



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LUCAS HISGHMAN**

Has Established The

**-75 COLLEGIATE RAW  
150 KG BENCH PRESS**

**CHARLOTTESVILLE, VA  
07/01/2009**



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

America's Choice Drug Free Strength Sport