



MARYLAND STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

ALEX HOWE

Has Established The

**-83 MASTER 3A RAW RECORD (2015-2021)
160 KG SQUAT**

17TH ANNUAL NAPF NORTH AMERICAN REGIONAL CHAMPIONSHIPS

08/06/2019



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport