



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ELIZABETH MONK**

Has Established The

**-56 TEEN 1**

**Raw**

**65 KG SQUAT**

**"FAST GYM WINTER CLASSIC" DOWNINGTOWN, PA**

**01/07/2012**



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

America's Choice Drug Free Strength Sport