



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**STEPHANIE HELM**

Has Established The

**-56 TEEN 2**

**Raw**

**97.5 KG DEADLIFT**

**SCRANTON, PA**

**01/31/2010**



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

America's Choice Drug Free Strength Sport