



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HOWARD STURMAN**

Has Established The

**-83 MASTER 2A RAW (2015-2021)  
160 KG BENCH PRESS**

**"MARYLAND STATE MEET" LAUREL, MD  
12/10/2011**



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

America's Choice Drug-Free Strength Sport