT KEENON**

Has Established The

**-67.5 OPEN RAW  
132.45 KG BENCH PRESS SINGLE LIFT**

**SHELBY, NC**

**10/10/2009**



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

America's Choice Drug Free Strength Sport